Everest Base Camp Trek – 15 Days

The Everest Base Camp Trek

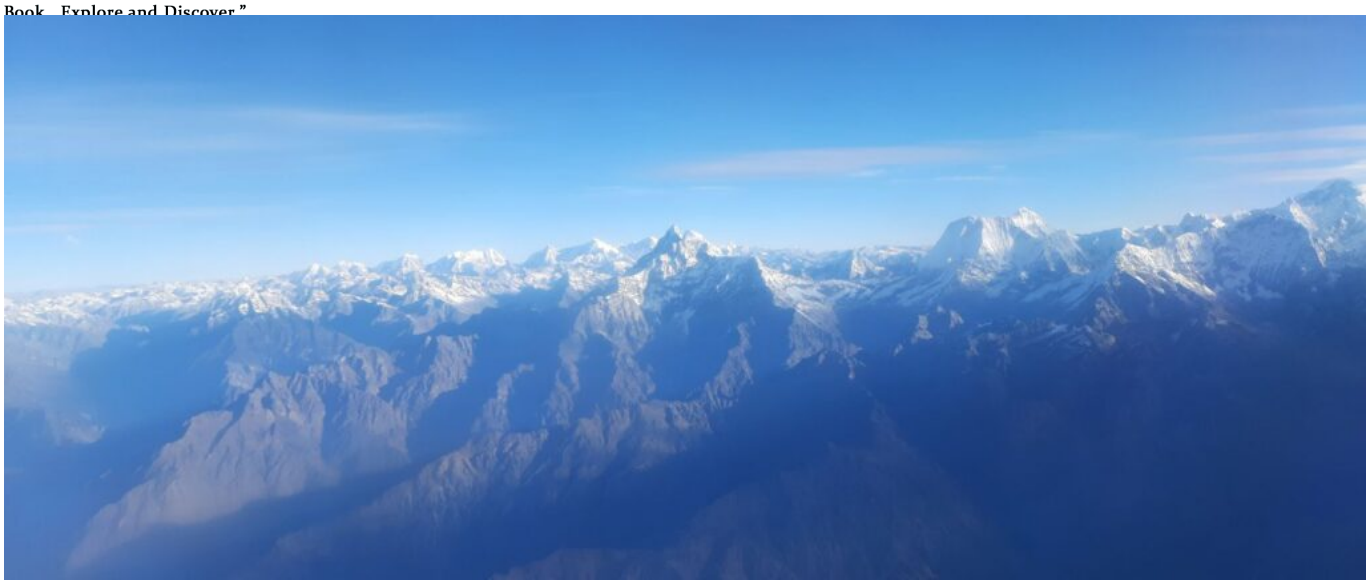
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The Everest Base Camp Trek is Nepal's premier mountain adventure. Consequently, it attracts thousands of trekkers every year. The journey leads you deep into the iconic Khumbu region. This area is home to the high Himalayas. In addition, it offers stunning natural beauty and vibrant Sherpa culture.

The trail begins in the scenic town of Lukla. From there, you walk through alpine forests and deep river gorges. Furthermore, you will stop at Namche Bazaar. This bustling town is known as the Gateway to Everest. Later, you will visit the famous Tengboche Monastery. It is one of the oldest monasteries in the region.

Eventually, you will reach Kala Patthar at an elevation of 5,545 meters. As a result, you get a 360-degree view of Mount Everest. The trail also passes through Sagarmatha National Park, a UNESCO World Heritage Site. Overall, this trek provides an unforgettable lifetime experience.



Highlights of the Khumbu Region

- **Namche Bazaar & Tengboche Monastery:** Historically, Namche Bazaar served as an ancient trading point. Today, it remains the bustling heart of the Khumbu region. Beyond Namche lies Tengboche Monastery. In fact, it is the largest and oldest Buddhist monastery in the area.

- **Kala Patthar & Unrivaled Views:** Kala Patthar stands at an altitude of 5,545 meters. Consequently, it is the best vantage point on the trek. From here, you get a breathtaking 360-degree view of the entire Mount Everest massif.

- **Sagarmatha National Park:** The trail weaves through Sagarmatha National Park. This protected area safeguards fragile alpine ecosystems. In addition, it is home to rare Himalayan wildlife and endangered species.

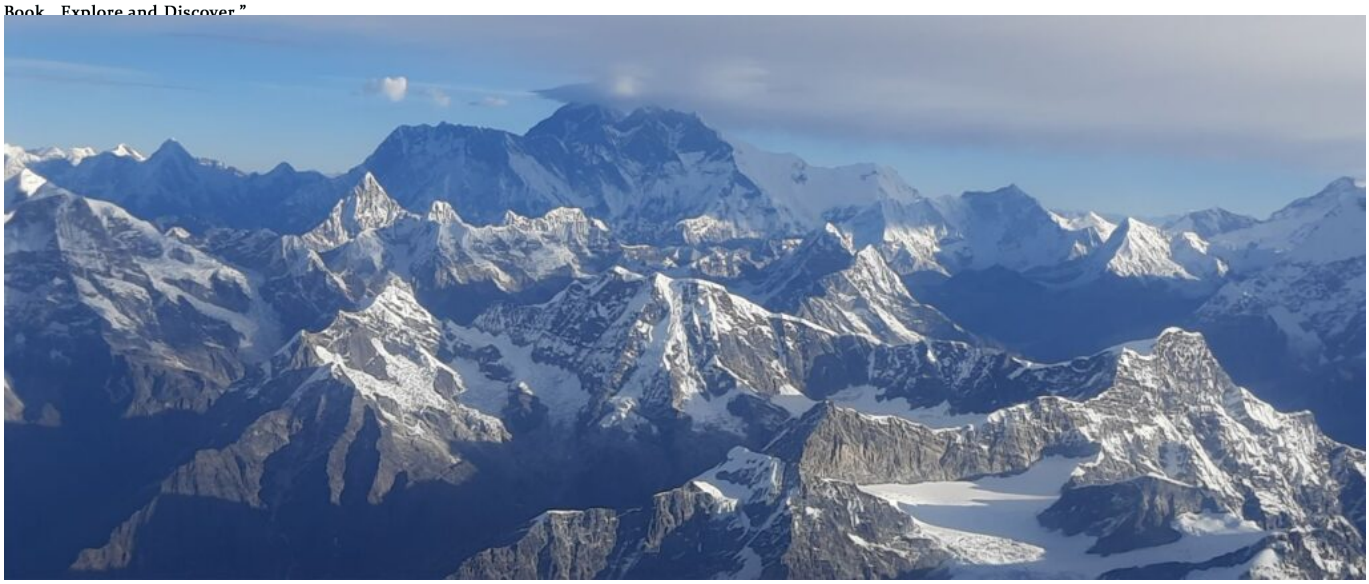
- **The Route from Lukla:** First, you take a thrilling flight from Kathmandu to Lukla. Then, you ascend along the picturesque Dudh Koshi Valley. Step by step, the path leads you directly toward Everest Base Camp.

- **Best Time to Visit:** The ideal seasons for trekking are Spring (March to May) and Autumn (September to December). During these months, you will enjoy clear skies, crisp air, and optimal mountain visibility.

How Challenging is the Everest Base Camp Trek ?

The Everest Base Camp Trek is moderately challenging. Generally, the entire journey takes about two weeks. You do not need prior mountaineering experience. However, you must have solid determination and good physical fitness.

Daily walking lasts between 5 and 7 hours. In addition, the terrain is often rocky and steep. The main difficulty comes from the thin mountain air. Therefore, pacing yourself is essential for success.



How to Avoid Altitude Sickness

Altitude sickness is a real concern at high elevations. Fortunately, you can prevent it by following a few simple rules:

- **Ascend Gradually:** First, walk at a slow and steady pace. Therefore, never rush on the trail.
- **Rest Properly:** Second, take full advantage of acclimatization days. As a result, your body adapts naturally.
- **Avoid Alcohol and Tobacco:** In addition, steer clear of smoking and alcohol. These habits dehydrate your body quickly.

