

Detail Itinerary

Journey to the Foot of the World's Highest Peak

Everest Base Camp Trekking is globally celebrated as one of the ultimate Himalayan adventures. As the most sought-after trekking destination in Nepal, this journey offers an unprecedented blend of towering mountain vistas, rich Sherpa culture, and legendary trails.

A standard Everest Base Camp itinerary typically involves 11 to 14 days of actual trekking, starting with a scenic domestic flight from Kathmandu (or Ramechhap) to Lukla. Considering potential weather delays for mountain flights and necessary acclimatization days, a 15 to 16-day complete package (including arrival, departure, and buffer days) is highly recommended for a safe and hassle-free experience. At Nepal Kailash Trekking, we offer transparent and competitive Everest Base Camp trek packages tailored to your preferences.

What is Everest Base Camp and Why Should You Trek It?

Situated at an altitude of 5,364 meters, Everest Base Camp rests directly at the foot of Mount Everest (8,848.86m)—the highest peak on Earth. Reaching this iconic landmark is a true lifetime achievement.

By trekking along the Everest Base Camp trail, you follow in the historic footsteps of legendary mountaineers like Sir Edmund Hillary, Tenzing Norgay Sherpa, and Reinhold Messner. While climbing to the summit of Mt. Everest requires extensive technical training and high royalty fees, trekking to its base camp allows you to physically stand before the world's highest peak at a fraction of the cost.

Key Highlights of the Trek

- **Iconic Mountain Views:** Marvel at breathtaking panoramas of Mount Everest, Lhotse, Ama Dablam, and Makalu (the world's 5th highest peak). If you extend your itinerary to include the Gokyo Valley, you will also witness Cho Oyu (the world's 6th highest peak).
 - **Rich Sherpa Culture:** Experience authentic mountain hospitality, visit sacred Buddhist monasteries, and immerse yourself in the traditions of the world-renowned Sherpa community.
 - **Kala Patthar Viewpoint:** Hike to Kala Patthar (5,545m) early in the morning for the most famous, unobstructed sunrise view of Mount Everest and the surrounding Himalayan giants.
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How to Trek to Everest Base Camp?

The Everest region offers diverse routes tailored to different experience levels, ranging from classic teahouse treks and luxury lodge routes to high-pass adventures and peak climbing expeditions.

- **For Thrill-Seekers:** The Everest Three Passes Trek covers almost the entire region, crossing

three challenging alpine passes over 5,300 meters (Kongma La, Cho La, and Renjo La).

- **Cultural Experience:** We strongly recommend visiting the historic Khumjung Monastery, famous for housing the legendary Yeti skull artifact.
- **Best Time to Visit:** The ideal seasons for Everest Base Camp trekking are **Spring (March to May)** for clear skies and blooming rhododendrons, and **Autumn (September to November)** for crisp air and panoramic views.

Trip Facts

- Trip Duration: 15 days
- Trip Cost: 1410
- Primary Activity: Trekking
- Max. Group Size: 25
- Min. Group Size: 2
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Moderate
- Max. Height: 5545m
- Trip Mode: Flight
- Accommodation: Lodge
- Season: September through June
- Other Info: Early Bird \$ 1300 (before 6 month booking). Booking with 05 pax \$1300 per person. Trip deposit for secure space \$100 is non - refundable but can use it for next trip. \$ 1050 per person if no meals on trek.

Detail Itinerary

Day 01: Arrival at Tribhuwan International Airport (TIA) 1350m, Kathmandu, Nepal

You will be picked up by our Airport Representative, and transfer to hotel. Overnight If your arrival early on the day then can do some sightseeing nearby your hotel. At hotel with bed and breakfast (B.B.) .

Day 02: Fly to Lukla 2800m and trek to Phakding 2610m, 3 hrs

Pick up from Hotel in an early morning, we drive about 20 minutes to Tribhuwan International Airport. After 45 minutes exciting flight to Lukla, you begin your trek to Phakding approximately three hours easy walking. Overnight lodge.

Day 03: Trek to Namche Bazaar 3440m, 6 hrs

You will begin trek normally flat following towards to Dudhkoshi after crossing the bridge at Phakding. The trails go still flat, up and down about 3 hours to Jorsalle. You would have seen already Thamserku, Kusum kangaroo and from just before Monjo Khumbi la above the Namche. There is a place where start Sagarmatha National Park, check yours permits just 20 minutes before Jorsalle, name of the spot lies the end of the Monjo. From the Hillary Bridge, gives you a view of the Taboche peak across the Tyangboche after half an hour climbing the first view of the world highest peak Mt Everest and more. You have to climb up in altitude about two and half hours after overpass the Hillary Bridge,

Day 04: acclimatization day

This day, you can hike to Thame valley or Khumjung Khunde valley via world highest airport Syangboche (3790m) and Hotel Everest View. There is a museum above Namche in the military campsite and Sherpa cultural museum where you can watch video project by paying their certain fees. This place also gives you the world highest Mount Everest view and many more. Back to Namche for the 2nd night.

Day 05: Trek to Tengboche 3870m, 4 hrs

By leaving Namche Bazaar after climbs little up, then starts gradually flat trail till to Kyangjuma. On the way, you can see wonderful mountain views, including world highest peak on the earth. Then path leads you down to Dudhkoshi and immediately trail go in ascending to Tyangboche. You visit a monastery known as Tengboche monastery. Then you will be taken to observe the prayer ceremony, whether in the evening or morning. Overnight lodge.

Day 06: Trek to Dingboche 4350m, 4 hrs

Trail takes you gradually down through forest of Rhododendron and dwarf conifers to the Imjatse River by crossing the bridge ascend to Pangboche 3860m. You are heading towards beside the beautiful mountain called Ama Dablam. There is a monastery in upper Pangboche which is the oldest monastery (since 17 centuries) in Khumbu valley. By passing the Shomare 4020m and Orsho from where you can see Another mount Pumori 7165m. Afterward, there is a junction trail upper left takes you to Pheriche, and heading to right lower one for Dingboche. Overnight lodge.

Day 07: Acclimatization day

Today you can enjoy another day for an acclimatization around Dingboche by day hiking. This day we will have trip to Chhukung valley. We will take you to Chhukung Ri (5546 meters) too. From there, we can see the fifth highest mountain Makalu 8463m. Some trekkers climb to Nagarjun hill above Dingboche for acclimatized. Come back to Dingboche in the evening.

Day 08: Trek to Lobuche 4930m 4 hrs

Walk slowly; make sure that you have enough drinking water with you because you are already in high altitude and to warding your trip to the foot of the world highest peak or Everest base camp. There is a place where you may have some hot tea, coffee or god as well at Dhugla, known as Thukla 4620m. about 40 minutes to an hour steeply ascending you will see at the top of the ridge memories of the who lost during peaks or mountains climbing. Front of you giving a super view of the mount Pumori on the way to Lobuche. Ande front of your lodge to the east smiling Mount Nuptse 7861m. Overnight lodge.

Day 09: Trek to Gorakshep 5160m -Everest Base Camp 5340m - back to Gorakshep

The path is following Khumbu glacier towards to Gorakshep and base camp. Nepal Kailash Trekking Company suggest you again take with you enough drinking water and some snicker, you are mostly getting closer to Everest Base Camp today. Take a lunch and rest a couple of hours and walk continue to the bottom of the world tallest mount Everest Base Camp with enough drinking water and snicker again, We cannot see Mount Everest from the base Camp, walk with well wearing equipped which against to wind and cold. Back to Gorakshep for a night. Overnight lodge.

Day 10: Early morning climb to Kalapathar and back down to Pheriche

Early morning start a hike uphill to Kalapathar 5545m which provides you an excellent viewpoint to observe the Mount Everest and innumerable spectacular mountains views & Khumbu Glacier. Then trek back to Pheriche 4280m.

Day 11: Trek to Namche**Day 12: Trek to Lukla****Day 13: Fly back to Kathmandu, free day****Day 14: Kathmandu spare day for the trip (city sightseeing)**

We kept this day for Kathmandu city tour after the trek because flight to Lukla - Kathmandu gets problem due to bad weather. You can do sightseeing at second day of the trip instead of flight to Lukla as well. This one day is for Kathmandu sightseeing of Pashupatinath, Boudhanath, Kathmandu Darbar Square and Swayambhunath, overnight Hotel on BB plan

Day 15: Departure

Nepal Kailash Trekking Company representative will come to your hotel to pick you up and transferred to your on next board. The program is finished.

Note:- If above itinerary does not fit your time frame then we prepare another one, just leave us a line.

Cost Includes

- ü All ground transports by private vehicle as per itinerary required
- ü Kathmandu accommodation (2/3 star or similar category) inclusive breakfast as per itinerary
- ü All entry fees as per itinerary – Sagarmatha National Park fee, Trekker's Information Management System Card fee

- ü domestic flight to and from Lukla + Guide
- ü Accommodation at local guest houses/lodes with breakfast with a cup of tea/coffee
- ü An English speaking highly experienced friendly and helpful trekking guide
- ü One porter for two members (Max. weight 25 Kg) and one assistant guide above 7 pax, above 10 then 2 assistant guide
- ü Guide salary/food/accommodation/insurance and required transports
- ü Porter salary/food/accommodation/insurance and required transports
- ü Sleeping bag and down jacket if needed
- ü Rain protection duffel bag for luggage
- ü First aid kit including Oximeter
- ü Company guarantee the rescue services if needed; please hand over your insurance policy copy to us
- ü Government taxes and office service charge

Cost Excludes

- Nepal visa
- International airfare
- extra nights Kathmandu and Lukla staying on flight cancellation due to bad weather
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack, lunch and Dinner during trekking
- Battery charge, WIFI during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Horse riding along the trek
- The extra cost of natural disaster
- Kathmandu sightseeing (we arrange it on clients request)
- Excess baggage charges at the Domestic airport
- Personal trekking types of equipment
- Any other expenses which are not mentioned in the cost include
- Tips for staffs