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Nepal Everest Base Camp Trek



Tour Overview

The Everest Base Camp trek is a journey through teahouses, offering stays in some of the world's highest villages where you can immerse yourself in local cultures and traditions, and witness life in the Himalayas' remote areas. In the Sherpa villages, you'll gain insights into the mountain lifestyle and the deep connection between the people and the mountains. The trek features many significant milestones, with Kala Patthar being a highlight. At an elevation of 5,500 meters, it provides a breathtaking view of Mt. Everest. The EBC trek is an exceptional chance to witness the Himalayan majesty, embrace the formidable challenge and excitement of the ascent, and explore the enchanting culture of Nepal. The awe-inspiring vistas from the summit of Mt. Everest, the expansive Khumbu Glacier, the historic path trodden by Tenzing Norgay and Edmund Hillary, the first humans to summit the highest point on Earth, the homeland of the renowned Sherpa community, and the presence of four of the world's peaks above 8000 meters—Everest, Lhotse, Lhotse Shar, and Cho Oyu—make this a journey of a lifetime! Experience the best trekking in Nepal.

Detailed Itinerary

Day 1: Arrival in Kathmandu Airport (1345m).

There you will be Greet and met by our Airport Representative and transferred to hotel by private tourist vehicle. Overnight at hotel.

Day 2: Sightseeing around Kathmandu Valley.

Your sightseeing trip will start in the morning after breakfast. We will provide a private vehicle and professional tour guide. Places we visit Pasupatinath temple, Buddhanath, Monkey temple and Kathmandu durbar square. The afternoon includes a final briefing and preparations for the trek. Overnight at hotel.

Day 3: Fly to Lukla (2804 meters) trek to Phakding (2610 meters) 3 hours.

An early morning start takes us to Tribhuwan International Airport in Kathmandu for the 35-minute scenic flight to Lukla at 2804 meters. On arrival at the airport guide will brief you and introduce our porters before we begin our trek towards Phakding at 2610 meters. Overnight at Guesthouse.

Day 4: Trek to Namche Bazaar (3441 meters) 5 hours.

Namche Bazar known as the Gateway to Everest, there are many good hotels and lodges here, along the whole Everest trail this is quite a big village. This Bazaar is the administrative centre for the Khumbu region and has a headquarters for Sagarmatha National park. Historically this place was Sherpas herders and traders.Overnight at guest house.

Day 5: Namche Bazar Acclimatization day.

We will spend a day here in order to acclimatize and adjust to the thinning of the air. As well as a short trek to a museum celebrating the traditional customs of the Sherpa, people to visit. Today we hike up the Syangboche Airport, and around Everest View Hotel. From this point,

we can see rewarding views of the Himalayas with a stunning sunrise or sunset over the panorama of the Khumbu peaks. Overnight at Guesthouse.

Day 6: Trek to Tengboche (3867 m.) 5-6 hrs.

The route weaves in and out of side valleys. Making small ups and downs, to the souvenir stalls, teashops, crosses the Kenjoma, and Khumjung villages. On the way of morning, walking you could see the Tahr below the trail and the views of Mt.Everest and Mt. AmaDablam are excellent. Yours walk continue towards the Tengboche through the forest and from Phunki Thanga to Tengboche it takes 2 hour climb and the trail steeply climb the first. Then makes a gradual ascent through forest and around mani stones as it follows the sides of a hill up to the saddle on which the monastery sits at 3870m, in clearing surrounded by dwarf firs and rhododendrons. Kwangde(6187m), Tawache(6542m), Everest,Lhosts,Nuptse,amaDablam and thamserku provide an inspiring panorama of Himalaya giants. This is the religious centre of the whole “Sherpa- land” in fact the entire Solu-Khumbu area. We of course visit the old Monastery and the old designed of it.

Day 7: Trek to Pheriche (4240 m.) 4-5 hrs.

From Tengboche it is a short, steep and muddy decent to Devuche through the forest of birches, conifers and rhododendrons. The Himalayan Monal or pheasant we can be easily seen in this route. In the morning and just before dusk you may see the musk deer, especially in the forests below Tengboche. Some Gompas and few house of the tiny village of Devuche are off in the trees to the west and the nunnery is up the hill to the east. On the way, we cross the Imja Khola the route passes the some magnificently carved mani stones to Pangboche at 3860m.Pangboche is the highest year –round settlement in valley. The Pangboche Gompa is the oldest in Khumbu and one contained relics that were said to be the skull and the hand of a yeti. Beyond Pangboche the routes enters alpine meadows above the tree line. Most of vegetation is scrub juniper and tundra. Then we walk through the Somare and Orsho village and after Orsho the trail leads to Dingboche and one leads in the left to Pheriche At 4240m.There is HRA . A western Physician is usually in attendance during the trekking season from March to mid may and October to Mid December. The doctor gives lecture every day. Today you will see the best views of Mt. Amadablam in left side and Everest in right side of Dudhkoshi River.