- **Drink Plenty of Water:** Furthermore, drink 3 to 4 liters of fluids daily. Warm water and hot soups work best.
- **Eat Well:** Consequently, eat carbohydrate-rich meals to keep your energy high.
- **Prepare Mentally:** Finally, listen to your body closely. Always inform your guide immediately if you feel unwell.



Itinerary

Day 1: Arrive in Kathmandu

Upon your arrival at Tribhuvan International Airport, our representative will extend a warm Nepalese greeting. Afterwards, we will arrange a comfortable private transfer directly to your hotel.

Once you check in, you can take time to refresh and unwind from your journey. Later, you may enjoy a peaceful stroll through the vibrant local streets at your own leisure. Alternatively, you can use this time to organize your trekking gear and prepare for the adventure ahead. Finally, you will enjoy a comfortable overnight stay in Kathmandu.

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

Day 2: Full-Day Kathmandu Sightseeing & Trek Briefing

Today, you will experience the rich cultural heritage of Kathmandu Valley through a guided sightseeing tour. First, you will explore Patan Durbar Square, a historic site known for its exquisite ancient royal architecture. Next, you will visit Pashupatinath Temple, one of the most sacred pilgrimage destinations for Hindus worldwide.

Afterwards, you will ascend to Swayambhunath Stupa, fondly known as the Monkey Temple, which offers panoramic views of the entire valley. Later, you will visit Boudhanath Stupa, one of the largest spherical stupas in the world.

In the afternoon, we will gather at our office for an official trek orientation. Here, you will meet your fellow team members, review the Everest Base Camp route with your lead guide, and complete your final preparation. Finally, you will return to your hotel for an overnight stay in Kathmandu.

- Location: Kathmandu & Patan
- Elevation: 1,400 m / 4,593 ft

- Accommodation: Tourist Standard Hotel
- Meal Plan: Breakfast (B)

Day 3: Scenic Flight to Lukla & Trek to Monjo

Early this morning, you will take a breathtaking 40-minute scenic flight from Kathmandu to Tenzing-Hillary Airport in Lukla. Upon arrival, our attentive crew will greet you and take care of your luggage.

After a short briefing and final preparations, you will begin your Himalayan trek along the Dudh Koshi River Valley. The trail winds through charm-filled Sherpa hamlets, pine forests, and picturesque suspension bridges. Gradually, you will make your way past Phakding toward the village of Monjo, which serves as the peaceful gateway to Sagarmatha National Park. Finally, you will enjoy a cozy overnight stay in Monjo.

- Location: Monjo (Manju)
- Elevation: 2,835 m / 9,301 ft
- Accommodation: Mountain Teahouse / Lodge
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 4: Trek from Monjo to Namche Bazaar

Today’s trek leads you through enchanting alpine woodlands filled with lush rhododendron blossoms, fragrant magnolia trees, and towering firs. Consequently, every step provides a picturesque natural setting along the mountain path.

As you stroll onward, you will cross several dramatic suspension bridges over the tumbling

Dudh Koshi River. Following a rewarding 4-hour trek that includes a steady uphill climb, you will arrive at Namche Bazaar. This vibrant mountain town serves as the historic trading hub of the Khumbu region. Finally, you will settle in for a cozy overnight stay surrounded by towering Himalayan peaks.

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

Day 5: Acclimatization Day in Namche Bazaar & Excursion to Khumjung

Today is dedicated to resting and acclimatizing in Namche Bazaar to help your body safely adjust to the higher altitude. Namche is a flourishing and vibrant mountain town nestled beautifully in a vast, secluded, bowl-shaped valley.

