

Everest Base Camp Trek

DURATION: 10 DAYS

Trip Facts

- Duration : 10 Days
- Trip Difficulty : Challenging
- Group size : 1-30 Pax
- Accommodation : Hotel/Lodge/Tea House
- Meals included : Breakfast, Lunch & Dinner
- Transportation : Flight/Car
- Trip starting point : Lukla
- Trip Ending point : Lukla



Himalayan
Local Guide Pvt. Ltd

Best season : March, April and May & September, October and November

Trip Overview

Are you planning to visit the world's highest Base camp, Mt. Everest? The Everest Base camp is located at 5364 meters from the sea level, where we can explore there. **Mt. Everest (8848m/29,028ft)**. EBC trek will offer a natural adventure as it takes you through magnificent high-elevation landscapes, ancient Buddhist monasteries, traditional Sherpa villages, white snow-capped mountains, **flora, and fauna**.

Flight from Kathmandu - Lukla:

Everest Base Camp Trek - 10 Days starts through **an outstanding 30-minute [flight from Kathmandu to Lukla](#)**. Lukla (2,860m/9,383 feet) is the town to tourist junction for trekkers beginning and ending point of the journey by reaching Lukla, you are currently in the Sagarmatha National Park - northeastern of

Nepal.

In the wake of the success of the trip at the **Lukla Airport**, the long trek in the Khumbu Region starts, and our target during the current day is Phakding. The traveling satisfaction lies not in reaching the goal but rather; in enjoying the impressive landscape that is on the way. Our excursions take us through Chaurikharka Village and afterward descend to Dudhkoshi Ghat. Along the journey, you will be able to see the local Sherpa villages, incredible sceneries of green Woodland, and cross a few suspension bridges.

Typical villages:

A portion of the prominent villages among **Lulka** and **Phakding** are **Chaurikharka**, **Chheplung**, Nachipang, and Koshigaun. The high elevations of this village are around 2,600 meters, and they lie beside the Dudh Koshi. Assuming your trip is during spring (March to May), you will have views of marvelous blue pines and the blooming of the rhododendrons flowers by the river valleys. We will stay through our night at Phakding itself.

The next day of the tour will bring us superior fervor. After breakfast, you will **start your trek to Namche Bazaar**. The trekking trails are moderate; however, the views of furrowed fields, green woodlands, and moving hills will spur you to push forward toward your impartial. It will also be the primary day you will see the glorious mountain uphill towards the sky with its greatness. Walking ahead on the trail, you will end up encompassed by truly tall Himalayas, tops higher (6000m/19,685ft).

National Park Permit Check Point:

We will reach the **Sagarmatha National Park check post at Monju village**, where our permit must be to enter. We will trek Onward with our EBC journey until we reach Namche Bazaar, the doorway to Mt Everest. Most of these people are involved in local tea houses and lodges, so assuming that you need, you will get an opportunity to blend with local people in Namche Bazaar.

The well-known; to stop between Phakding and [Namche Bazar \(3,445m\)](#) are Benkar, Monjo, and Jorsalle. These assemblies of villages have huge; stones written in the Buddhist language mantra. The stones are named Mane and Chortens in the local Sherpa language. Individuals who accept these stones bring the best of luck and kind words to local people and explorers. The practice advises you to circle these stones clockwise for good appeal. Our excursion takes us through a few high-suspension bridges while we travel to Namche Bazaar.

Hillary Bridge:

There is an unimaginable spot where we will see two suspension bridges hanging between; similar slope stations, consistently, which gazes directly out of science fiction motion pictures. While you overpass the suspension bridge, you will hear the streams of the stream spouting down below.



You will likewise get to cross the fantastic **Hillary suspension bridge** while heading to **Namche Bazaar**. On this bridge, people tie prayerful heaven banners; and Khata (a yellowish blessed fabric piece utilized on significant occasions). After a lofty ascending journey, you will get to Namche Bazaar. By then, you will have acquired significant tallness. And, you want time to adapt. We will visit the Sherpa Museum. A community picture taker, Sonam, runs this historic center. ; You will see conservative Sherpa family gear, a craftsmanship display, and brief looks at Sherpa's history.

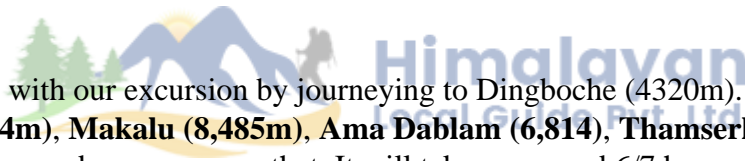
World's Highest Airport:

You will likewise visit the most elevated **Nepali air terminal - Syangboche Airport**. Even though this airport has been over fifteen years, the viewpoints from there are stunning. Diverse spots worth visiting are **Hillary School**, **Yak farm**, **Hotel Everest View** (one of the Greatest put inns on the planet), and the well-known **Khumjung Monastery**.

Tengboche Monastery:

After acclimation for a day, we will leave **Namche Bazaar** and proceed with our excursion by making a beeline for Tengboche - another Khumbu area jewel. The renowned **Tengboche Monastery** lies at a tallness of **3,870m**, and the climate hushes up, quiet, and impeccably appropriate for reflection and supplications. Everything you can hear is the reverberation of air struck into the Himalayas and hints of birds and creatures - particularly the Danfe, mountain goats, and musk deer).

The scenery of **Mt. Ama Dablam** adds tremendously to the excellence of these cloisters. How it from Namche to Tengboche goes all over, and from the way, you will get to relish; the perspectives on Nuptse and Lhotse are only the tip of the iceberg. By seeing the religious communities en route to the Base Camp, you will encounter an otherworldly inclination in the climate. We will go through the night at Tengboche.



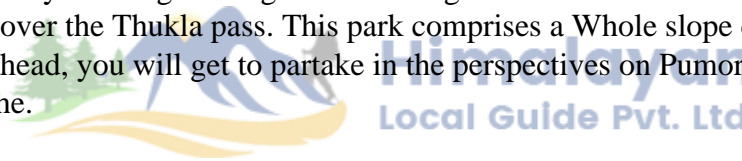
The following morning. We will meet and continue with our excursion by journeying to Dingboche (4320m). We can see the whole Himalayan range in the Khumbu area like' **Lhotse (8,516m)**, **Nuptse (7,864m)**, **Makalu (8,485m)**, **Ama Dablam (6,814)**, **Thamserku (6,618m)**, **Island Peak (6,189m)** and more. The trip distance is almost equivalent to 11 km, and we can guess that. It will take us around 6/7 hours. As we head to Dingboche from Tengboche, we initially drop into the woods, past the unassuming community of Deboche, and cross the bridge to arrive at Pangboche village.

Discover the Old Pangbuche Monastery:

Where Pangboche Monastery lies. An explore the **Pangboche Monastery was inherent in the sixteenth Century**, making it probably the most established cloister in Current history. Like any remaining religious community, pictures are not permitted, in the Pangboche cloister. We will invest a little energy in Pangboche to absorb the regular excellence. Then, we will go through the Shomare Village and cross the bridge to arrive at Dingboche. As we move towards base camp, you will gradually climb to more prominent statures at the Dingboche village. You will see buckwheat and potato fields encompassed by stone dividers. By getting to Dingboche, you will have acquired a high height, and again, it is the ideal opportunity for acclimatization. This day, we will take more time to the edge above Dingboche to show you the Lhotse, Ama Dablam, Island Peak, Cho Oyu, and Makalu.

Thukla pass and reach to Labuche Village:

After a day at Dingboche, our next objective will be **Lobuche (4,910m)**. To arrive at Lobuche, you will stroll close by the Khumbu Glacier, yet you start on the path that climbs the Pheriche town. This trip will take you to higher heights and through the Thukla Pass until you arrive at Khumbu Glacier. While heading to Lobuche, you will see the remembrance park right over the Thukla pass. This park comprises a Whole slope canvassed with stones in memory of the Sherpas and other people who live around it. As you push ahead, you will get to partake in the perspectives on Pumori, Lingtren, and Khumbutse and show up at Lobuche. We will stay through that night at Lobuche.



Visit to Everest Base Camp (5364m):

After an overnight at Lobuche, you are on the last day of arriving at the actual base camp. Even so, arriving at EBC, you will trek to **Gorak Shep (5,185m)** and invest some energy in seeing the Army Mountaineers Memorials. Gorak Shep, you will leave your assets and stroll close to the Khumbu Glacier until you arrive at the EBC. The way with steep trips; however, the perspectives on dazzling lakes, amazing ice sheets, and icefalls will be satisfying. We will take a few hours at EBC for quite a while and have some time off lounging in the natural magnificence of the world's most elevated peak. You won't presumably ever see Mt. Everest from such a vicinity. It is a height that you will point the trip in your life.

The paths are moderate-difficult. But by then, you will have beaten heights, a bone-chilling climate, and an unforgiving landscape. It is an exceptional accomplishment. You will leave your impression on the lap of the world's most elevated mountain. From the Base camp, you can likewise see Khumbu Glacier -

the deepest glacier in the world.

Sunrise view from Kala Pathhar (5545m):

At this point. When the following day breaks, our climb will take more time to Kala Patthar to get the staggering **perspectives on the sunrise on Mt. Everest and the different pinnacles**. We will enjoy the views and progressively plunge back to Gorak Shep for breakfast and rest. After resting, we will trek downhill to Pheriche village. We will stay and go through the night for that day.

The following day. You will pass on Pheriche village and go to Tengboche. The way goes through rhododendron trees, juniper timberlands, and an extension over the Imja Khola. After a last steep ascension, you will arrive at Tengboche, where you will rest for that day.



The next day's trek continues back to **Namche Bazaar**. Along the trip, you may see wildlife like **birds, musk deer, mountain goats, or snow leopards**. Since we have been strolling for quite a while, it is a decent day to chill and unwind at Namche Bazaar, where we will likewise go through overnight.

After breakfast at Namche Bazaar, we will make a beeline for Phakding. It is a descending move. It ought not to be simply hard. We will follow the banks of the Dudh Koshi River and cross a few bridges on the way. We will stay overnight at Phakding.

Trek End:

Today is our last day trek. **After breakfast**, continue to move along the **Dudh Koshi River** and undertake a steep to Lukla. By this time, your mount **EBC package is almost ending**. We will **stay a night at Lukla**. The next day morning, we will **return to Kathmandu**.

Note: weather conditions in Kathmandu – Lukla. Which may change at any time. (**Kathmandu – Lukla – Kathmandu**) flight a few hours. It May **delayed 1/2 or more days canceled due to bad weather conditions**. This kind of problem, **How to solve?** We have an option to get the **Everest Base Camp trek from Kathmandu**. **1st option:** we must drive to Phaplu, **which takes 8/9 hours by jeep**. Then you can **start your trek from Phaplu to Everest Base Camp**, or **2nd option:** We also organize the **Helicopter from Kathmandu to Lukla and Kathmandu**. The helicopter charge will be **around USD: 3500 to 4000**, where you can share with **4 to 5 people per flight**.

Trip Itinerary



Day 01: Kathmandu — Tenzing Hillary Airport — phakding (2640meters/8,661feet).

🕒 3/4 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚗 Car/Flight/Walking 🏔️ 2640 m

Our trek to **E.B.C**, after landing at Tenzing Hillary Airport Lukla heading to Phakding, Village is going to be the exhilarating as it will be our first day of the trek. After our beautiful and scenic 35 minutes flight from Kathmandu to Lukla, we will start our journey through passes the delightful villages of Chaurikharka and descent towards Ghat village, then trek to continue to reach the Phakding. Today will be short and easy hiking day after we can go to explore the Buddhist monastery or, you can prepare the trekking equipment for the long journey Overnight at Lodge.

Day 02: Phakding — Manju — Namche Bazaar (3445meters/11,302feet).

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3445 m

Early morning breakfast, then after, we will trek continue along the northern bank of the Dudh Koshi River side with the beautiful views around there, we trek passes the beautiful village of Tokto, Benkar, Monju there is a checkpoint. We will buy the Sagarmatha National park entry fee, after we will be crossing the suspension bridge and reach Jorsalle Village, passing through the delightful riverside with pine forest then we will be ascending and ramble on pine forest reach to **Namche Bazar Overnight at Lodge**.

Day 03: Namche – Tengbuche (3870meter/12,696feet).

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3870 m

Today our journey will be more exciting and chance to see the magnificent Himalayas view top of the world's highest peak Mt. Everest, Lhoste, Ama Dablam, and Thamserku on the way to Tengboche. The trail goes up and down to make the trek not easy but we'll be getting a vast view of the Himalayas as well as we will be chances to see the wildlife animals on the way such as Himalaya Thar, musk deer, Nepalese National birds of Pheasant and many more and our future trek down, passing through the dense pine forests, after then we will reach to lunch place we called Phunki Thanga. Then we will trek continuing to climb up to reach Tengbuche Village. When we get to the hotel we leave our luggage in the room, and we can go to visit the monastery. The Tengboche monastery is one of the biggest Monasteries in the Khumbu region.

Day 04: Tengbuche — pangbuche — Dingbuche (4320m).

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 4320 m

After breakfast, today we'll be heading towards an amazing trail on the way to Dibuche, Pangboche village, and Somare, passing thoughts the beautiful many Chortens, and mani walls on our way. Also if the blue sky we will be able to see the magical view of the **Ama Dablam, Thamserku, Lhoste, Nuptse, and Island Peak** over there. We will be descending into the riverside and trek to the ascending towards Dingboche overnight at Lodge.

Day 05: Dingbuche – Thukla - Labuche (4910meters/16,108feet).

🕒 5/6 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 4910 m

After breakfast, our journey will continue to Labuche Village. This day will be more interesting as well as we will be able to see the surrounding whole Himalayas views on the way trek. The trail leads us to a short up hill. Then we'll be crossing a small bridge and Dughkla/ Thukla Lodges. The trek, we have to climbing up hill, and we can explore the memorials about the who had accident on tried to climb the world's highest Mountains, Mt. Everest after, our trails goes to slowly down and reach to Labuche village overnight at Lodge.

