

[Everest Region TreksNepal](#)

Everest Base Camp Trek – 14 Days



Duration

14 days

Activity level

Grade: Moderate

Includes

Meal, Accommodation and Transportation

Group Size

2-10 People days

Max Altitude

5,545 m/18,187 ft

Arrival/Departure:

Kathmandu, Nepal

TRIP HIGHLIGHTS

1. Spotting endangered animals and birds in Sagarmatha National Park.

2. Breathtaking view of some of the highest mountain peaks in the world and the spectacular sight of
3. Mt. Kusum Kangaru from Phakding village.
4. Following the beautiful path of the DUDH Koshi River and crossing it on the famous Hillary Bridge.
5. Close view of Khumbu Ice Glacier.
6. Watching traditional agricultural farms, grazing pastures and yak sheds of the local community.
7. Visiting fabled Buddhist monasteries and shrines.
8. Close by view of Mt. Everest, Ama Dablam and other mountain peaks from Kala Patthar and Everest Base Camp.

TRIP INTRODUCTION

Few trekking routes are comparable in beauty and thrill with Everest Base Camp Trek. Sky high mountains, spectacular glaciers, gorges, mountain valleys, ancient Buddhist monasteries and the unique culture of Sherpa people are some of the salient features of Everest trek. The rich plant and animal life diversity of the high Himalayas are other attraction while trekking to the Base Camp of Mount Everest.

Crisscrossing the ancient Khumbu Trail, you will be able to watch peaks like Mt.Thamserku, Mt. Nuptse, Bancharo Peak, Pasang Lhamu Peak, Mt. Amadablam, Mt. Cholatse, Mt. Kangtenga, Mt. Tabuche etc. from a close range. We will walk along the banks of the Dudh Koshi river for most part of the trek. The lower belt of the Everest region is covered by rhododendron forests. The northern stretch, which lies at higher

altitude, is full of Alpine vegetation. The places at farthest north, Everest Base Camp and Kalapatthar, are barren and tundra like.

You will enjoy a thrilling walk along the Khumbu ice glacier before reaching Everest Base Camp. EBC provides spectacular view of the mountains that are within touching distance. Kalapatthar is at a higher altitude. Mount Everest is seen between two mountain peaks from Kalapatthar - therefore getting its name as the shy mountain.

The itinerary for this EBC trek is designed at 14 days. It is two days longer than the 12 day EBC trekking and a two days shorter than the 16 day trek to Everest Base Camp. This trek provides a perfect balance between time required, thrill and rest opportunities. You will be accompanied by trained and highly experienced guides and porters who have taken the trip to Everest Base Camp many times before. They are also adept at emergency treatment and first aid.

Route Summary: Kathmandu - Lukla - Namche Bazaar - Tengboche - Everest Base Camp - Kalapatthar - Namche - Lukla - Kathmandu.

Best Season: September to December and February to May

Important Notes and Safety Concerns

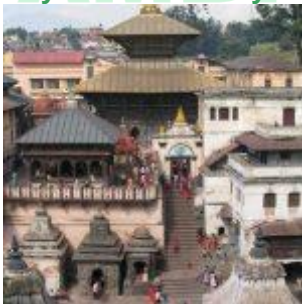
We will book a chartered helicopter in case of cancellation of your flight but you're responsible for the cost incurred. Cost can range from US\$ 200-600 or more. It depends upon the number of people in the flight and the distance involved.

We suggest you to add two extra days at the end of your trip to allow as cushion for unforeseen events. Always add extra days at the end of your trip and not at the start.

Please come fully prepared because Everest Base Camp Trek is extremely adventurous and challenging. We suggest you to buy insurance with Helicopter Evacuation coverage because helicopters will be the only evacuation means in case of altitude sickness and emergency during the trek.

Day to Day Itinerary

- **Day 01: Arrival day in Kathmandu**



- Accommodation: Three-star Hotel

Maximum Altitude: 1300m

12 Km/Time: 6-7 hours

- Our representatives will be waiting for you at the Airport and you will be transported to your hotel. You can explore the beautiful city of Kathmandu if you're willing. Kathmandu is a city rich with historical monuments, ancient temples and museums. Our guide will prepare you for the upcoming Everest Trek with required information at the end of the day.

- **Day 02: Kathmandu to Lukla flight and trek to Phakding**



- Accommodation: Hotel and Lodge

Maximum Altitude: 2,850 m / 9,350 ft

138 km / Time: 4 hours

- Today we will start our journey and fly to Lukla, which approximately takes 30 minutes. Lukla will be our first step towards Khumbu region. Your porters will be waiting to welcome you at Lukla. Everything – breakfast/lunch etc. – will be setup on your arrival at the Lukla tea house. Lukla is a developed village where most modern facilities are available.
- We will start our walk towards Phakding village after a quick breakfast/lunch. The walk takes 3-4 hours. The trekking route is trouble free and flat at this stage. You will meet Sherpa villages, agricultural farms and Yak sheds on the way. We will follow the trail of Dudh Koshi river and then the Thado-Khola route to reach Phakding. You will get a clear view of Mt. Kusum Kangaru on the way.
- Phakding is a beautiful and small village which consists of numbers of accommodation for lodgers and trekkers. We can find lodges of all range here.
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- **Day 03: Phakding to Namche Bazaar**



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- Accommodation: Hotel and Lodge

Maximum Altitude: 2,850 m / 9,350 ft

138 km / Time: 4 hours

- Today we will start our journey and fly to Lukla, which approximately takes 30 minutes. Lukla will be our first step towards Khumbu region. Your porters will be waiting to welcome you at Lukla. Everything – breakfast/lunch etc. – will be setup on your arrival at the Lukla tea house. Lukla is a developed village where most modern facilities are available.
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- **Day 05: Namche Bazar to Tengboche**



- Accommodation: Hotel and Lodge

Maximum Altitude:3,800 m/12,467 ft

10 km/Time 5-6 hours

- We will have an early breakfast and restart our Everest Trek. Tengboche is a popular place in Everest region. The reason for its fame are the ancient Buddhist monasteries, where many visitors come for Yoga and peaceful meditation. You can also enjoy the spectacular view of the sun setting in the mountains from Tengboche. Tengboche is also famous for the glazing and shining views of Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Amadablam etc.

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- **Day 06: Tengboche to Dingboche**



- Accommodation:Hotel and Lodge

Maximum Altitude:3,800 m/12,467 ft

10 km/Time 5-6 hours

- We will have an early breakfast and restart our Everest Trek. Tengboche is a popular place in Everest region. The reason for its fame are the ancient Buddhist monasteries, where many visitors come for Yoga and peaceful meditation. You can also enjoy the spectacular view of

the sun setting in the mountains from Tengboche. Tengboche is also famous for the glazing and shining views of Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Amadablam etc.

- **Day 07: Sightseeing and acclimatization day**



- Accommodation: Hotel and Lodge

Maximum Altitude: 3,800 m / 12,467 ft

10 km / Time 5-6 hours

- We will have an early breakfast and restart our Everest Trek. Tengboche is a popular place in Everest region. The reason for its fame are the ancient Buddhist monasteries, where many visitors come for Yoga and peaceful meditation. You can also enjoy the spectacular view of the sun setting in the mountains from Tengboche. Tengboche is also famous for the glazing and shining views of Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Amadablam etc.
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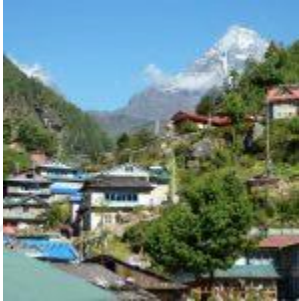
- **Day 08: Dingboche to Lobuche**



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- Accommodation:Hotel and Lodge
Maximum Altitude: 4,900 m/14,435 ft
10 km/Time: 4-5 hours
- The altitude will start to increase on the way towards Lobuche. The uphill trail and high altitude makes the path a bit difficult. You will encounter a graveyard on the way. The graveyard is the memorial of the climbers of the mountains of Everest region – mostly Everest climbers. Lobuche is used by many trekkers to acclimatize for the altitude of Kalapatthar and Everest Base Camp.

- **Day 09: Lobuche-Gorakshep-Everest Base Camp-Gorakshep**



- Accommodation:Hotel and Lodge
Maximum Altitude: 5,316 m/17,440 ft
15-17 km/Time: 5-6 hours
- We will set our goal towards Gorakshep after a night at Lobuche. The path becomes scarier and dangerous from this point onward because we will have to walk on moraine of glaciers. We will walk along the side of Khumbu Glacier, which is one of the largest glaciers in the world. The altitude also starts to increase sharply. We are marveled by the close view of mountains like Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Pumori, Mt. Amadablam and many other small peaks despite of the prevailing hardships.
- We will see a number of gravestones in the memories of dead climbers at Everest Base Camp. The reason for the huge number of death in Everest region is because the trails often

leads to false ways due to the movements of glaciers and heavy snowfall. The camp may get crowded at peak season. We will head back to Gorakshep, which takes 2-3 hours.

- **Day 10: Gorakshep-Kalapatthar-Pangboche**



- Accommodation: Hotel and Lodge

Maximum Altitude: 5,545 m / 18,192 ft

18-20 km / Time: 9-10 hours

- We will trek towards Kalapatthar today. We will move early in the morning so that we can enjoy the breathtaking view of beautiful sunrise over the mountains. The reason the place is called Kalapatthar is because there are big black rocks in the place. People usually call Everest a shy mountain because it is seen hiding in between two mountains from Kalapatthar.
 - We will start our trek towards Pangboche through Gorakshep after spending sometime at Kalapatthar. The return path will be downhill and easy. We will walk about 9-10 hours today.
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- **Day 11: Pangboche to Namche Bazaar**



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- Accommodation:Hotel and Lodge

Maximum Altitude:4,900 m/ 11,268 ft

15 km/Time: 6-7 hours

- We will have an early breakfast and start our journey towards Namche Bazaar via the trails of Dudh Koshi River. The spectacular view of the mountains will be with us throughout the trek. We will have to walk for 6-7 hours to reach Namche Bazaar.

• **Day 12: Trek to lukla**



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- Accommodation:Hotel and Lodge

Maximum Altitude: 2,850 m/9,350 ft

20 km/Time: 4-5 hours

- We will move towards Lukla via Phakding. We will take the same path which we took on the way up. You will view the mountains for the last time and wave them goodbye. Our guides will arrange the flight tickets back to Kathmandu. The night will be the last night of your

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trekking. You say goodbye to your guide and porters. You may shop for souvenirs at local antique shops.

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