After breakfast, we will take an invigorating hike toward the traditional Sherpa settlement of Khumjung. Along the way, you will visit the sacred Khumjung Monastery, famous for housing what is said to be a real Yeti scalp. Furthermore, you will enjoy sweeping, spellbinding views of iconic Himalayan peaks such as Ama Dablam (6,856 m), Thamserku (6,608 m), and majestic Mount Everest itself.

Depending on your pace and energy levels, we may also explore the Sagarmatha National Park Visitor Center to learn more about the unique high-altitude flora, fauna, and local Sherpa heritage. Finally, you will return to Namche Bazaar for a restful overnight stay in your cozy teahouse.

- Location: Namche Bazaar & Khumjung
- Elevation: 3,440 m / 11,286 ft (Acclimatization hike up to 3,800 m / 12,467 ft)
- Accommodation: Mountain Teahouse / Lodge
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 6: Trek from Namche Bazaar to Tengboche

Today's trek begins with a pleasant and relatively easy stroll along the mountain ridges toward Phunki Tenga. From there, the trail ascends gradually through fragrant pine and rhododendron forests up to Tengboche village.

In Tengboche, you will visit the famous Tengboche Monastery, which is the largest and most significant Buddhist monastery in the entire Khumbu region. Nestled within the UNESCO World Heritage-listed Sagarmatha National Park, this serene spiritual site offers dramatic panoramic views of Mount Everest, Nuptse, Lhotse, Ama Dablam, and Thamserku. If timing permits, you can observe the peaceful afternoon religious ceremony when the monastery opens at 3:00 PM. Finally, you will settle in for a restful overnight stay in Tengboche.

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

Day 7: Trek from Tengboche to Dingboche

Today, your journey begins with a gentle descent through lush birch and rhododendron woodlands. As you trek, you will continue to enjoy glorious views of Mount Everest, Lhotse, and Ama Dablam. After passing through the quiet village of Debuche, you will cross the rushing Imja River via a scenic suspension bridge to reach Pangboche.

We will take the upper Pangboche trail, which rewards you with sweeping Himalayan vistas and a visit to the historic Pangboche Monastery. Afterwards, the path leads through the serene Imja Valley along the Lobuche River, gradually ascending toward Dingboche. This picturesque

village welcomes you with neatly stone-walled fields of barley, buckwheat, and potatoes, with yaks grazing peacefully against a dramatic backdrop of mountain peaks. Finally, you will check in for a warm, restful overnight stay in Dingboche.

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

Day 8: Trek from Dingboche to Lobuche

As you venture higher, the terrain grows more rugged and the altitude presents a more thrilling challenge. The trail leads up a steep, demanding incline toward Dughla (Thokla Pass). At the top of the ridge, you will reach the poignant memorial site filled with stone stupas dedicated to the brave climbers and trekkers who lost their lives on Mount Everest over the decades.

After taking a moment to pay your respects, you will continue along the moraine of the Khumbu Glacier toward Lobuche. This small settlement is surrounded by magnificent, close-up views of Mount Lobuche, Mount Pumori, and the massive Nuptse wall. As you are now sitting nearly three miles above sea level, the evening air will be crisp and cold. Finally, you will settle in for a warm, cozy overnight stay at a local teahouse in Lobuche.

- Location: Lobuche
- Elevation: 4,940 m / 16,207 ft
- Accommodation: Mountain Teahouse / Lodge
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 9: Trek from Lobuche to Everest Base Camp & Back to Gorak Shep

Today marks the ultimate milestone of your adventure as you trek to iconic Everest Base Camp. The trail leads along the lateral moraine of the Khumbu Glacier, winding over rugged, rocky terrain with gradual ascents and descents.

Upon reaching Everest Base Camp, you will marvel at the dramatic glacier melt patterns and towering ice pinnacles of the Khumbu Glacier. Surrounded by breathtaking natural splendor, you will take in close-up, magnificent views of Nuptse, Khumbutse, and Mount Pumori. After taking time to celebrate your achievement and snap memorable photos, you will trek back across the glacial path to Gorak Shep. Finally, you will settle in for a well-deserved, restful overnight stay in Gorak Shep.

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

Day 10: Morning Hike to Kala Patthar & Rest in Gorak Shep

Early this morning, you will set out on a steady hike up a steep, well-trodden trail toward Kala Patthar. Moving at a comfortable pace to adjust to the elevation, you will enjoy spectacular views of Lingtren, Khumbutse, and Changtse rising ahead as you ascend.

Reaching the summit of Kala Patthar rewards you with one of the most famous vantage points in the world. From here, you will behold an unmatched, panoramic view of Mount Everest alongside its surrounding Himalayan giants. After spending time soaking in the breathtaking scenery and capturing photos, you will descend back to Gorak Shep, a much gentler walk down the ridge. Finally, you will spend a relaxing afternoon and a restful overnight stay in Gorak Shep.

- Location: Kala Patthar & Gorak Shep

- Elevation: Kala Patthar: 5,545 m (18,192 ft) / Gorak Shep: 5,164 m (16,942 ft)
- Accommodation: Mountain Teahouse / Lodge
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 11: Sunrise Hike to Kala Patthar & Trek to Pheriche

Early this morning, you will set out on a morning hike up to Kala Patthar to witness an unforgettable Himalayan sunrise. As the sun emerges from behind the Mount Everest massif, a golden glow bathes the surrounding high peaks—a truly mesmerizing and magical experience.

After soaking in the morning views and capturing photos at the summit, you will return to Gorak Shep for a warm breakfast. Afterwards, you will begin your descent, leaving the high glacial terrain behind as you trek down to Pheriche. The lower altitude brings richer air and a comfortable evening. Finally, you will enjoy a restful overnight stay at a local lodge in Pheriche.

- Location: Kala Patthar & Pheriche
- Elevation: Kala Patthar: 5,545 m (18,192 ft) / Pheriche: 4,370 m (14,337 ft)
- Accommodation: Mountain Teahouse / Lodge
- Meal Plan: Full Board (Breakfast, Lunch & Dinner)

Day 12: Trek from Pheriche to Namche Bazaar

Today, your return journey continues as you navigate a scenic trail of gentle ups and downs, descending nearly 2,000 feet in altitude. After crossing a suspension bridge over the rushing Dudh Koshi River, the path winds downward through fragrant forests of rhododendron, juniper, and pine. As the air grows richer, keep an eye out for local wildlife such as mountain goats

(Himalayan Tahr) and colorful Danphe pheasants.

Upon reaching Sansa, you will be rewarded with sweeping vistas of Ama Dablam, Thamserku, and Nuptse. Finally, continuing along winding forest paths, you will arrive back in the vibrant mountain hub of Namche Bazaar for a cozy overnight stay.

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

Day 13: Trek from Namche Bazaar to Lukla

Today marks the final day of your mountain trekking. You will descend along a rocky trail and cross multiple suspension bridges over the surging Dudh Koshi River before joining a smoother, paved path. As you lose altitude, you will notice the mountain air becoming noticeably warmer and richer.

Following the familiar trail back toward Lukla, you will reach the end of your trekking route in the afternoon. Upon arrival, you can relax, celebrate your incredible achievement with your trekking crew, and reminisce about the unforgettable memories made in the high Himalayas. Finally, you will enjoy a restful overnight stay in Lukla.

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

Day 14: Flight from Lukla to Kathmandu & Farewell Dinner

Early this morning, you will board a short flight from Lukla back to Kathmandu, enjoying final aerial views of the Himalayan range. Upon arrival at Tribhuvan International Airport, our representative will escort you back to your hotel in Kathmandu.

You will have the rest of the day free to rest, shop for souvenirs in Thamel, or explore any remaining cultural sights around the city at your own pace. In the evening, we will gather for a celebratory farewell dinner at a traditional Nepalese restaurant, featuring delicious local cuisine and cultural performances to mark the successful completion of your journey. Finally, you will enjoy a comfortable overnight stay at your hotel in Kathmandu.

