



EVEREST BASE CAMP TREK

Duration: 15 Days | Grade: Challenging | Altitude: 5500 m.



Namaste!

Welcome to a mythical place where people have lived at the foot of the mighty Chomolungma for centuries. You may know her as Mount Everest, in Nepal we call her Sagarmatha.

Let us take you on this bucket-list adventure from Kathmandu to Everest Base Camp, following a well-balanced program with plenty of time for acclimatization. Trek with us through the foothills of the high mountains, along rugged trails and across deep gorges, all while surrounded by dramatic landscapes and breathtaking mountain view. Along the way, we pass monasteries and traditional villages, learning about the history, culture and daily life of the Himalayas. This classic adventure allows you to set your eyes on the world's highest peak and rewards your efforts with one of the most spectacular sunrises on Earth.



Trek Itinerary

Day 1: Arrival in Nepal

Upon arrival at the airport, you will be met and transferred to your hotel. After settling in and taking some time to relax, you will meet your trekking guide for a briefing and final preparations.

Day 2: Flight to Lukla & Trek to Phakding

An early morning start with a scenic 40-minute flight to Lukla—an adventure in itself. This tiny airstrip is considered one of the most extreme airports in the world.

The trek begins on a relatively easy trail towards Cheplung village. Continue walking along the banks of the Dudh Koshi River to reach the village of Phakding.

Day 3: Trek to Namche Bazaar 3,440 m.

After leaving Phakding, you pass Sherpa villages such as Benkar and cross several suspension bridges before reaching the entrance of Sagarmatha National Park at Monjo.

After entering the park, the trail climbs towards Jorsalle. From here, the first glimpses of Kusum Kanguru, Thamserku, Everest, and Nuptse appear. A steep ascent leads to Namche Bazaar.

Day 4: Acclimatization – Namche Bazaar 3,440 m.

Acclimatization is essential to adjust to increasing altitude and reduce the risk of altitude sickness. Today, you will hike to the beautiful village of Khumjung.

Day 5: Trek to Tengboche 3,860 m.

After acclimatization, continue trekking along a pleasant trail while enjoying magnificent mountain views. From Phungithanga, the trail becomes steeper as you pass water-powered prayer wheels and climb through rhododendron forests to Tengboche, home to the largest Buddhist monastery in the Khumbu region.

Day 6: Trek to Dingboche 4,410 m.

After breakfast, trek northward and cross a suspension bridge over the Dudh Koshi River. Follow a narrow trail towards Orsho, then continue along the western bank of the Imja Khola. The path passes through rhododendron, birch, and conifer forests, along with mani walls and chortens, before reaching Dingboche.

Day 7: Acclimatization Day – Dingboche

Another crucial acclimatization day to adapt to the high altitude. Enjoy a short but steep hike in the morning, followed by village exploration and rest in the afternoon to aid acclimatization.

Day 8: Trek to Lobuche 4,910 m.

The day begins with a gradual ascent through alpine scrub and yak pastures, with Ama Dablam, Taboche, and Cholatse towering above.

At Thukla Pass, you'll see stone memorials dedicated to climbers who lost their lives on Everest. Continue through rocky terrain to reach Lobuche village.

Day 9: Trek to Gorak Shep & Everest Base Camp 5,364 m.

A remarkable day on the trek. Walk over rough, rocky glacial terrain to Gorak Shep. After dropping your bags at the teahouse, continue to Everest Base Camp.

Standing at the base of the world's highest mountain is a truly unforgettable experience. Return to Gorak Shep for overnight stay.

Day 10: Kala Patthar (5,643 m) & Trek to Pheriche

An early morning start for the hike to Kala Patthar, one of the best viewpoints in the Everest region. The steep, rocky ascent rewards you with a spectacular sunrise and a 360-degree panorama of Everest, Pumori, Nuptse, Lhotse, Ama Dablam, and more. After descending back to Gorak Shep, continue downhill past Lobuche to Pheriche.

Day 11: Trek to Tengboche

Leaving the high Himalayas behind, trek back to Tengboche via a relatively easy route, with opportunities to spot wildlife such as musk deer, wild goats, and Himalayan griffons.

Day 12: Trek to Namche Bazaar

Descend steeply to Phunki Tenga before climbing gradually towards Kyangjuma, a junction village connecting trails to Gokyo Valley, Khumjung, and Namche Bazaar.

Day 13: Trek to Lukla

Begin with a steep descent on rocky terrain to the Dudh Koshi River. After crossing a suspension bridge, the trail becomes more pleasant, passing through forests and villages. In the evening, celebrate the successful completion of the Everest Base Camp trek with the entire team.

Day 14: Flight to Kathmandu

After breakfast, bid farewell to the mountains & support team and take a flight back to Kathmandu. Upon arrival, transfer to your hotel. Spend the day relaxing, enjoying a massage, or exploring Thamel. In the evening, enjoy a farewell dinner.

Day 15: Leisure day in Kathmandu

shopping, sightseeing and well deserved rest.

Day 16: Departure

Transfer to the airport for your onward journey.

Trek Cost: 2800 USD person.

Included.

EBC trek, incl. meals and overnight in local Tea Houses. National Park Fees, permits and government taxes, Guides and support teams, Airport pickup & -drop, Domestic flight, 3 night Hotel in Kathmandu.

Excluded.

International travel, visa fees, Travel Insurance, Meals in Kathmandu, Personal clothing, equipment & personal expenses - such as hot showers on the trek, drinks & snacks. Unforeseeable costs, Tips for guides, support staff.