

Everest Base Camp Trek

Trip Overview

Everest Base Camp Trek offers a great view of four of the highest mountains in the world: Mt. Everest, Mt. Makalu, Mt. Lhotse, and Mt. Cho. Oyu, during an amazing mountain range. The trail to Mt. Everest is very famous since it is the highest mountain in the world, and everybody has it on their bucket list. Ever since Sir Edmund Hillary and Tenzing Norgay climbed the mountain, it has been one of the best expedition sites among adventure lovers. The trek towards the base camp is full of wonders, as you will cross many suspension bridges over the flowing rivers. Also, the view of mountains on the way is a blessing for the trekkers.

One of the specialties of trekking in the Himalayas is being able to enjoy the service of tea houses or lodges. Another main highlight of the trek is Namche Bazar, the gate to Mt. Everest. Namche Bazaar is one of the most attractive villages in the Khumbu valley. Roam around the bazaar, shopping, or sitting in the café, enjoying the scenic view of magnificent mountains. On the trail, you can see many monasteries, stupas, praying flags, and mani walls. The best time to do the trek is March-May and September-December. During these times, you can have a clear view of the mountains.

During your trip to the base camp, we will pass Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorak Shep, and Everest Base Camp. We will also climb over Kala Patthar, the highest point of the trek, and enjoy the panoramic views of the mountains. The trek is physically challenging, as we will have to spend many days in high-altitude areas. You will spend the night in Gorek Shep, which is the highest sleeping point at 5161m. But all this hard work will be very much worth it since you will be rewarded with an amazing view of the mountains.

Trip Highlights

- Visiting the attractions of Kathmandu
- A breath-taking mountain flight to Lukla
- Magnificent view of the Everest range
- Explore the beautiful Namche Bazar
- Visit the charming village of Khumbu Valley
- Magnificent view of Everest from Everest Base Camp

Trip Itinerary

Day 1: Pick up from airport transfer to Hotel.

Our representative will pick you up at the airport. You will be escorted to your hotel. Then, our representative will explain the plans for the trek and tours. For more details, contact us.

Day 2: Sightseeing Kathmandu and plan for trekking.

After breakfast, we start our journey through four stunning UNESCO World Heritage Sites. These incorporate the structurally rich Durbar Square, the holy Hindu sanctuary of Pashupati Nath, and the Buddha Nath Stupa, which is one of the biggest stupas on the planet. After finishing our visit late in the evening, we drove to the hotel to become more acquainted with our group pioneer (guide) and kindred explorers.

Day 3: Fly to Lukla Trek to Phakding

Altitude: 2840m/9320 ft (Lukla) and 2610m/8560 ft (Phakding) 3 hours trekking

On the first day of trekking, we'll start our journey with an overwhelming mountain flight to Lukla. Lukla is a small town situated on a mountainside and has an airport with a single runway. After this picturesque flight, you'll again set off, passing through lush green forests, flowering rhododendrons, magnolia trees, and pine forests to Phakding. After leaving Lukla village and crossing some villages like Chiplung, Thado Kosi, and Ghat, once you reach Phakding, you can visit the local monastery there. Have a break, make sure to take a good rest, and be prepared for the real challenge ahead. You have sufficient options to choose from for accommodation and an overnight lodge.

Day 4: Trek to Namche Bazar

Altitude: 3440m/11290 ft; 5 to 6 hours trekking

On the second day of our trek, we'll be heading towards the Namche Bazaar. The trek starts with a walk ascending through beautiful pine forests all along the banks of the Dudh Koshi River. We'll cross the Hillary Suspension Bridge, which is named after the iconic Sir Edmund Hillary. We'll again walk into Sagarmatha National Park; here you'll get to see some rare wild species such as the Himalayan Thar, the white-trothed ghoral, and many more. On the way to Namche bazaar from Phakding, I crossed several villages like Banker, Manjo, Jorsalle, etc. Treasure the moment! Here you'll get the first view of Mt. Everest. After reaching the Namche Bazaar, we'll rest for the night. Namche Bazaar, which is known as the gateway to Mt. Everest, is the main trading center of the Khumbu region. Also, if you want, we can stay at the Everest View Hotel, a luxurious hotel at the highest altitude in the world.

Day 5: Acclimatize day

Altitude: 3440m/11290 ft

On the third day of the trek, we'll take a rest day in Namche. But actually, there will not be any rest at all. To adjust your body to the altitude, you need to follow the advice, "Hike high and sleep low.". So, for acclimatization after breakfast, we will go visit the National Park Museum with a guide and walk to the Everest View Hotel (3,880 m.), from where you can have beautiful mountain panoramic views including Everest, Lhotse, and many more white-capped mountains, and back to the hotel overnight lodge.

Day 6: Trek to Tyangbuche Monastery

Altitude: 3860m/12660ft 5 to 6 hours

On the fourth day, the trail starts after walking across the stone steps to reach the Mongla Pass at an altitude of 3,975 m. From here, you can get a splendid view of Mt. Ama Dablam, Mt. Thamserku, and Mt. Khumbila. All these mountains are regarded by Sherpa as Holy Mountain, the patron god of the Khumbu region.

Tengboche is well-known as the biggest monastery in the Khumbu region. We'll visit the monastery and receive a blessing. Here, you'll also meet climbers who just came to receive a blessing before attempting the summit of Everest.

Also, you can read special prayers for the security and success of the safe trek from the head lamas. And, in journey season, you may also get the chance to greet those preparing for the Everest trip.

Day 7: Trek to Dinbuche

Altitude: 4360m/14300ft

On the five days, we'll carry on through flourishing alpine forests and across numerous small villages on the path. Here, you'll get a great opportunity to see how the local Nepalese live. Passing by way of the Khumbila Khola valley and climbing towards the ridgeline, you will be awe-stricken by the adjoining landscapes. You will witness the jaw-dropping mountain views of Mt. Taboche, Mt. Nuptse, Mt. Cholatse, and many others.

As you arrive at Dingboche, you'll notice the landscape starting to change. The treeline will be changed with low shrubs and a desert feel. You'll love watching the landscape change. We will have lunch in Somare and spend the night at the lodge.

Day 8: Acclimatize day

The sixth day is your second acclimatization day, and we'll trek up a steep mountain to allow you to acclimate. The trail is pretty steep and rocky at points, but at every turn, the scenes become more stunning. After breakfast, we will hike to Nagarjuna viewpoint, where you will be able to see panoramic mountain views of Mt. Makalu, Mt. Choyu, Mt. Lhotse, and many more.

You'll also get some amazing views of Ama Dablam and other giant peaks with prayer flags at the viewpoint. After admiring the view, we'll again go back over to Dingboche and take a rest for a few hours. You'll spend a night at Dingboche.

Day 9: Trek to Lobuche

Altitude: 4940m/16207 ft

Following a hearty breakfast, we'll travel along the sheer terminal moraine that the Khumbu Glacier left behind as we make our way toward Lobuche. Smoothly, we'll pass huge boulders exiled by the glacier. You might feel a little complicated while climbing uphill, but don't worry, the jaw-dropping mountain views will keep you motivated!

At the top of the hill, Thugla passes 4830m; there are many memorials for climbers who've lost their lives while climbing Mt. Everest. If you want to, then you can spend some time there and commemorate their daring decision to choose the Everest expedition. Now that we will start to walk again, we will be facing splendid vistas of several snowy peaks. Some of them are Khumbutse, Lingtren, Pumori, and Mahalangur Himal. We can also see a great view of Mt. Nuptse.

Finally, we will reach Lobuche, which is a small Sherpa settlement at the foot of Lobuche Peak. We will get awe-inspiring views of mountains, highlighting the Lobuche Peak itself. We will spend overnight in the Lodge.