- Location: Kathmandu
- Elevation: 1,400 m / 4,593 ft
- Accommodation: Tourist Standard Hotel
- Meal Plan: Breakfast & Farewell Dinner (B/D)

Day 15: Final Departure from Kathmandu

Today marks the conclusion of your memorable adventure in Nepal. Depending on your flight schedule, you may have time for some last-minute shopping or relaxing in Kathmandu.

At least 3 hours prior to your scheduled international flight departure time, our representative will transfer you to Tribhuvan International Airport for your return journey home. We sincerely thank you for being a part of our tour and travel team. It has been an honor hosting you in the Himalayas, and we bid you a fond farewell—until we meet again for your next adventure in Nepal!

- Location: Kathmandu & Tribhuvan International Airport
- Elevation: 1,400 m / 4,593 ft

- Meal Plan: Breakfast (B)

Inclusions

Transportation & Transfers

- **Airport Pickup & Drop:** Private vehicle transfers for both international and domestic flight arrivals and departures.
- **Domestic Flights:** Round-trip airfare for the Kathmandu – Lukla – Kathmandu sector.
- **Ground Logistics:** All local transportation throughout the duration of the tour according to the itinerary.

Accommodation & Meals

- **Kathmandu Stay:** Hotel accommodation in Kathmandu, including daily breakfast (B/B basis).
- **Trekking Stay:** Teahouse / lodge accommodation throughout the trekking route.
- **Trekking Meals:** Three full meals a day (Breakfast, Lunch, Dinner) during the trek.
- **High-Altitude Comfort:** Hot soup served in high-altitude stops for warm nourishment.
- **Celebration:** Traditional Nepalese farewell dinner in Kathmandu.

Trekking Support Staff & Safety

- **Licensed Trekking Guide:** Professional guide provided for all treks and tours.
- **Assistant Guide:** Dedicated assistant guide included for groups larger than 10 passengers.
- **Porter Service:** Porters provided at a ratio of 1 porter for every 2 trekkers.

- **Staff Welfare & Insurance:** Full insurance coverage, meals, and accommodations for all accompanying guides and porters.
- **Medical Kit:** Comprehensive medical and first-aid kit carried by the trekking staff.

Permits & Official Logistics

- **All Required Permits:** Sagarmatha National Park entry permit and Khumbu Pasang Lhamu Rural Municipality entry permit.
- **Taxes & Airport Fees:** Inclusive of all government taxes, local municipal taxes, and airport taxes for Kathmandu and Lukla.

Extras & Souvenirs

- **Route Map:** Standard trekking route map following the itinerary.
- **Company Gear:** Complimentary company-branded T-shirt.
- **Certificate:** Official trip completion certificate upon completing the trek.

Exclusions

International Travel & Formalities

- **Nepal Tourist Visa:** Entry visa fees upon arrival at Tribhuvan International Airport.
- **International Flights:** Round-trip airfare to and from Kathmandu.

Kathmandu Expenses

- **City Sightseeing Entry Fees:** Admission fees for heritage sites, temples, and UNESCO World Heritage locations during Kathmandu city tours.
- **City Meals:** Lunch and dinner while staying in Kathmandu (except for the included farewell dinner).
- **Extra Stays:** Accommodation expenses in Kathmandu for extra nights beyond the specified itinerary.

Insurance & Emergency Expenses

- **Personal Travel Insurance:** Comprehensive travel, medical, and high-altitude emergency/rescue helicopter evacuation insurance for clients.

Personal On-Trail & Lodge Expenses

- **Lodge Amenities:** Charges for hot showers and device/battery charging at teahouses along the route.
- **Personal Beverages & Refreshments:** Bottled/mineral water, hot beverages outside of meals, soft drinks, and bar/alcoholic bills.
- **Services & Extras:** Laundry service during the trek and any personal shopping or extra snacks.

Gratuities

- **Tipping:** Tips for trekking guides, assistant guides, and porters.