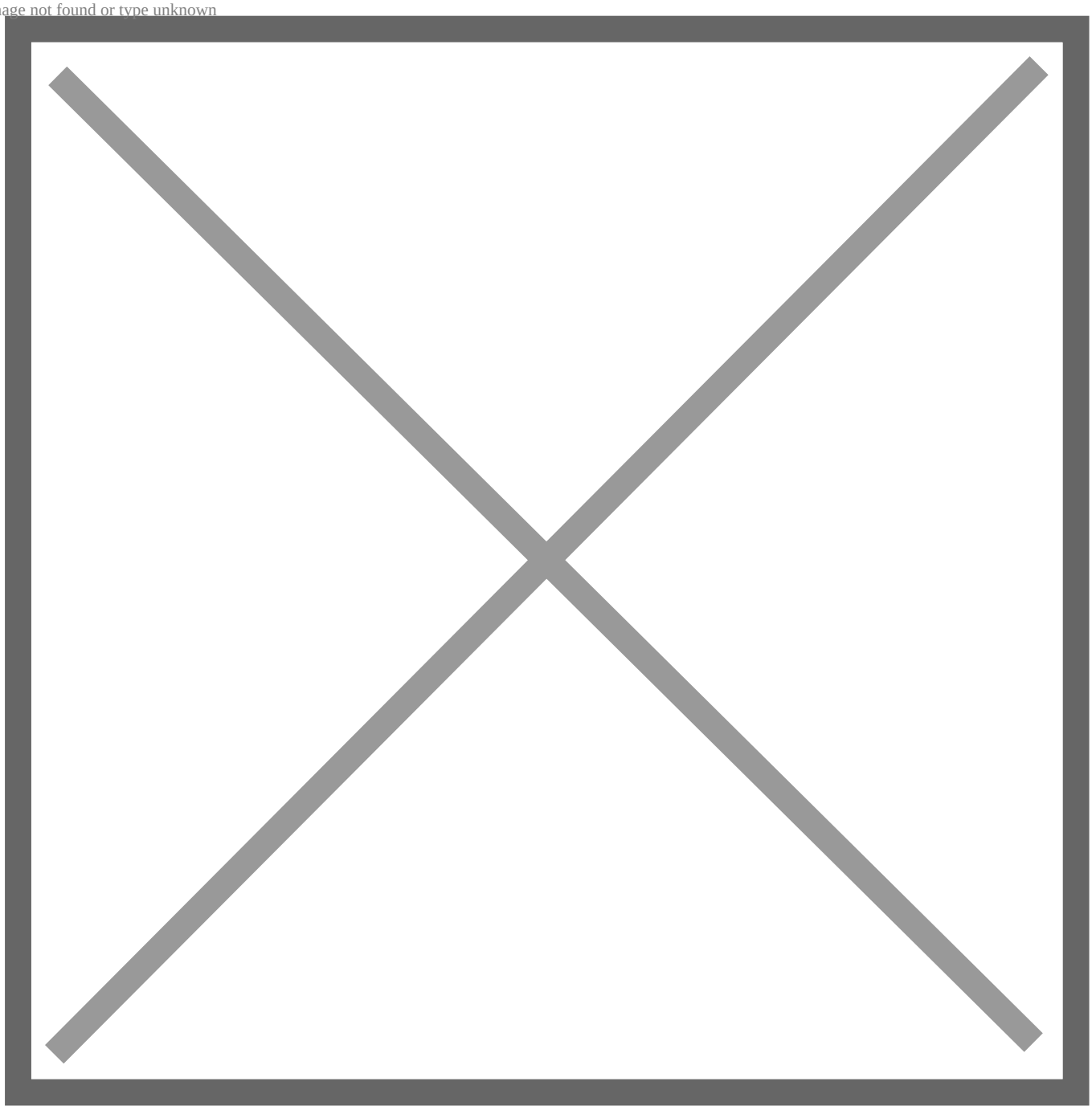
Everest Base Camp Trek- 15 days

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Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
1350	15 Days	5,400m	5-6 hours	Hotel & Lodge	Mid

Group Size:

2-20 max.

