Everest Base Camp Short Trek -12 Days

Everest Base Camp Short Trek: Experience the Roof of the World

Table of Contents

- Everest Base Camp Short Trek: Experience the Roof of the World
  - Breathtaking Mountain Views and Unique Himalayan Wildlife
    - Cultural Highlights on the Everest Base Camp Short Trek

The **Everest Base Camp Short Trek** is a legendary Himalayan journey. It takes you deep into the heart of the Khumbu region. Specifically, this adventure introduces you to the home of the Sherpas. You will trek through famous high-altitude hubs. These include vibrant Namche Bazaar, Sagarmatha National Park, and Kala Patthar.

Historically, Mount Everest is the ultimate goal for mountaineers. Many travelers come to Nepal to accomplish this feat. Consequently, as you walk these mountain trails, you will pass through welcoming Sherpa towns. Trekkers can comfortably rest and acclimatize here. Furthermore, you will admire the unique lifestyle and genuine hospitality of the local people.

Breathtaking Mountain Views and Unique Himalayan Wildlife

During this trek, you will enjoy breathtaking spectacles of world-famous peaks. For example, you will witness the raw beauty of:

- **Mt. Everest** (8,848 m)
- **Mt. Lhotse** (8,516 m)
- **Mt. Makalu** (8,463 m)
- **Cho Oyu** (8,201 m)

In addition to giant peaks, the biodiversity of Sagarmatha National Park is amazing. Therefore,

sharp-eyed trekkers can regularly spot rare wildlife. You may see elusive snow leopards, musk deer, and the colorful Himalayan Monal.

Cultural Highlights on the Everest Base Camp Short Trek

As you ascend higher, you will arrive at Tengboche Monastery. This spiritual landmark is the highest active monastery in the Khumbu region. Visiting here allows you to experience Buddhist traditions up close.

Additionally, this trek passes the iconic Syanboche airstrip. It is famously known as the world's highest airport. Later on, you will stand upon the massive Khumbu Glacier. Furthermore, reaching the top of Kala Patthar (5,555 m) delivers an unforgettable highlight.

Trek Logistics, Altitude, and Best Seasons

We begin our hike with an exciting flight from Kathmandu to Lukla. Our team provides all necessary permits, trekking gear, and professional guides.

Although the **Everest Base Camp Short Trek** is full of excitement, it is rated as a moderate trek. The route reaches a maximum elevation of 5,364 meters at base camp.

Finally, the best seasons for this trek are **Autumn** (September to November) and **Spring** (March to May). During these months, the weather is clear and visibility is excellent.

Itinerary

Day 1: Arrival in Kathmandu & Transfer to Hotel

Welcome to Nepal! Upon your arrival at Tribhuvan International Airport in Kathmandu, our representative will greet you warmly at the terminal exit. From there, you will be escorted to your hotel via a comfortable private vehicle. Once at the hotel, our team will assist you with the check-in process so you can unpack, settle in, and unwind after your journey. Take the remainder of the day to relax at your own pace and prepare for your upcoming Himalayan adventure.

- Accommodation: Hotel in Kathmandu
- Location: Kathmandu
- Elevation: 1,400 m / 4,593 ft
- Meal Plan: Bed & Breakfast (B/B Basis)

Day 2: Full-Day Sightseeing Tour of UNESCO World Heritage Sites in Kathmandu & Trek Orientation

Today, you will embark on a captivating full-day guided sightseeing tour across the Kathmandu Valley to discover its most iconic UNESCO World Heritage Sites. Your journey begins at Kathmandu Durbar Square, where intricate wooden carvings, historic courtyards, and ancient palaces provide a fascinating look into Nepal's royal past. Next, you will visit the sacred Pashupatinath Temple, situated along the banks of the Bagmati River, which stands as one of the most revered pilgrimage destinations for Hindus worldwide.

Continuing the journey, you will ascend to Swayambhunath Stupa (famously known as the *Monkey Temple*), perched atop a hill offering sweeping panoramic views of the valley alongside its iconic all-seeing Buddha eyes. Afterward, you will explore Boudhanath Stupa, one of the largest spherical stupas in the world and a vibrant centerpiece of Tibetan Buddhism in Nepal.

Around midday, you will gather at our office to meet your fellow trekking companions, complete final gear checks, and attend a detailed pre-trip briefing for the upcoming Everest Base Camp Trek with your lead guide.

- Accommodation: Hotel in Kathmandu
- Location: Kathmandu
- Elevation: 1,400 m / 4,593 ft
- Meal Plan: Bed & Breakfast (B/B Basis)

Day 3: Scenic Flight to Lukla & Trek to Phakding

Your adventure officially begins early this morning with a transfer to the airport for a scenic mountain flight to Lukla. As the plane ascends, you will enjoy breathtaking views of rolling

forested hills, cascading waterfalls, winding rivers, and drifting clouds framing the distant peaks. *(Note: During peak trekking seasons, flights to Lukla may operate from Manthali Airport in Ramechhap to avoid Kathmandu air traffic, requiring a brief early-morning drive).*

Upon landing at Tenzing-Hillary Airport in Lukla, you will be greeted by your first close-up views of the soaring, snow-capped Himalayan mountains. After meeting your trekking crew and organizing equipment, you will begin your trek heading northward toward the peaceful village of Phakding. The trail gently descends through the lush Dudh Koshi River valley, offering a lovely first day on the trail before arriving at your lodge.

- Accommodation: Mountain Teahouse / Lodge
- Location: Phakding
- Elevation: 2,610 m / 8,563 ft (Phakding)
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 4: Trek from Phakding to Namche Bazaar

After a hearty breakfast, your trek toward Namche Bazaar—the vibrant heart of the Khumbu region and one of Nepal's largest Sherpa settlements—begins. The trail leads you along the sparkling Dudh Koshi River, crossing several suspension bridges and passing through fragrant pine forests as you make your way to the peaceful hamlet of Monjo.

Upon reaching Monjo, we stop at the entrance of Sagarmatha National Park for a brief permit registration. From there, we descend toward the riverbank and continue onward to Jorsalle, where you will enjoy a relaxing lunch break.

After lunch, the journey continues along the riverbed, culminating in an exciting crossing of the high Hillary Suspension Bridge. Beyond the bridge, the trail climbs steadily through alpine forests up to Namche Bazaar. As a memorable reward for the steep ascent, you will enjoy your very first breathtaking glimpse of Mount Everest peeking above the pine trees before arriving in town.

- Accommodation: Mountain Teahouse / Lodge

- Location: Namche Bazaar
- Elevation: 3,440 m / 11,286 ft
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 5: Trek from Namche Bazaar to Tengboche

Your day begins with stunning, panoramic views of the high Himalayas, including glorious vistas of Mount Everest, Nuptse, Lhotse, Ama Dablam, Thamserku, and Kwangde. After setting off, the trail gently contours along the mountain slopes before descending gracefully to the Imja Khola riverbed at Phunki Tenga for a refreshing break.

Crossing the suspension bridge over the river, you will begin a steady climb upward through dense rhododendron and pine forests. The trail alternates between gradual inclines and steeper stretches as you ascend toward Tengboche, widely celebrated as one of the most scenic destinations in the entire Everest region.

Upon reaching the ridge, you will visit the famous Tengboche Monastery—the largest and most active Tibetan Buddhist monastery in the Khumbu region. Here, you will have the serene opportunity to observe resident monks during their daily prayers and chanting ceremonies.

- Accommodation: Mountain Teahouse / Lodge
- Location: Tengboche
- Elevation: 3,860 m / 12,664 ft
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 6: Trek from Tengboche to Dingboche

Your trek begins this morning with a peaceful descent through a lush forest of rhododendron and birch trees down to the small settlement of Deboche. After crossing a high suspension bridge spanning the rushing waters of the Imja Khola, the trail contours along the valley wall and opens up onto pleasant alpine plains leading to Pangboche village. Here, you will have a wonderful opportunity to observe a traditional Sherpa community and, if time permits, hike up to the historic Pangboche Monastery, considered one of the oldest in the Khumbu region.

As you continue onward, the surroundings noticeably change. The lush green foliage gradually gives way to dry, high-altitude alpine terrain and dramatic arid landscapes. You will ascend steadily into the Imja Valley, ultimately reaching the high-altitude settlement of Dingboche, framed by towering stone walls protecting local barley and potato fields.

- Accommodation: Mountain Teahouse / Lodge
- Location: Dingboche
- Elevation: 4,410 m / 14,468 ft
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 7: Trek from Dingboche to Lobuche

As you ascend higher from Dingboche, the journey progresses at a more gradual, deliberate pace to accommodate the thinner air and increasingly challenging terrain. Along the trail, you will reach Thukla Pass, where poignant stone memorials honor the brave climbers and hikers who lost their lives on Everest over the years.

Continuing across dramatic glacial moraines and rugged Himalayan landscapes, you will push forward to Lobuche. This small mountain settlement offers stunning, up-close panoramas of Mount Lobuche, Mt. Pumori, and the towering face of Nuptse. Situated over 4,900 meters above sea level, evening temperatures drop significantly here, so you can enjoy a warm, comforting meal inside the lodge before turning in for the night.

- Accommodation: Mountain Teahouse / Lodge
- Location: Lobuche

- Elevation: 4,940 m / 16,207 ft
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 8: Trek from Lobuche to Gorak Shep & Hike to Everest Base Camp

Your day begins with an early departure from Lobuche, starting with a relatively gentle trek toward the high-altitude settlement of Gorak Shep. After checking into your lodge and taking a brief rest, you will gear up for the main highlight of your journey: the hike to Everest Base Camp.

The route to Base Camp transitions into more challenging terrain, traversing rocky moraine ridges and unconsolidated glacial rubble formed by the shifting landscape. Along the way, you will walk alongside the impressive Khumbu Glacier and catch dramatic views of the treacherous Khumbu Icefall clinging to the slopes of Everest. Upon arriving at Everest Base Camp, you will be rewarded with breathtaking scenes of sheer natural grandeur and awe-inspiring Himalayan beauty. After taking time to celebrate and capture photographs at this iconic location, you will retrace your steps back to Gorak Shep for a well-deserved rest.

- Accommodation: Mountain Teahouse / Lodge
- Location: Gorak Shep & Everest Base Camp
- Elevation: 5,164 m / 16,942 ft (Gorak Shep) & 5,364 m / 17,598 ft (Everest Base Camp)
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 9: Early Hike to Kala Patthar for Sunrise & Trek Down to Pheriche

Your day begins before dawn with an enthusiastic and rewarding climb to the summit of Kala Patthar. As the first rays of light break across the horizon, you will witness a magnificent, golden sunrise illuminating Mount Everest, Nuptse, Lhotse, Cholatse, Pumori, and their towering

neighboring peaks in breathtaking panoramic splendor.

After soaking in these unforgettable mountain vistas, you will return to Gorak Shep for a warm, well-earned breakfast. Following breakfast, you will begin your descent toward Pheriche. Because you are heading to lower altitudes and walking downhill, your steps will feel much quicker, lighter, and easier on the body.

- Accommodation: Mountain Teahouse / Lodge
- Location: Pheriche
- Elevation: 5,555 m / 18,225 ft (Kala Patthar summit) & 4,371 m / 14,340 ft (Pheriche)
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 10: Trek from Pheriche to Namche Bazaar

Your journey today traces your steps back through familiar valleys as you enjoy a predominantly downhill trek from Pheriche toward Tengboche. The trail leads you past alpine pastures before descending toward the suspension bridge spanning the rushing waters of the Imja Khola. After crossing the river, you will take on a brief, steady climb back up to Tengboche, walking through gorgeous forests filled with rhododendrons, oaks, and junipers.

Continuing past Tengboche, you will descend through fragrant pine woods and cross additional suspension bridges over sparkling mountain streams. With the altitude continuing to drop, you will feel a noticeable boost in your energy and breathing. By the late afternoon, you will arrive back in the bustling mountain hub of Namche Bazaar, where you can relax, celebrate your incredible journey, and rest up for your final day on the mountain.

- Accommodation: Mountain Teahouse / Lodge
- Location: Namche Bazaar
- Elevation: 3,440 m / 11,286 ft

- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 11: Trek from Namche Bazaar to Lukla

Your final day of trekking begins with a descent from Namche Bazaar, navigating the steep pathway down toward the valley floor. You will cross the iconic Hillary Suspension Bridge once more and retrace your steps through charming local villages, pine forests, and past sparkling mountain streams.

