

Everest Base Camp Trekking

Trip code	25
Package name	Everest Base Camp Trekking
Duration	16
Max. elevation	5546 m
Level	MODERATE
Transportation	All ground transportation and domestic flight as per itinerary
Accommodation	3*** Hotel in Kathmandu and Lodge / Tea House twin sharing bed basis during the trek
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Lukla – Phakding – Namche Bazaar – Tyangboche – Dingboche – Lobuche – Everest Base Camp – Gorakshep – Kalapather – Pheriche – Phortse - Namche – Phakding – Lukla
Cost	USD 0 per person

Highlights

- The Everest base camp Trek offers breathtaking views of the world's highest mountain, Mount Everest, as well as other towering peaks like Lhotse, Nuptse, and Ama Dablam.
- The panoramic vistas of snow-capped mountains, deep valleys, and glaciers are truly awe-inspiring.
- A popular side trip during the Everest base camp Trek is to Kala Patthar, a viewpoint offering stunning panoramic views of Everest, Nuptse, and other Himalayan giants.
- The Everest base camp Trek is a physically demanding journey that requires proper preparation and acclimatization.
- The Everest base camp Trek is an adventure of a lifetime, leaving you with memories that will last forever.

Overview

Mt. Everest Base Camp Trekking is an adventurous trek that takes you to the base of the World's highest Mountain "Mount Everest". You will be amused by the stunning Himalayan peaks visible while walking along the routes of Base Camp. This two-week trek will not only provide you an opportunity to have panoramic views of the Mountains but you will also get to know the local culture, customs, and traditions of Sherpas, who are well known for mountain climbing and trekking.

Mt. Everest (8848 m), being at the top of the world fascinates its trekkers with its awe-inspiring charm. Mt. [Everest Base Camp Trekking](#) takes us to the backyard of the world-famous Sherpas, the culture of colorful prayer flags and Buddhism, the quaint Namche Bazaar, the Sagarmatha National Park, the mightiest viewpoint point Patthar, and Everest Base Camp itself. This trek allows you to see many stunning Himalayan peaks from a low elevation in a short period.

You can also have magnificent views of Mountains that lie above 8,000 meters; Mt. Everest (8848 m), Mt. Lhotse (8516 m), Mt. Makalu (8481 m), and Cho-Oyu (8201 m). You will have a lifetime adventure while trekking to Everest. Miles away from the busy lifestyle, cars, conveniences, and daily luxuries, you'll saturate your spirit in natural beauty and stretch your endurance beyond what you thought was possible.

Mt. Everest Base Camp Trekking is specially designed for those trekkers who want to spend a day in the lap of the World's Tallest Mountain. The whole trek is covered around 14 days for those trekkers having good physical health, normal hiking/trekking experience, and can walk up to 6-7 hours per day without any difficulties. Laying the foundation for our trek, we fly from Kathmandu to Lukla (2827 m). The most scenic and the most dangerous flight you will ever have. After landing at Lukla airport, you will be introduced to our porter (We will hire a guide in Kathmandu only) and then commence the trek to Phakding.

The next day, you will ascend through the Dudh Koshi valley to the Sherpa Settlement of Namche Bazaar, an official capital of Sherpas. This is a small town in the east part of the Everest region where you can enjoy the local Yak cheese. In this town, we will stay for two nights to give proper acclimatization to our bodies since many of the trekkers suffer from health issues related to high altitude. Then our trail respectively ascend to Tyangboche walking through the lovely forest and then to Dingboche.

En route, you will be rewarded with the views of Everest soaring behind Nuptse, Lhotse, Ama-Dablam, Kangtega, and Tawache peaks. Our second rest day will be in Dingboche, where we can have a short hike up to Chukung and then descend to Dingboche for an overnight stay. Crossing over the suspension bridge, passing through Lobuche, several Buddhist monasteries, and Sherpa villages, you will finally reach the Base camp.

You can spend a night over the camp in a tent or continue your trek towards Gorakshep. As you walk towards the higher altitude, you will feel the air getting thinner and thinner. The trail now descends from Kalapatthar, Pheriche & Phortse. From Phortse, you will retrace your footsteps back to Namche bazaar, Phakding, and finally to Lukla. Spending an overnight in Lukla, you will fly to Kathmandu the

next day.