Day 10: Trek to Gorakshep

Altitude: Gorak Shep (5170m/16961 ft) and Everest Base Camp (5300m/17400 ft)

Finally, this is the most anticipated day of the whole trip as you climb to Everest Base Camp (EBC). On the ninth day, we'll wake up early in the morning and move towards Gorak Shep, which is another small station for lodging. It was the original base camp for the 1953 expedition, the last before EBC. As you carry on the trail to Gorak Shep, the Khumbu Glacier will come into view soon. As you come close to the Gorak Shep, the trail will become rough as you'll be walking over a large

rock, up and down. After we reach Gorak Shep, we'll take some rest, drop our backpacks at Gorak Shep, and move ahead to EBC. Slowly walking at your own speed is recommended to prevent the high-altitude sickness problem.

Slowly, we'll move towards the top of the Khumbu Glacier, and soon we'll get a sight of the Khumbu Icefall. After a few hours of hiking, we'll be at the site where so much history has been made, Everest Base Camp, at an altitude of 5,364 m. The experience will make you stronger in the sense of reaching up here. Then, we'll move down the lateral moraine of the Khumbu Glacier; we'll take our way to Gorak Shep; if the weather is good, we will move forward to Kala Pathar; and if not, we'll spend overnight there.

Day 11: Trek to Pheriche

Altitude: Pheriche (4270m/14070 ft) and Kala Pattar (5545m/18192 ft)

We'll hike to the chief point of our trek, Kala Pathar. The one real fact is that Mt. Everest cannot be seen from Base Camp because Mt. Lhotse sits right in front of it. So, it is considered the best viewpoint in the entire Khumbu region.

From the top of the hill, you'll have 360-degree views of Himalayan giants like Khumbutse, Changtse, Lhotse, Nuptse, and of course, Mt. Everest! The views from the top are incredible!

Once you've captured all your moments, you'll start heading towards Pheriche. We'll spend overnight in Lodge

Day 12: Trek to Namche

Altitude: 3440m/11290 ft

We'll reverse our steps from the beginning of our trek as we head down to the massive hill before Namche.

We'll begin our hike with mild up-and-down hills. Again, we'll cross suspension bridges and pass through the small villages. Here, you'll meet other trekkers moving in the opposite direction. After a few hours of hiking, we'll reach Namche Bazaar, the capital city of the Khumbu Valley. After arriving here, you'll feel a huge relief. For a clear reason, there are lots of lodges, cafes, restaurants, and different shops where you can have fun with your accomplishments. We'll spend a night at Namche Bazaar.

Day 13: Trek to Lukla

Altitude: 2840m/9320 ft

We'll trek back, and it'll be our last day of the walk. Again, we'll move down, crossing several deferral bridges.

Trekking further to the Dudh Koshi River, we'll arrive at Phakding. We'll have some rest here and follow a small climb to Lukla. Here, you can again get pleasure from some of the best cuisine and a hot shower. This will be the final day in the Everest region. We'll spend the last night of your trek in Lukla. Once again, you can celebrate your successful journey with fellow trekkers.

Day 14: Fly return to Kathmandu

We'll return to Kathmandu from Lukla by twin-otter plane. Once again, we'll be facing off with spectacular scenery on the way back.

You can enjoy the final views of these amazing snow-capped peaks. After arriving in Kathmandu, you can spend the rest of the day in Kathmandu celebrating your success. If you want, then you can travel around the city and do the shopping for your loved ones and relatives.

Day 15: Spare day

The extra day of Kathmandu if the weather changes & if an on-time flight to Kathmandu has a shopping day.

Day 16: Fly your destination

With a final goodbye, you'll be heading back to your homeland. Our representatives will drop you off at an international airport. You'll surely have many fantastic, adventurous moments with the Highland Eco Trek crew. If you beyond doubt enjoyed your trip, share your Everest Base Camp trek experience with your loved ones.

Thank you!

Cost Includes

- pickups and drops in a private vehicle at the airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- Star hotel accommodation in Kathmandu with breakfast (the hotel standard will be changed as you wish). The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Teahouse accommodation during the trek.
- Domestic flights as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- Accommodation in guesthouses throughout the trek
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service (2 trekkers: 1 porter).
- Trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits (National Park Permit, Village Development Committee fee).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

Cost Excludes

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco

- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff