

Everest Base Camp Trek



The Everest Base Camp Trek is one of the most iconic journeys in the Himalayas, offering a close encounter with Mount Everest, the world’s tallest peak. Starting with a thrilling flight to Lukla, the trail gradually ascends through lush forests, suspension bridges, and alpine valleys. Along the way, you’ll explore peaceful monasteries adorned with prayer flags and wheels, and witness traditional high-altitude lifestyles that remain largely untouched.

The Everest Base Camp Trek combines natural beauty, adventure, and cultural depth. Whether you’re seeking dramatic mountain landscapes or meaningful cultural encounters, this adventure provides a once-in-a-lifetime experience at the base of the world’s highest mountain.

Trek Highlights:

- Stand at the foot of Mount Everest
- Explore the vibrant Sherpa capital of Namche Bazaar
- Visit Tengboche Monastery, the spiritual center of the Khumbu
- Experience panoramic mountain views from Kala Patthar
- Learn about local culture, yaks, prayer flags, and Buddhist stupas
- Walk through the Sagarmatha National Park, a UNESCO World Heritage Site

Where is Everest Base Camp Trek?

Everest Base Camp Trekking is located in the Khumbu region of northeastern Nepal, within the Solukhumbu District of Province No. 1. The trek lies inside the Sagarmatha National Park, a UNESCO World Heritage Site, and leads to the base of Mount Everest (8,848.86m) — the world’s highest peak.

Detailed Itinerary

Day 1: Arrival in Kathmandu (1,400m)

Upon landing at Tribhuvan International Airport, a representative will receive you and transfer you to your hotel.

Day 2: Fly to Lukla (2,840m), Trek to Phakding (2,610m) - 4 to 5 Hours

Begin your adventure with a thrilling early morning flight to Lukla, a small mountain airstrip nestled among the Himalayas. The 30–40 minute flight offers incredible views of snow-capped peaks and rugged terrain. Upon landing, meet your trekking crew and start your walk toward Phakding.

Day 3: Trek from Phakding to Namche Bazaar (3,440m) -6 to 7 Hours

After breakfast, follow the trail alongside the Dudh Koshi River, crossing a series of suspension bridges and passing through pine and cedar forests. You'll arrive at the village of Monjo, the official entrance to Sagarmatha National Park, where permits are checked. The final stretch includes the iconic Hillary Suspension Bridge, followed by a challenging uphill hike to Namche Bazaar — a vibrant Sherpa town and trading hub.

Day 4: Acclimatization Day in Namche Bazaar (3,440m)

Today is a scheduled acclimatization day to help your body adjust to the altitude. Instead of complete rest, take a short hike to Everest View Hotel (3,880m), one of the highest-located hotels in the world, offering breathtaking panoramas of Mount Everest, Lhotse, Ama Dablam, and surrounding peaks.

Day 5: Trek from Namche Bazaar to Tengboche (3,860m)-6 Hours

Leave Namche behind as you follow a scenic trail contouring along the mountainside. Enjoy sweeping views of Everest, Ama Dablam, Lhotse, and Thamserku as you pass through juniper forests and charming Sherpa settlements. Reach Tengboche, a spiritual center of the Khumbu region, and visit the famous Tengboche Monastery, beautifully set against a backdrop of towering peaks.

Day 6: Trek from Tengboche to Dingboche (4,410m) - 6 to 7 Hours

Begin the day with a descent through lush rhododendron and pine forests to the quiet hamlet of Debuche. Cross a suspension bridge over the Imja Khola then ascend gradually toward Pangboche, one of the oldest Sherpa villages in the region. Arrive in Dingboche, a windswept village nestled in a wide valley, offering panoramic views of Lhotse, Island Peak, and the surrounding Himalayan giants. Dingboche is also known for its terraced fields protected by stone walls.

Day 7: Acclimatization Day in Dingboche

Spend the day in Dingboche to help your body adjust to the higher altitude. Instead of a full day of rest, take a short acclimatization hike to Nagarjun Hill (approximately 5,100m) or optionally to Chhukung Ri for those with more energy. These hikes offer spectacular views of the Imja Valley, Makalu, Lhotse, Ama Dablam, and Island Peak.

Day 8: Trek from Dingboche to Lobuche (4,940m)-6 to 7 hours

Leave Dingboche after breakfast and follow a gentle trail through alpine meadows and rocky terrain. The path gradually ascends to Dughla (Thukla), where you'll take a short break before beginning a steep climb to Thukla Pass (4,830m) — a site marked with memorials dedicated to climbers who lost their lives on Everest. As the altitude increases, temperatures drop and the landscape becomes more rugged.



Day 9: Trek to Everest Base Camp (5,364m), Overnight at Gorak Shep (5,170m)-9 to 10 hours

Begin your day early with a gradual hike from Lobuche to Gorak Shep, following the rocky path alongside the Khumbu Glacier. The terrain becomes more rugged as you cross glacial ridges and moraines, surrounded by dramatic ice formations and towering peaks. After reaching Gorak Shep, take a short rest and fuel up before making the final push to Everest Base Camp.