Everest Base Camp

For foreign travelers, Everest Base Camp has become one of the most popular trekking destinations in Nepal, offering the chance to gaze on the magnificent north face of the world's highest peak Mount Everest. Famous for its amazing mountain peaks and the loyalty and friendliness of its inhabitants Sherpa, the [Everest Region](#) is one of the most famous destinations for tourists in Nepal.

While several routes through the mountains are difficult, there are plenty of places to rest and enjoy meals along the way. Trekking is possible the whole year round in this area. The best time to trek is from the beginning of March to May and from September to November. The winter is very cold and snow may make it difficult to travel higher than Tengboche, and lodges may be closed above this altitude.

Summers, are wet and the spectacular peaks are often lost in the clouds. April and early May are a good time to view the hedgerows and trees stuffed into bloom, with Rhododendron, in particular, adding a spectacular spray of color to the landscape.

[Everest Base Camp](#) is a term that is used to describe two base camps that are on opposite sides of Mount Everest. South Base Camp is on the Nepal side with an altitude of 5,364 m. and North Base Camp is on the Tibet side at 5,150 m. These camps are basic campsites on Mount Everest that are used by mountain climbers during their ascent and descent.

Route to Everest Base Camp

Lukla – Phakding – Namche Bazaar – Tyangboche – Dingboche – Lobuche – Everest Base Camp – Gorakshap – Kalapather – Pheriche – Phortse -Namche – Phakding – Lukla

From Kathmandu, we fly to Lukla, and the adventure begins as we land at its small runway. We can spend several days trekking through the homelands of the Sherpa people, among the most attractive mountains in Nepal. A day is spent at Namche Bazaar, the bustling market town in the heart of Sherpa country, and at Pheriche a bunch of houses set among the high summer grazing pasture of the region.

The rest days allow time to explore further and to adjust, an important factor in your enjoyment of the trekking. Those who fully acclimatize may trek to the Everest Base Camp but without hesitation, the highlight for most will be the admiration and inspiring views that unfold from the summit of Kala Pattar – the disordered ice sculptures of the Khumbu Glacier, Nuptse, and south-west face of Everest itself. Not forgetting, the personal sense of achievement that many experience at the end of this trek, when it is all over and we fly back to Kathmandu.

Views from EBC/Kalapathar

From EBC you can observe refreshing spectacular views of numerous dangling mountains including Everest and typical Sherpa land with typical houses and landscape. Therefore, Everest Base Camp Trek is taken as the best and most popular [trekking in Nepal](#) as well as in the world.

From Kalapatthar we can view the most wonderful sunrise views on Mt. Everest. The scenery and conversing of the Snow River, avalanche, and white dazzling snowcapped peaks including Mt. Everest from the top of [Kalapatthar](#) will enchant you and take you to the world of frantically making your journey a memorable one in your whole life.

If you have ever longed to set eyes on the highest Himalayan peaks and rugged perfect glaciers around you, the views from Kalapatthar will stay with you forever. We have the best view of Mt. Everest, Mt. Nuptse, Mt. Pumori, Mt. Lhotse, Mt. Chang Tse, Khumbu Glacier, Ama Dablam and south-west face of Everest will be seen from the top of Kalapatthar.

Mt. Everest (Top of the World)

Mount Everest is the highest mountain in the world. Its height is 8,848 meters. Its alternate names are Sagarmatha, Qomolangma, and Chomolungma. Mt. Everest lies on the border of Nepal and China, with half of the mountain lying on each side of the border. Edmund Hillary and Tenzing Norgay first climbed Mt. Everest in 1953, with Hillary taking a photograph of Tenzing Norgay at the summit.

There are several bodies still lying on the upper portions of the mountain above the South Col on the Nepal side and the North East Ridge on the Tibetan side. There are 2 main routes, Southeast and Northeast, for climbing the Mt. Everest. Southeast is the most frequently used route because it is generally considered safer and with easier access.