Continuing along the banks of the Dudh Koshi River, you will pass through Monjo and Jorsalle as you exit the Sagarmatha National Park area. After a few final stretches of walking over undulating terrain and suspension bridges, you will arrive back in Lukla. Tonight, you can celebrate a successful expedition and share a wonderful final dinner with your guides and porters.

- Accommodation: Mountain Teahouse / Lodge
- Location: Lukla
- Elevation: 2,860 m / 9,383 ft
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 12: Flight from Lukla to Kathmandu & Departure

On your final morning in the mountains, you will take an early morning scenic flight from Lukla back to Kathmandu, enjoying one last aerial look at the sprawling Himalayan ranges. *(Note: During peak trekking seasons, this return flight may land at Manthali Airport in Ramechhap, followed by a comfortable private vehicle transfer back to Kathmandu).*

Upon your arrival in Kathmandu, our representative will meet you at the terminal and escort you

back to your hotel. You can spend the rest of the day at your leisure—relaxing, doing some last-minute souvenir shopping in Thamel, or celebrating the successful completion of your Everest Base Camp trek over a wonderful farewell dinner.

- Accommodation: Hotel in Kathmandu
- Location: Kathmandu
- Elevation: 1,400 m / 4,593 ft
- Meal Plan: Bed & Breakfast (B/B Basis)

Inclusions

- **Airport Transfers:** Airport pickup and drop-off by private vehicle for both international and domestic flights.
- **Ground Transportation:** All necessary ground transportation as outlined in the itinerary.
- **Hotel Accommodation in Kathmandu:** Comfortable hotel stays in Kathmandu on a Bed & Breakfast (B/B) basis.
- **Mountain Accommodation:** Standard teahouse/lodge accommodation throughout the duration of the trek.
- **Meals During the Trek:** Three daily meals (breakfast, lunch, and dinner) freshly prepared while on the trail.
- **Special High-Altitude Additions:** Complimentary hot soup provided at higher elevations to aid with acclimatization.
- **Domestic Flights:** Round-trip scenic flights on the Kathmandu – Lukla – Kathmandu route for all participants.
- **Professional Guides:** An experienced, English-speaking professional trekking and tour guide, accompanied by an assistant guide for groups exceeding 10 participants.

- **Porter Services:** Dedicated porter service operating on a 2-trekkers to 1-porter ratio (carrying up to 20–25 kg total).
- **Staff Welfare & Insurance:** Comprehensive insurance, food, and accommodation provided for all trekking guides and porters.
- **Permits & Documentation:** All necessary trekking permits and conservation area entry documents.
- **Taxes:** All applicable government taxes, local levies, and airport taxes in both Kathmandu and Lukla.
- **Safety & Extras:** A comprehensive medical kit for staff, an official trekking map, a complimentary company T-shirt, a celebratory farewell dinner in Kathmandu, and an official trip completion certificate.

Exclusions

- **Visa for Nepal:** Tourist visas can be obtained upon arrival at Tribhuvan International Airport in Kathmandu. You will need to arrange this directly at the airport counter.
- **Lunch and Dinner in Kathmandu:** While your stay in Kathmandu includes daily breakfast, lunches and dinners in the city are excluded so you can explore and sample local restaurants at your own leisure.
- **Entry Fees for Kathmandu UNESCO Tour:** Sightseeing monument entrance fees—such as those for Kathmandu Durbar Square, Swayambhunath, Pashupatinath, and Boudhanath—are excluded. It is recommended to carry local currency in cash for these tickets.
- **Travel and Rescue Insurance:** Comprehensive travel insurance that specifically covers high-altitude emergency helicopter evacuation (up to 6,000 meters) and medical treatment is mandatory for all participants.
- **Personal Expenses:** Out-of-pocket costs on the trekking route—such as hot showers, battery charging stations, Wi-Fi, bar bills, laundry services, and bottled or boiled mineral water—are not covered.
- **Extra Night Accommodation:** Any nights spent in Kathmandu or along the trail outside of the specified 12-day itinerary (due to early arrivals, late departures, or unpredicted flight delays) are your own responsibility.

- **Tips for Guide and Porters:** Gratuities are customary in Nepal to show appreciation for the hard work, care, and dedication of your trekking guides and porters at the end of the trip.