



Everest Base Camp Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

15 Days

MAX ALTITUDE

5,550m

BEST TIME

Mar-May & Sept-Dec

ACCOMMODATION

Tea house

THE OVERVIEW

The Everest Base Camp Trek (EBC Trek) is one of the most famous trekking routes in Nepal and a dream adventure for trekkers from around the world. This classic Himalayan trek takes you deep into the Everest region (Khumbu region) and leads you to the base camp of the world's highest mountain, Mount Everest (8,848 m). During the trek, you will walk through the stunning landscapes of Sagarmatha National Park, home to rare wildlife, glaciers, rivers, and towering Himalayan peaks. The trail passes through picturesque Sherpa villages such as Namche Bazaar, Khumjung, Tengboche, Dingboche, and Lobuche, where you can experience...

01

Arrival in Kathmandu The trip begins with your arrival in Kathmandu.

Arrival in Kathmandu The trip begins with your arrival in Kathmandu. I will come to welcome you at Tribhuvan International Airport. Then you will be transferred to the hotel in our private car. Overnight at the hotel in Kathmandu.

ALT: 1,400m MEAL: Breakfast

02

Early morning fly from Kathmandu to Lukla

Early morning fly from Kathmandu to Lukla 2840m and trek to Phakding 2610m / 3–4 hours. We pick you up from your hotel and transfer you to the domestic airport. After a 45-minute scenic flight from Kathmandu to Lukla, we have breakfast and begin our trek passing many Buddhist monuments along the trail. Finally we reach Phakding after about 3 hours of walking. Lunch will be served there and overnight stay in Phakding.

ALT: 2,840 m HIKE: 3–4 hrs MEAL: B, L, D

03

Trek from Phakding to Namche Bazar

Trek from Phakding to Namche Bazar 3440m / 5–6 hours. After breakfast we start the trek and reach Monjo after about 3 hours of walking, crossing several suspension bridges with beautiful views of Mt. Thamserku. We enter Sagarmatha National Park and register our permits before continuing to Jorsalle for lunch. Then we climb gradually crossing the famous high suspension bridge to reach Namche Bazar.

ALT: 3,440 m HIKE: 5–6 hrs MEAL: B, L, D

04

Acclimatization Day

Acclimatization Day. Today we hike to Everest View Hotel for panoramic views of Mount Everest and surrounding peaks. It takes about two hours to reach there. After enjoying the mountain views we descend to Khumjung village to visit the ancient monastery and Khumjung Hillary School. We can also see the famous Yeti skull in the monastery. Later we visit Khunde village and return to Namche Bazaar.

ALT: 3,880 m HIKE: 3–4 hrs MEAL: B, L, D

05

Trek from Namche Bazaar to Tengboche 3860m/4-5 hours

Trek from Namche Bazaar to Tengboche 3860m / 4–5 hours. After breakfast the trail continues gradually to Kyanjuma village. Then the trail descends to the Dudh Koshi River and crosses a suspension bridge. Along the way we can see prayer wheels driven by water. After lunch at Phungi Thanga we climb uphill through forest until reaching Tengboche village. In the evening we can visit the famous Tengboche Monastery.

ALT: 3,860 m HIKE: 4–5 hrs MEAL: B, L, D

06

Trek from Tengboche to Dingboche 4410m/5-6 hours

Trek from Tengboche to Dingboche 4410m / 5–6 hours. The trail passes through rhododendron forests until reaching Pangboche village. We visit Pangboche monastery and continue trekking to Somare village for lunch. After lunch the trail continues through open pastures and fields until Orsho, then follows the Imja Khola valley to reach Dingboche village.

ALT: 4,410 m HIKE: 5–6 hrs MEAL: B, L, D

07

Acclimatization day, Hike to Chhukung-Ri

Acclimatization day with a hike to Chhukung Ri. We walk through yak grazing land to reach Chhukung village. Then we climb steeply to Chhukung Ri for spectacular views of Lhotse, Makalu, Island Peak and Baruntse Himal. After enjoying the views we descend back to Dingboche for overnight stay.