Ascent via the southeast ridge begins with a trek to Base Camp at 5,380 meters on the south side of Everest in Nepal. Expedition members usually fly to Lukla (2,860 m.) from Kathmandu and pass through Namche Bazaar. Climbers then hike to Everest Base Camp, which usually takes 6 to 8 days, allowing for proper altitude adjustment to prevent altitude sickness. Climbing accessories and supplies are carried by yaks, dzopkyos (yak hybrids), and human porters to Everest Base Camp on Khumbu Glacier.

Tengboche Monastery

Tengboche Monastery also known as Dawa Choling Gumpa is in the Tengboche village in Khumjung in the Khumbu Region of Eastern Nepal. It is a Tibetan Buddhist monastery of the Sherpa community situated at 3,867 m. The monastery is the largest Gumpa in the Khumbu region of Nepal.

It was built in 1916 by Lama Guru with strong links to its mother monastery known as Rongbuk Monastery located in Tibet. It was destroyed by an earthquake in 1934 and was consequently rebuilt. In 1989, a fire destroyed it again, and rebuilt with the help of volunteers and international support.

Tengboche is famous because of its spectacular and distinctive location. It lies on the main route to the Everest Base Camp of Mt. Everest and offers the first clear views of the highest mountain in the world. Tengboche became famous to the world after Sir Edmund Hillary and Tenzin Norgay Sherpa made the first ascent of Mt. Everest in 1953.

A lot has changed since those days when Tengboche was remote and inaccessible. Today more than 30,000 people come every year to enjoy the beauty of Tengboche and the splendor of the mountains.

From Tengboche, there are spectacular views of some of the world's highest mountains including Nuptse (7,855m), Ama Dablam (6,812m), Lhotse (8,516m), Kangtega (6,779m), Thamserku (6,623m) and as well as the many others that form one of the most inspiring ranges of snow mountains anywhere. The ice walls of these mountains control the landscape and avalanches can normally be heard rumbling high up the glaciers.

Cho La Pass

Cho La is a summit pass located 5,420 meters in the Solukhumbu District in northeastern Nepal. It lies 17,782 feet above sea level. It connects the village of Dzongla (4830 m) to the east and the village of Thagnag (4700 m) to the west.

The pass is on the Gokyo trail, one of the most popular and challenging trekking trails in the Khumbu Everest Region in Nepal. To the West, the trail continues to the Gokyo Lake crossing Ngozumpa glacier on the way. To the East, the [trail joins](#) the Everest Base Camp trek.

The pass can be physically demanding and may require crampons on the top of a slippery glacier. The boundary of the glacier is unstable. There is a glacier at the top of Cho La that has the crevasse widening a lot recently. People have to stick to one of the sides with huge boulder hopping.

During December, the face is covered with snow, making it extremely slippery. Cho La Pass trek has several numbers of attractions, chief of which are the spectacular scenery, the unique culture of the Sherpa people of the Solukhumbu, the region where Mt. Everest and its attendant lesser peaks are located.

The trail is the perfect choice for those trekkers who have a little more time and want to add a couple of classic Himalayan high passes onto the Everest Base camp trek. Whether you're a seasoned trekker or new to Nepal, the Cho La trek is sure to stay in your memory for a lifelong.

Trip Itinerary

Day 1 : Arrival in Kathmandu

Arrive in Kathmandu, the capital city of Nepal. Meet your trekking guide at the airport and transfer to your hotel. Spend the day exploring the vibrant streets of Kathmandu and preparing for the trek. Overnight stay in Kathmandu.

Day 2 : Kathmandu Sightseeing

Embark on a full day of sightseeing in Kathmandu.

Visit the iconic UNESCO World Heritage Site, Kathmandu Durbar Square, and explore its palaces, temples, and courtyards.

Continue to Swayambhunath Stupa, also known as the Monkey Temple, and enjoy panoramic views of the city.

Visit Boudhanath Stupa, one of the largest stupas in the world and a significant Buddhist pilgrimage site.

Explore the vibrant streets of Thamel, known for its shops, restaurants, and bustling atmosphere.

Overnight stay in Kathmandu.

Day 3 : Fly Kathmandu / Lukla. Arrive Lukla and start trek to Phakding.

After an adventurous 45 minute flight above the breathtaking White Mountains, we reach the Tenzing-Hillary Airport at Lukla in Solukhumbu. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, you will be introduced to our porter. Note: We will hire guide from Kathmandu only. After some packing and arrangements at Lukla, we start our trek through the prosperous village of Lukla. We walk in an easy trail through Chaurikharka village and then descend towards Dudh Koshi until we reach Phakding. Phakding is located 8,700 feet above sea level. To assist in acclimatization, we only have a short hike today. However, if interested in additional activities we can take a side trip to a nearby monastery. Overnight stay at tea house/lodge. Lukla Airport

Day 4 : Trek Phakding / Namche Bazaar (3440 m.) approx 5 hrs walk.

On this day, we will have our breakfast at Phakding and then gear up for the trek to Namche Bazaar. Namche Bazaar was once a small village but since grown in size to accommodate the influx of trekkers, and now is the unofficial capital of the Sherpas. It was once an important trading centre on the route from Tibet to Nepal but has now been largely given over to catering for the needs of trekkers.

Our trail takes us first over the Dudh Koshi River via a long suspension bridge, and then through a beautiful pine forest to Monjo, about two hours away. Soon thereafter, we will approach the entrance to Sagarmatha National Park for a brief permit check and then descend to Dudh Koshi River (spotting Mani stones along the way!) en route to Jorsale. Lunch will be served here, and then it's uphill to Namche. Our path along the riverbank is flanked by two crossings, one of which is the Hillary Suspension Bridge. It's a tough climb up the hill to our resting place, but you'll be rewarded in Namche Bazaar with your first glimpse of Everest in its majesty. For acclimatization, we suggest you to spend 2 nights in or around Namche.

Day 5 : Rest at Namche Bazaar or walk before breakfast to army camp to enjoy view of Mt. Everest from distance.

On the following day, we will take a well-deserved rest to acclimatize, which gives the opportunity to explore some of the less developed and more traditional villages in the area. There's an optional 2 hour hike to Everest View Point, an uphill walk that will help speed acclimatization. You can also check out the Sherpa museum for an overview of the Sherpa culture and history of mountaineering. On Saturdays, the Local Market is open for trading and an intimate look at the locals' marketplace. It is part of the larger Namche Bazaar, a shopping hub filled with all manner of trekking and mountaineering clothing and equipment. Easier options for passing the acclimatization day can be found by visiting the twin Sherpa villages of Khumjung and Khunde, which are about a 2 hour walk above Namche. While in Khunde, visit the hospital, which was established and funded by Sir Edmund Hillary's Himalayan Trust. Khumjung monastery is interesting as being the store place of one of the alleged Yeti scalps that are to be found in the region. Having Tea/Coffee in Everest view hotel and enjoy with gorgeous view of Mt. Everest and Amadablam is other attractions having one day free in Namche Bazaar.

Day 6 : Trek Namche Bazaar / Tyangboche (3860 m.) approx. 4 hrs walk.

Moving on from Namche Bazaar the trail follows the valley of the Imja Khola with some spectacular views of the mountains including Thamserku, Kangtega, Nuptse, Lhotse, Kwangde and Ama Dablam and dominating the skyline ahead, Everest and Lhotse. The most common night stop after Namche is at the top of a steep climb from the Imja Khola, at Tengboche. Continuing our walk, a short drop takes us to the riverside, then it's across the river upwards through the forest pass. Brace your legs for a continual uphill trek at this point, alternating between a gradual grade and some seriously steep ground. Tengboche is known as one of the most beautiful places in the Everest region. Its views, which include Ama Dablam, are legendary. We'll stop in on the Tengboche monastery, which is one of the largest in Khumbu. Nourish your spirit with a guided tour of the monastery grounds, followed by chanting and prayer with the resident Buddhist monks. This is the site of one of the most significant Buddhist Monastery in Solukhumbu Region and a visit is well recommended.

Day 7 : Trek Tyangboche / Dingboche (4410 m.) approx. 5 hrs walk.

After breakfast, we start our trek down to Dingboche village through the rhododendron forest and crossing the bridge over the raging Imja Khola. We'll pass the valley wall and then traverse the plains to Pangboche village, the biggest settlement of Sherpas in the region. Enjoy a great opportunity to observe a typical Sherpa village and have lunch with the locals. The intrepid can brave a brief hike to the Pangboche monastery, one of the oldest in the area. Our afternoon trek will be a difficult one, as the landscape gives way to dry; deserted mountains and we hike towards Dingboche. Dingboche is also the gateway to Chukung Village and Island peak.

Day 8 : Rest at Dingboche or short hike about 5 hours round-trip to Chukung (4730 m).

Today is another rest day for the acclimatization. Savor a full day of exploring Dingboche and the surrounding valleys of Chukung and Imja, the latter of which links with Island Peak, the high passes of Amphu Laptsa, and Makalu Barun National Park. The view is awesome as the mountain like Thamserku, Khangtega, Taboche, Cholaiche as well as Mt. Amadablam are

shinning in front of our eyes. Taking an optional trek to the valleys will pay off in rewarding views, but taking it easy is the most important thing today. You'll need your rest for the penultimate day of ascent tomorrow.

Day 9 : Trek Dingboche / Lobuche (4910 m.) approx. 5 hrs walk.

After the breakfast, we start our walk. Trek will gradually becomes challenging from here due to higher altitude. We'll pass Dugla, but not before a tough, steep walk to the top of a high hill. Here are the memorial stupas dedicated to the climbers and trekkers who lost their lives to Everest over the years. The next part of our adventure brings over craggy mountain terrain to Lobuche, a small settlement with amazing views of Mt. Lobuche, Mt. Pumari and the Nuptse. Prepare to snuggle up for a cold night, as we are now almost three miles above sea level and the evenings can be downright chilly.

Day 10 : Trek Lobuche / Everest Base Camp (5364 m) / Gorakshep (5140 m.) approx 8 hrs walk.

After having breakfast early in the morning, we continue our trek to Gorakshep Village. The subsequent, straight trail to Everest Base Camp is harder, involving rocky dunes and moraine, formed accumulation of unconsolidated glacial debris. On the way to our destination, we'll approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. During spring season, the entire climbers attempting to scale the mountain's summit gather in Everest Base Camp with colorful tents can be seen as if we are in snowy tents park. Break out your cameras for unbelievable views of breathtaking beauty. After exploring base camp and its surroundings glacier, we return back to Gorakshep before sunset.

Day 11 : Trek Gorakshep / Kalapatthar (5545 m.) / Pheriche (4240m) approx 7 hrs walk.

We'll wake before dawn today to trek towards Kalapatthar (which means "black rock") for a fiery, glorious sunrise over Mt. Everest. After climbing for couple hours, we arrive in the famous view point, the top of Kala Patthar. The day's first light will illuminate your spectacular view of Nuptse Nup, Changtse and Lhotse we have the best view of Mt. Everest, Nuptse, Pumori and Ama Dablam along with the entire mountain views of Khumbu Himalayan range. This may be, of the whole journey, our most opportune moment to snap amazing pictures of Everest and its neighboring peaks. Afterwards, we get back to Gorakshep for breakfast and descend down in the direction of Pheriche, our nighttime stop. Our pace will be a lot brisker as we descend, and the walking is easier going this way.

Day 12 : Trek Pheriche / Tengboche (3810 m) approx 5 hrs walk.

Today is short day after EBC & kalapattar, we just walk about 4 hrs relax trek to Tengbuche or Kyangjuma. From Periche we retrace our steps down to the Imja Khola and up through the forest to Tengboche. If interested, we can also visit nuns at the Tengboche monastery. Tengboche, we continue through the hillside blanketed by rhododendron and juniper trees.

Day 13 : Trek Tengboche / Monjo (2610 m) approx 5 hrs walk.

Bid farewell to the amazing Tengboche village. As the Tengboche weather is unpredictable during the day, begin your trek early after breakfast. Take a descent to the Imjatse River, then a steep climb for about an hour will take you to Sanasa. From there on, the winding path takes you to Namche Bazaar. Have your lunch in one of the finer restaurants in Namche.