Overview

Everest base camp trek is the most popular trekking route in Nepal. The Sagarmatha region in the Solukhumbu opens the mountain vistas of tallest mountains such as Mt. Everest (8848m), Mt. Lhotse (8516m), Mt. Makalu (8470m), Mt. Cho oyu(8201m). On the footsteps of these icy peaks are the Everest Base Camp from where the mountaineers make their expeditions to climb Mt. Everest. Sir Edmund Hillary and Tenzing Norgay Sherpa were the first ascendants that used Everest base camp trek first.

Since then the trekking trails have been open and now a scenic spot. The Everest base camp trek begins from a mountain flight to Lukla from Kathmandu and through Sherpa villages and farmlands, crossing suspension bridges of river, arriving at Sherpa town Namche Bazaar crowded with tourists and wandering down to the enclosure of wildlife flora and fauna of the Sagarmatha National Park.

Everest base camp trek passing through forest covered with rhododendron flowers and beautiful settlements at Tengboche, Dingboche and Lobuche to the Everest Base Camp (5364m) is an ethereal part of this trekking adventure. From the base camp you can look the pearly white Everest peaks, the Khumbu glacier and treading to Gorak Shep and seeing the early sunrise at distant mountains from Kalapatthar and the fluttering prayer flags on the rocky ledge to forest and meadows at Pheriche and the same route back to Lukla and Kathmandu brings the essence of Everest Base Camp trek experience in Nepal.

You will also see a huge monastery, prayer wheels, flags, many stones along the routes of the Everest Base Camp trek. Throughout the year many tourist come to visit the Everest base camp embarking on this picturesque journey in Nepal. Best seasons for Everest Base Camp trek are February, March, April, May, June, September, October, November and December. Everest base camp trek itinerary will make you clear about this in daily basic.

If you have already done Everest base camp trek,then we have some best selling trip for you;

Annapurna base camp trek, Glorious Manaslu circuit trek, Amazing Langtang valley trek, Incredible Ebc Cho la pass trek are the your next favorite destination in Nepal.

Trip Highlight

Breathtaking mountains view along with Khumbu ice fall

Explore Sherpa culture & historical monasteries

Scenic mountain flight to Lukla

Itinerary

Day: 01 arrive in ktm

After your arrival at Tribhuwan International Airport in Kathmandu, you will be warmly greeted by guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world.

Accommodation: 3-star Hotel
Meals: B/L/D

Day: 02 Fly to Lukla (2850m; 25min) & Trek to Phakding.

Today, early morning we take bus to Monthali from then after around 4-5 hours, we catch a short twenty five minutes flight to Lukla and from the airport meet the remaining trekking staff and begin our trek to a village called Phakding. On the way you pass by Chaurikharka villages and villages of Lukla to come to Phakding. You will also see Rimishung monastery and reach Phakding. Overnight in Phakding.

Accommodation: Lodge
Meals: B/L/D
Duration: 3 hrs Days

Day: 03 Phakding to Namche Bazer

Today from the Northern bank of Dudh Koshi river crossing a few suspension bridges you enter the restricted area of Sagarmatha National Park with a special permit. Then through a forest filled with rhododendrons you arrive at Namche Bazaar. It is the bustling Sherpa village with shops, lodges, guesthouses, café's and also cited as "Gateway to Everest".

Accommodation: lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 04 Acclimatization at Namche Bazer

Today you explore the Namche Bazaar extensively. You will also visit Khumjung and Khunde. Other than that you will gain knowledge about Sherpa's often regarded as "Tigers of Mountains" their lifestyle, culture and their records on Mountaineering. Overnight in Namche Bazaar.

Accommodation: lodge
Meals: B/L/D

Duration: 1 dayDay

Day: 05 Namche Bazer to Tengboche

Today you trek up and downhills with backdrops of Everest, Nuptse, Lhotse, Ama Dablam to arrive at Tengboche village. To reach here you need to cross Dudhkoshi river and pass through alpine forest to Phunki Thenga and climb uphill to Tengboche village and see the big Tengboche monastery nearby. Overnight in Tengboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 06 Tengboche to Dengboche

From Tengboche we continue uphill path to Pangboche with chortens, maniwalls in the passes. Then following Lobuche River we arrive at Imja valley. Then descend to the river path and from there a steep climb to Dingboche. You can see paddy fields with crop plantations of buckwheat, barley and potatoes. Overnight in Dingboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 07 Acclimatization at Dengboche

Today you explore around Dingboche, you walk above the ridge to Dingboche and be able to see peaks of Mt. Cho oyu, Amadablam, Makalu, Lhotse and Island peaks. Then explore the beautiful village. Overnight in Dingboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 08 Dengboche to Lobuche

To you trek uphill near a ridge cross the lodges of glacial moraines and reach Thukla and pass by statues of former climbers to enter Lobuche village. Overnight in Lobuche.

Accommodation: Lodge
Meals: B/L/D
Duration: 3-4 hours Days

Day: 09 Lobuche to Everest Base Camp (5364m) and back to Gorak Shep

Today passing by the moraine of Khumbu glacier you arrive at Gorak Shep with beautiful mountain peaks views and reach Everest Base Camp to see the spectacular shots of Everest range mountain peaks and see the deepest glacier called Khumbu glacier. Then we head back to Gorakshep. Overnight in Gorakshep.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 10 Hike to Kalapatthar (5555m) and trek to Pheriche(4250m) ,- 6 hours

Today you hike to Kalapatthar for an early sunrise view on the hilltops with panoramic mountain peaks of Everest, Lhotse, Cho oyu, Makalu and then the trek takes you to the path of forest and green meadows to Pheriche. Overnight in Pheriche.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 11 Pheriche to Tengboche (3855m) ,-5 hours

From Pheriche we trek the path downhill filled with rhododendron trees, cross the bridge of Imja river and walk through juniper forest and arrive Dingboche. Then continue to climb a steep path to Tengboche monastery and arrive at Tengboche village. Overnight in Tengboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 12 Tengboche to Namche Bazer

Continuing the forest path and habitat of musk deer, snow leopards, red pandas, mountain goats, monals and pheasants and passing by chortens and prayer flags you arrive at Namche bazaar. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 13 Namche Bazer to Lukla

This is our last day on these outstanding majestric mountains that has been home to us all of these days. We continue to backtrack with unforgettable Himalayan experiences .our hike towards Lukla along the Dudh Koshi River which is about 7 hours from Namche and overnight in Lukla.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 14 Fly to Kathmandu, - 35 min.

Normally, flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. Scenic flight from

Lukla to Kathmandu for about thirty minutes. We touch down at Kathmandu and transferred to hotel. But please note, sometimes the flight can be delayed or canceled in the mountain regions of this type due to weather and other unpredictable reasons beyond our control. Our guests are expected to be patient.Overnight at Hotel.

Accommodation: 3-star hotel
Meals: Lunch

Day: 15 Departure day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. We hope to see you again someday.Namaste!

What are included?

Two way flight from Kathmandu to Lukla

All accommodations during the trek at hotels, lodges including breakfast

All meals (B/L/D) during the trek

Government license holder guide

Sagarmatha National Park entry permits fees

Souvenir of the trek

Guides expenses including meals, insurance, salary, lodging, transportation, flight

Snack and seasonal fruits

Porters service

Phasang Lhamu rural municipality fees

Farewell dinner

Certificate of Completion.

What are Not included?

International airfares

Nepal entry visa fees

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol, telephone call, batteries

Travel insurance

Tips for guides and porters

Additional cost , delays out of Management control

All costs and expenses not included in the “COST INCLUDES” section.