ALT: 5,550 m HIKE: 6–7 hrs MEAL: B, L, D

08

Trek from Dingboche to Lobuche

After breakfast we climb above Dingboche and follow the trail to Thukla. Along the way we see beautiful views of Pumori, Nuptse, Lobuche and Ama Dablam. After lunch we climb the steep moraine of the Khumbu Glacier where memorials for climbers who lost their lives on Everest are located. Then we continue trekking to Lobuche.

ALT: 4,910 m HIKE: 5–6 hrs MEAL: B, L, D

09

Trek from Lobuche to Gorak-Shep

After breakfast we trek along the Khumbu Glacier to reach Gorak Shep. After lunch we hike to Everest Base Camp (5364m). The trail passes glaciers and rocky terrain until reaching the famous base camp of Mount Everest. After spending some time there we return to Gorak Shep for overnight stay.

ALT: 5,364 m HIKE: 6–7 hrs MEAL: B, L, D

10

Trek from Gorak-Shep to Pheriche

Early morning we hike to Kala Patthar (5550m) for spectacular sunrise views of Mount Everest, Nuptse, Lhotse, Pumori and other peaks. After enjoying the panoramic views we descend to Gorak Shep for breakfast. Then we continue trekking down to Lobuche and further to Pheriche.

ALT: 5,550 m HIKE: 6–7 hrs MEAL: B, L, D

11

Trek from Pheriche to Tengboche

After breakfast we follow the trail through pasture land and cross a small stream before descending to Pangboche village. Then we walk through rhododendron forest to Debuche and climb slightly uphill to reach Tengboche.

ALT: 3,860 m HIKE: 4–5 hrs MEAL: B, L, D

12

Trek from Tengboche to Namche Bazar

After breakfast we descend through forest trails and cross suspension bridges over the Dudh Koshi River. The trail then gradually climbs through forest until reaching Kyangjuma and continues along a scenic path to Namche Bazaar.

ALT: 3,440 m HIKE: 4–5 hrs MEAL: B, L, D

13

Trek from Namche to Lukla

Today we descend from Namche Bazaar through pine forests and cross several suspension bridges over the Dudh Koshi River. We pass through Jorsalle and Phakding before continuing to Lukla where we spend the final night in the mountains.

ALT: 2,840 m HIKE: 6–7 hrs MEAL: B, L, D

14

Early morning Fly back from Lukla to Kathmandu

Early in the morning we take a scenic flight from Lukla to Kathmandu which takes about 45 minutes. After arrival you will be transferred to your hotel in Kathmandu.

ALT: 1,400 m MEAL: Breakfast

15

Fly back to home

Today your Everest Base Camp trek comes to an end. Depending on your flight schedule you will be transferred to Tribhuvan International Airport for your departure flight.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport picks up and drops to hotel and Airport transfer
- Three meals a day (Breakfast, Lunch and Dinner) during the trek (Tea and coffee)
- Two-night hotel in Kathmandu with breakfast.
- Trekking lodge accommodations during the trek.
- All the necessary trekking permits
- Transportation by aircraft to Lukla and back to Kathmandu
- English speaking guide with all his salary, food, drinks, accommodation, transport and insurance.
- A Strong, helpful porter with proper equipment (one porter for two people).
- Medical supplies (first aid kit will be available).
- Government taxes and official expenses.
- Assistant guide group size above 6+ persons.

- What's Not Included

- International flight.
- Travel insurance (if you want us to arrange your travel insurance, we would greatly be happy to assist
- Nepal entry visa fee.
- Your personal nature of expenses
- Lunch and Dinner while you are in Kathmandu
- Drinking water and hard drinks and cold drinks.
- Battery charging and hot shower, laundry, phone call, internet during the trek on the tea houses.
- Personal Trekking Equipments like sleeping bags, jackets (can all be hired in KTM)
- Emergency Evacuation (Helicopter Rescue).
- Any costs which arise due to a change of the itinerary, because of landslides, political disturbance, and strikes
- Any other costs whatsoever, that is not mentioned in the cost included.
- Horse renting and additional porters due to natural calamities during the trek.
- Tips for the guide, porter and driver (Tipping is expected)

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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