Looking back at the village and Mt. Everest in the backdrop, you will move on through the rugged trail towards a lush green forest. You might have the chance of coming across musk deer, Himalayan Tahr, or even the rare red panda. Tourists have often shared the experience of witnessing Blood Pheasant and Impeyan Pheasant. The route then takes a steep descent to the Dudh Koshi River. Cross the river via a suspension bridge towards Jorsale. It is the buffer zone of Sagarmatha National Park. You will further walk south towards Monjo Village.

Monjo is a small village known best for being the checkpoint or the entrance gate of the national park. There are many guesthouses and tea houses in this area. The stone houses roofed by tin tops and wooden windows take you back in time.

Day 14 : Trek Monjo / Lukla (2840 m). approx 4 hrs walk.

After having breakfast, you will bid goodbye to the lovely locals and then head on the Dudh Koshi River trail. There is a descent in the first leg of the trek to Benkar. From there, you will take a suspension bridge and head to Ghat to grab lunch. From there, continue your trek towards Phakding village. There is a gradual climb until you reach Chablung village. Walk past a thick forest of birch and juniper; then, you will get to the Pasang Lhamu Memorial gate in a short while.

You will have reached Lukla village. Keep your backpack in your tea house, then head to the streets and enjoy yourself with the locals. The small village has a lot to give in terms of exploring. There are various shops in the area where you can find adorable souvenirs to take back home. The people here are friendly and welcoming. You can grab some locally brewed drinks and enjoy your last night in the Khumbu region, along with the locals and our team.

Day 15 : Fly back to Kathmandu. Arrive Kathmandu and transfer to Hotel.

In the morning, you'll hop a brief flight from Lukla to Kathmandu, where your journey both began and ends. The flight to Kathmandu from Lukla usually takes 45 minutes. You'll transfer to your hotel upon landing for some much-needed solo rest and reflection after your trek conquering the Himalayas. In Kathmandu the day is yours. Enjoy strolling or ambling round the tourist hub. Or you can go for Sightseeing with your guide. Overnight stay in the hotel.

Day 16 : Departure

We will drop you at the international airport well on time (3 hours before departure) to catch your flight. If you wish to explore more of the Himalayas do get in touch with us. We will be more than happy to organize a trip for you.

Inclusions

What is included?

- 3 Nights, 3*** hotel accommodation in Kathmandu with bed and breakfast (twin sharing basis).
- A Guided sightseeing tour (Pashupatinath Temple and Boudhanath Stupa).
- 12 Nights, Accommodation in teahouses or lodges twin sharing bed basis during the trek.
- All meals (breakfast, lunch, and dinner) with cup of hot drinks during the trek.
- Flight ticket to Lukla from Kathmandu or Ramechhap and return to Kathmandu including airport transfer to domestic airport.
- Trekking permits and TIMS (Trekking Information Management System) card.
- An experienced and licensed trekking guide or Mountain Leader.
- A porter from Lukla, we will be providing one porter for two people (Maximum weight carried by one porter is a total of 25 kg.)
- Sagarmatha National Park entrance fee & Khumbu Rural municipality fee.
- Accommodation, meals, insurance, equipment, and allowances of guide and porter.
- Airfare of guide for Kathmandu / Lukla / Kathmandu.
- Government taxes and service charges.
- Farewell dinner with cultural dance.

What isn't included?

- International airfare to and from Kathmandu.
- Nepal entry visa fees.
- Sightseeing Entrance fee
- Personal travel insurance (covering medical, evacuation, and trip cancellation).
- Extra accommodation and meals in Kathmandu (beyond the itinerary).
- Any other activities not mentioned above, (We are happy to arrange this on your request)
- Personal expenses, such as laundry, phone calls, internet access, etc.
- Bottled drinks (mineral water, cold drinks, and alcoholic drinks).
- Additional porters or services if needed.
- Tips for guides, porters, and other staff.
- Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

Complimentary

You will earn **US\$ 25** in travel credits when buying this tour. The US \$25 earned travel credits can be used on any future booking on Nature Trail.