

# Everest Base Camp Trek

Ever since the 1990s when Everest Climbing became commercialized, a new prospect of trekking towards the foothill of the highest mountain in the world came to life. As the most visited trekking package in the Himalayas, a plethora of trekkers visit the [Everest Base Camp trek](#) to see the Everest high up close and understand the way of life of the Sherpa people. And, let's also not forget about the alpine vegetation comprising of pine and **rhododendron forest** and wildlife including Himalayan Thar and Monal during the climb.

The trek starts from Lukla and follows an easy trek upwards of the Dudh Koshi Valley to reach the famous Sherpa commercial hub of the Khumbu Region, the **Namche Bazaar**. But before Namche, the trail and villages that lead up to the trade hub seems quite an easy task, however, be assured there is more to come!

Following a halt at Namche, the trek continues towards Tengboche which has one of the oldest monasteries of Nepal and also has a backdrop with the most beautiful mountain of the country, Ama Dablam. Next stop, a place that receives more sunlight than any other villages in the **Khumbu Region**! Roughly a 3 hours ascend prior to arrival at Lobuche ends at the last settlement before our destination, **Everest Base Camp**. Let's also not lose sight of the Kala Patthar which offers one of the best views of the Everest Region.

Following the footsteps of Sir Edmund Hilary and Tenzing Norgay Sherpa wouldn't just be a show of the Mahalangur mountain range and its highest peaks Lhotse, Makalu, Cho Oyu, and of course, the Everest. The base camp hike also offers a wide range of alpine vegetation and wildlife to dwell upon. Why just enjoy the natural aspects of the place? Also, explore the Sherpa Culture highly influenced by the Tibetan lifestyle and maybe learn a few local words.

Are you ready to experience a whole new level of epicness?

Duration: 14 days

Price: \$1250

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

## Itinerary:

**Day 01:** Fly to Lukla (2860 meters) and Trek to Phakding (2610 meters)

30 minutes is far from enough to get to one of the extreme airports in the world, the Lukla Airport. Though dangerous, Lukla Airstrip AKA Tenzing and Hilary Airport offers the first closest peek of the Mahalangur Mountain Range. Start walking towards the Cheplung Village as the path descends down to Thado Koshi to finally get past a large suspension bridge to arrive at Ghat. An easy walk downhill from Ghat ensures our arrival at Phakding.

**Day 02:** Trek to Namche Bazaar (3440 meters)

Walk through the Pine forests to reach the Zam Phute village and across a rivulet to arrive at Tok Tok. Follow an uphill trail to Benkar before crossing a bridge to get to Chumao, a TIMS checkpoint. A short walk to the entry point of the Sagarmatha (Everest) National Park, Monjo from where a steep descent will see our arrival at Jorsalle. Across a large suspension bridge over the Bhote Koshi and Dudh Koshi Rivers to climb up gradually to reach the marketing hub of the Khumbu Region, Namche Bazaar in about 3 hours. Enjoy the views of the Eastern Himalayas!

**Day 03:** Acclimatization Day

Be a lark and enjoy the crack of dawn at Namche. Following breakfast, walk towards the Syanboche Airport, the closest to Mount Everest yet unpaved airstrip of Nepal. Later, hike up to the Everest View Hotel, the highest altitude hotel in the world and also the destination for Everest View Trek, and enjoy a 360 degree view of the Mahalangur Mountain Range, also the Everest. Back to Namche to explore Everest Photo Gallery and Sherpa Culture Museum. Also, enjoy the typical Sherpa culture while at it!

**Day 04:** Trek to Tengboche (3860 meters)

Rest day is up now, it's time for us to walk to Syangboche. Moving towards Thame from here sees the start of the Everest High Pass Trek. Today's trek comprises of the most-well-settled trail in this region. A wide open road from Syangboche makes way for Kyangjuma village and forward through pine forest takes us to Leushyasa and then to Phunki Thanka following a steep downhill. Slow uphill will make way to Tengboche, a Sherpa settlement with the largest monastery of Khumbu region. Enjoy Ama Dablam, Everest, and Rhododendron, Blue Pines along the way.

**Day 05:** Trek to Dingboche (4220 meters)

Pass the suspension bridge over Imja Khola River and get to Pangboche. A rugged trail from here to Orsho and then to Dingboche, Summer Valley of Khumbu. Lhotse, Ama Dablam, and Island Peak look wonderful from here!

**Day 06:** Acclimatization

Another day's acclimatization! A strenuous hike uphill get us to the top of the 5100 meters tall hill of Nagarjun. The top offers panoramic views of the Lobuche East, Lobuche West, Taboche, Thamserku, Kangtega, Makalu, and also the most beautiful mountain of Nepal, Ama Dablam.

**Day 07:** Trek to Lobuche (4910 meters)

Trekking to Lobuche comes easy in the beginning and difficult at the end. Walk towards Thukla and then towards Periche. Drop down following the rocky harsh terrain of Chupki Lhara, cross a suspension bridge and finally, a gentle walk downhill sees our arrival at Lobuche. This small settlement is also the starting point of the Lobuche East Peak Climbing Expedition.

**Day 08:** Trek to Gorakshep (5180 meters) to Everest Base Camp (5364 meters)

The day we've all been waiting for! The day we conquer the Everest Base Camp! A slow easy walk alongside the Khumbu Glacier takes us to Gorakshep and then, a wide trail leads us afoot to the base camp. Conquered at last! Enjoy the views of the Khumbu Icefall and also of the Khumbutse and Lingren peaks. Back to Gorakshep for the night!

**Day 09:** Climb Kalapatthar (5545 meters) to Periche (4371 meters)

An early hike uphill on the rocky trails takes us to the top of the 5545 meters tall Kala Patthar. Enjoy the tallest Mountain in the world, Everest that shines in golden hue with the morning sun. Hike back to Gorakshep and then drop back to Periche for an overnight stay.

**Day 10:** Periche to Kyangjuma

Follow the Imja River until Tengboche and then towards the village of Phungki Thanka. Uphill from here to Lushyasa and through a pine forest towards Sanasa. Kyangjuma is just on the other side of the valley.

**Day 11:** Kyangjuma to Phakding (2610 meters)

Walk on an open road to Syangboche and trek to Namche. Prior to a hike uphill to Jorsalle, descend towards a long suspension bridge. Easy walk towards Monjo and then to Chumao. Follow the same rugged trails towards Benkar and Zam Phute before finally making it to Phakding.

**Day 12:** Phakding to Lukla (2860 meters)

Ascend towards Ghat and walk across a large suspension bridge to Thado Koshi. An uphill climb afterwards will see us at Cheplung. The path towards Lukla from here is as easy as a pie. Take a hot shower and enjoy the rest of the day!

**Day 13:** Fly to Kathmandu (1440 meters)

Get the last look at the Mahalangur Mountain Range and bid farewell to them! An early morning flight will see us back at the capital city of Nepal, Kathmandu.

**Highlights:**

- Everest Base Camp (5364 meters)
- Peak Climbing: Kala Patthar (5545 meters)
- Khumbu Glacier
- Sagarmatha National Park
- Lukla Airport (Tenzing and Hilary Airport)
- Tengboche Monastery (One of Nepal's Oldest Monasteries)
- Sherpa Culture, Tradition, and Lifestyle
- Everest, Nuptse, Lhotse, Cho Oyu, and Other Mahalangur Mountains

**Cost Include:**

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Round Trip Flight Kathmandu to Lukla and Back
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and Sagarmatha National Park Permit Fee
- Government Taxes and Office Service Charge

**Cost exclude:**

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa