Everest Base Camp Trek

Nepal / Everest Region | Trekking package



Your journey at a glance

Duration: 16 days

Trip grade: Moderate to Challenging

Maximum altitude: 5555 m

Best season: April–May, September–November

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 1,850.00 per adult

Accommodation: Deluxe hotel in Kathmandu; guesthouse accommodation during the trek.

Transportation: Arrival and departure transfers; scheduled Kathmandu–Lukla–Kathmandu flights; trekking transfers as listed.

Meals: Breakfast, lunch and dinner during trekking; other meals as specified in the itinerary and inclusions.

Package overview

The Everest Base Camp Trek is one of the world’s best-known trekking journeys. Its appeal includes the chance to approach Mount Everest, meet Sherpa communities, visit picturesque villages, experience local cultures and festivals, and see monasteries. The region is also associated with stories of the mysterious yeti.
The route to Everest Base Camp and Kala Patthar begins at Lukla and passes through Sherpa villages, fir and rhododendron forests, and high suspension bridges. Along the way, trekkers may encounter caravans of dzopkyos, a yak–cow crossbreed, before reaching Namche Bazaar.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel. Attend the evening briefing and welcome dinner at a Nepali cultural restaurant.

Meals: D
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m

Day 2 - Fly to Lukla and trek to Phakding

After breakfast, transfer to the airport and fly to Lukla (2,800 m), approximately 30 minutes. Begin the trek to Phakding (2,700 m).

Meals: B, L, D
Accommodation: Lodge in Phakding
Altitude: 2,800 m / 2,700 m
Travel time: About 30-minute flight
Walking / trekking: About 4 hours

Day 3 - Trek to Manjo

Trek to Manjo (2,900 m). After lunch, walk around Manjo village.

Meals: B, L, D
Accommodation: Lodge in Manjo
Altitude: 2,900 m
Walking / trekking: About 3 hours

Day 4 - Trek to Namche Bazaar

Trek to Namche Bazaar (3,440 m). Along the way, enjoy the first glimpses of Mount Everest.

Meals: B, L, D
Accommodation: Lodge in Namche Bazaar
Altitude: 3,440 m
Walking / trekking: About 4 hours

Day 5 - Namche Bazaar acclimatization day

Rest and acclimatize in Namche. Hike to Everest View Hotel for panoramic views of Everest, Lhotse, Ama Dablam and Thamserku. Walk down to Khumjung and Khunde villages, the largest settlements in the Khumbu Valley. Visit the monastery, Hillary School and hospital, then return to Namche after lunch.

Meals: B, L, D
Accommodation: Lodge in Namche Bazaar
Walking / trekking: Hiking and village excursion

Day 6 - Trek to Tengboche

Trek to Tengboche (3,880 m) and visit Tengboche Monastery, described in the supplied itinerary as the largest Buddhist temple in the Khumbu Valley.

Meals: B, L, D
Accommodation: Lodge in Tengboche
Altitude: 3,880 m
Walking / trekking: About 5 hours

Day 7 - Trek to Dingboche

Trek to Dingboche (4,410 m).

Meals: B, L, D
Accommodation: Lodge in Dingboche
Altitude: 4,410 m
Walking / trekking: About 6 hours

Day 8 - Dingboche acclimatization day

Rest and acclimatize at Dingboche. Take a side walk towards Chukung Valley and enjoy the views.

Meals: B, L, D
Accommodation: Lodge in Dingboche
Walking / trekking: Short acclimatization walk

Day 9 - Trek to Lobuche

Trek to Lobuche (4,900 m).

Meals: B, L, D
Accommodation: Lodge in Lobuche
Altitude: 4,900 m
Walking / trekking: About 5 hours

Day 10 - Trek to Gorakshep and visit Everest Base Camp

Trek to Gorakshep (5,100 m). In the afternoon, visit Everest Base Camp (5,364 m), spend time there and return to Gorakshep.

Meals: B, L, D
Accommodation: Lodge in Gorakshep
Altitude: 5,100 m / Everest Base Camp 5,364 m
Walking / trekking: About 3 hours to Gorakshep; about 4 hours for the Base Camp walk

Day 11 - Kala Patthar and trek to Pheriche

Early morning climb to Kala Patthar (5,555 m), approximately 3–4 hours. After breakfast, trek back to Pheriche (4,200 m), approximately 3 hours.

Meals: B, L, D
Accommodation: Lodge in Pheriche
Altitude: 5,555 m / 4,200 m
Walking / trekking: 3–4 hours to Kala Patthar; about 3 hours to Pheriche

Day 12 - Trek back to Tengboche

Trek back to Tengboche.

Meals: B, L, D
Accommodation: Lodge in Tengboche
Walking / trekking: About 4 hours

Day 13 - Trek back to Namche Bazaar

Trek back to Namche Bazaar.

Meals: B, L, D
Accommodation: Lodge in Namche Bazaar
Walking / trekking: About 5 hours

Day 14 - Trek back to Phakding

Trek back to Phakding.

Meals: B, L, D
Accommodation: Lodge in Phakding
Walking / trekking: About 4–5 hours

Day 15 - Trek to Lukla

Trek to Lukla. This is the final trekking day.

Meals: B, L, D
Accommodation: Lodge in Lukla
Walking / trekking: About 3 hours

Day 16 - Fly back to Kathmandu

Take the morning flight back to Kathmandu and transfer to the hotel.

Meals: B
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m
Travel time: About 30-minute flight

Day 17 - Kathmandu sightseeing and farewell dinner

After breakfast, visit Pashupatinath and Boudhanath. Enjoy free time for shopping and have a farewell dinner in the evening.

Meals: B, D
Accommodation: Hotel in Kathmandu
Walking / trekking: Half-day sightseeing

Day 18 - Departure

After breakfast, transfer to the airport for departure. The trip concludes.

Meals: B

What is included

- Three nights in a deluxe twin-sharing hotel in Kathmandu with breakfast, and guesthouse accommodation during the trek.

- All transportation, including arrival and departure transfers.

- Scheduled Kathmandu–Lukla–Kathmandu air tickets.

- Trekking guide and Sherpa.

- Breakfast, lunch and dinner during trekking.

- Required porter to carry luggage.

- All necessary trekking permits.

- Entrance fees.

What is excluded

- Lunch and dinner in Kathmandu.

- Tips, beverages and mineral water.

- Medical and travel insurance.

- Additional hotel accommodation if flights are cancelled in Kathmandu or Lukla.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

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