Day 8: Acclimatization Day in Pheriche.

You can spend the day many ways. You may wish to declare a rest day and relax in the guesthouse or you may explore some strenuous view points and the valley.

Day 9: Trek to Lobuche (4930m). 5-6 hrs.

The trail ascends the broad, gently sloping valley from Pheriche to Phalang Karpo and in many places to crosses small streams of boulders. The views of Cholaste and Tawache are particularly good portion of the trail and then continue steep up to Dugla from where you can see the beautiful views of Amadablam and many more. From here the trail goes to directly up to the terminal moraine of Khumbu glacier for about one hour then turns left into a memorial area known as Chukpilhara. There is row of stones monuments in memory of Sherpas who died in an avalanche during the 1970 Japanese skiing expedition on Everest. In waking of 2 hours, we will get the valley to Lobuche, a summer village at 4930m. **Note:** If you are not exhausted; then you can walk 30 minutes beyond Lobuche you will reach the Italian Pyramid and this Pyramid correctly known as the Everest-K2- CNR. This pyramid used as a base for their studies in earth science environmental science, biological science, human science and technological research.

Day 10: Trek to GorakShep (3-4 hrs).

The trial from Lobuche follows the western side of the broad Khumbu valley and ascends gently through meadows beside the glacial moraine. The ascent becomes steeper and rougher as it crosses several side moraines, Although the trail is usually well defined. After rounding a bend in the trail, the conical peak of Pumori comes into views and The “Kalapattar” rock at 5545 m. and the gives the best vantage point for viewing Mt. Everest with sunset views. After lunch and a rest at Gorakshep then we hike up to Kalapathher view point passing many black stone with differents view of mt.Everest. After hours you will reach the view point and really a amazing view of Everest, Nuptese, and hundred peaks sourrounding you. What an adventure tour you have made in your lifetime. Enjoying the views then taking enough photos , back to Gorakshep and overnight at lodge.

Day 11: Trek to Everest base camp(5357m).

After Breakfast you can walk toward the Everest base camp(5357m), great views, yours dream comes true ! and Happy returned back down to Dingboche(4343m) after lunch at lodge at Gorakshep.To go Dingboche, retrace your steps back to Duglha then go straight up the hill from the bridge to reach an upper trail, staying high above the valley floor. Walk on the yak pastures at Dusa to a chorten at the head of Imja valley. The super view of Island Peak and Makalu can be seen.

Day 12: Trek to Devoche / Tengboche. The same way retrace.

Day 13: Trek to Khumjung.

The same way retrace but this Sherpa village is so beautiful. We can visit the Sir Edmund Hillary Hospital and the old house and Gompas.

Day 14: Trek to Monjo.

The same way retrace to Namche bazar and A steep descent for 600m/2,000ft down Namche Hill leads to the suspension bridge crossing the Dudh Kosi river and the small village of Monjo (2,835m/9,300ft). Monjo is a quieter place to stay than Namche Bazar.

Day 15: Trek to Lukla. The same way we retrace.

Day 16: Lukla-Kathmandu.

An early morning flight gives you time to reflect upon the mountains you have recently visited for one last time while on the 35-minute Scenic flight back to Kathmandu.
You can either shopping or half day sightseeing .Overnight at hotel in Kathmandu.

Day 17: Farewell and Drive to TIA Airport. Fly back to your Home country with lots of Himalaya Impression.

Pricing Information

Price Details

Everest Base camp Trekking Cost:

Per Person : $ 2050 per person based on minimum 2 people.

Price Includes

1. 3 night’s hotel in Kathmandu with bed & breakfast
2. Guided sightseeing in Kathmandu valley
3. EVEREST Trekking Permit TIMS
4. Meal: Breakfast, Lunc & dinner during the trek best available restaurant.
5. One experience trekking guide ,1 porter for 2 trekker (each member 13KG)
6. Sagarrmatha National Park permit
7. Flight Kathmandu - Lukla - Kathmandu.
8. Life, Medical Insurance for Guide & Porter
9. All accommodation during the trek best available hotel/guesthouses
10. Airport -Hotel-Airport transfer
11. Our service charge

Price Excludes

1. Personal equipment for trekking
2. Personal Insurance for travel to Nepal
3. Lunch & dinner in Kathmandu
4. Emergency Rescue evacuation during the trek incase needed
5. Personal expenses
6. Tipping (Tips) for guide & porter
7. Bar bills, Beverage and mineral water during the trek.
8. Nepal Visa fee
9. The cost not mentioned in cost includes