Day 10: Hike to Kala Patthar (5,545m), Trek to Pheriche (4,240m) - 8 to 9 hours

Rise before dawn for a challenging uphill hike to Kala Patthar, a renowned viewpoint offering unmatched sunrise panoramas of Mount Everest, Nuptse, Lhotse, and the surrounding peaks. After spending time at Kala Patthar, descend back to Gorak Shep for breakfast. From there, begin your gradual descent to Pheriche, following the familiar trail past Lobuche and Dughla.

Day 10: Hike to Kala Patthar (5,545m), Trek to Pheriche (4,240m) - 8 to 9 hours

Rise before dawn for a challenging uphill hike to Kala Patthar, a renowned viewpoint offering unmatched sunrise panoramas of Mount Everest, Nuptse, Lhotse, and the surrounding peaks. As the sun rises above the Himalayas, the golden light paints the mountain tops, creating one of the most breathtaking moments of the trek. After spending time at Kala Patthar, descend back to Gorak Shep for breakfast. From there, begin your gradual descent to Pheriche, following the familiar trail past Lobuche and Dughla.

Day 11: Pheriche to Phortse (3,860m) - 5 to 6 hours

Leave Pheriche behind and follow a quieter, less-traveled path toward Phortse, a traditional Sherpa village nestled on the hillside above the Dudh Koshi River. This alternative route offers a refreshing escape from the main trail, with peaceful surroundings and panoramic views of Ama Dablam, Thamserku, and other stunning peaks. The trail gently descends and ascends through alpine landscapes, past stone walls, grazing yaks, and juniper bushes. Phortse is a culturally rich village known for producing many skilled mountaineers. Spend the night in this peaceful setting, surrounded by mountain serenity and Sherpa hospitality.



Day 12: Trek from Phortse to Namche Bazaar - 5 to 6 Hours

Today you'll rejoin the main trail and make your way back toward Namche Bazaar. The path descends through dense rhododendron and pine forests, weaving along ridges that provide sweeping views of the valleys below. Enjoy the peaceful sounds of the forest and occasional glimpses of wildlife as you walk. Upon arrival in Namche Bazaar, take time to unwind and soak in the lively atmosphere.

Day 13: Trek from Namche Bazaar to Lukla - 6 to 7 Hours

Begin your final day on the trail by retracing your steps along the beautiful Dudh Koshi River. Pass through familiar villages such as Jorsalle and Phakding, where the scenery transitions from alpine forests to lush river valleys. Enjoy the peaceful surroundings and reflect on your journey through the Khumbu region. Arrive in Lukla by afternoon, where you'll celebrate completing the trek with your guides and fellow trekkers.

Day 14: Fly Back to Kathmandu

Take an early morning flight from Lukla back to Kathmandu, enjoying stunning aerial views of the Himalayan peaks and valleys one last time. Upon arrival, you will be transferred to your hotel in the city.



Inclusions:

- Airport Transfers in Kathmandu: Convenient pick-up and drop-off services to and from Tribhuvan International Airport.
- Domestic Flights: Round-trip flights between Kathmandu and Lukla, the starting point of the trek.
- Permits and Fees: All necessary trekking permits and Sagarmatha National Park entry permit.
- Accommodation: Comfortable tea house or lodge stays along the trek route, typically in twin or double-sharing rooms.
- Meals during Trek: Full board meals covering breakfast, lunch, and dinner throughout your trek.
- Professional Guide: Experienced, English-speaking trekking guide to assist with navigation, safety, and cultural insights.
- Support Staff: Porter to carry your luggage, allowing you to trek comfortably with a daypack.

- Ground Transportation: All local transportation included as per the itinerary.
- Pre-Trek Preparation: Comprehensive briefing and assistance before your trek begins.
- Safety and First Aid: Guides carry essential first aid kits and are trained in emergency procedures.

Exclusions:

- International Airfare: Flights to and from Nepal are not part of the trekking package.
- Nepal Visa Fees: Visa costs payable upon arrival at Tribhuvan International Airport.
- Travel Insurance: Strongly recommended to cover medical emergencies, evacuation, and high-altitude sickness.
- Personal Gear and Equipment: Sleeping bags, trekking boots, down jackets, and other personal items are not provided.
- Tips and Gratuities: Gratitude for your guide, porters, and drivers is customary but at your discretion.
- Meals outside Trekking Days: Food and drinks in Kathmandu and Lukla are not included.
- Extra Services: Hot showers, Wi-Fi, phone calls, and other personal expenses during the trek.
- Unexpected Costs: Expenses from flight delays, emergencies, or itinerary changes.
- Optional Activities: Any sightseeing or activities not listed in the official itinerary.

Best time for the Everest Base Camp Trek

Choosing the right time to trek to Everest Base Camp is essential for the best experience. While the trek is possible year-round, the two most popular and reliable trekking seasons are spring (March to May) and autumn (September to November). These months offer the most favorable weather, clearer skies, and safer trail conditions.

Spring Season (March to May): Spring is one of the best times for the EBC trek. The weather is mild, the skies are generally clear, and the trails are full of color with blooming rhododendrons and alpine flowers.



Contact us:

Thamel, Kathmandu, Nepal

+977 9851155026

info@hawkseyetravels.com