Day 06: Labuche - Gorekhshep (5185meters/17,011feet).

🕒 3/4 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 5185 m

Today will be more pleased because we are very close to our final of your dream, we will begin our very early morning trek heading to **E.B.C 5364meters/17,598feet**. we will be trekking through the lateral moraine of the Khumbu Glacier. We will reach the last village of Gorakhshep. While we get to the hotel we can have a lunch break after then, we will go **Base Camp for EBC**, which is the world's highest base, and we will carry a small day bag with some energy biscuits, snicker, chocolate, and water. Our Base Camp journey will be more exciting in our life when we finally reach EBC. This is the closest we will ever be to the highest mountains in the world where you will leave your footprints over the highest mountains in the world, which is a lifetime memorial experience. We will appreciate our exertion and commitment to reach there. We will be spending some hours to takes pictures and enjoying the views. We will see the deepest glacier in the world, Khumbu Glacier, After we will come back to the hotel overnight at Lodge.

Day 07: Gorekhshep – kalapathar - pheriche (4235m/13,894feet).

🕒 5/6 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 4235 m

Early morning, we will hike to **Kalapathar (5545meters/18,192feet)**, which is one of the best viewpoints for sunrise and sunset with stunning mountains from there. From Gorak shep to Kalapathar we will ascend it takes to go and back 3/4hours from the hotel. When we reach Kala Patthar if

the good weather we will be able to see the beautiful panoramic sunrise view with all the Himalayas ranges, we can spend a few hours there taking a pictures and enjoying with nature, we trek back to Gorka shep, and we will have breakfast at our hotel, then we trek all the down to Periche overnight at Lodge.

Day 8: Pheriche — Tengbuche — Namche Bazaar (3445meters/11,302feet).

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3445 m

We another long day trek, walking along the way down hills and passing through the beautiful villages of Somare, Pangboche, Dibuche, Tengboche, and Namche Bazar overnight at Lodge.

Day 9: Namche — Phakding — Lukla (2860m/9,383feet).

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 2860 m

Today is our final day of trekking in the Khumbu region; we will trek back down to Lukla. We will trek return the same way which is we had used before going to trek, from this direction the views will be different before entered. We trek continue downhill Jorsalle, Monju, Benkar, Tokto, Phakding, Ghat, Chaurikharka, and reach Lukla overnight at Lodge.

Day 10: Fly Back to Kathmnadu.

If the weather conditions are good at Lukla, and Kathmandu then, I am 100% sure we will fly back to Kathmandu. It takes around 35 minutes flight back to Kathmandu. We will drop you at hotels, and also upon your request, we can do arrange for Kathmandu valley tours of UNESCO World Heritage Sites; Buddhanath Temple, Monkey Temple, Durbar Squares, Pashupatinath Temple, Bhaktapur Darbar Square, Patan Durbar Square, and many more place with professional local tours guide, etc.

Cost Includes

- International **Airport to Hotel and Airport Pick up and drop** by private car / van / Jeep / Hiace depend on the Group Size.
- Transportation service from **Hotel – Domestic Airport – Hotel** by Car.
- **kathmandu - Lukla - Kathmandu flight ticket.**
- All Meals on full Board basis BLD (**Italian, Chinese, Indian, Nepali and many European delicious food lunches, dinner and breakfast**) Choose by menu.
- **Pasang Lahmu Community fee.**
- **Sagarmatha National Park Entry Fee.**
- Himalayan Local Guide team, Professional Honest, **strong and Government trained English speaking Guide**, His salary, three times the meals, Insurance and equipments, etc.
- Himalayan experienced strong and honest porters during the trek (**2 Clients for 1 Porter**).
- Trekking Lodges (Tea House) During the Trek.
- Assistant Guide for the group 5 or above.
- **Approval of Certificate** after the successful trekking.
- Supplementary energy bar, crackers, Cookies and Halls etc.
- Seasonal fruits likes; Apple, Oranges, pomegran and Blackberry etc.
- First Aid kit box (Guide will Carry it during the trekking).



Himalayan
Local Guide Pvt. Ltd

Cost Excludes

- **Cold drink**, such as beer, mineral water, cock, Fanta and Whisky etc.
- **Tea and coffee** on your choice in every meal time.
- Personal expenses such as laundry, telephone, WIFI, Hot Shower, Shopping etc.
- Your International air fare.
- Nepal visa fee. (15 Days -25 USD, 30 Days — 40USD and 90 Days — 100 USD).
- **Hotel in Kathmandu with Breakfast, Lunch and Dinner.**
- **Trekking Equipments.**
- **Travel insurance** that is just in case.
- **Tips** for Guide and porters.

Trip Map



Himalayan
Local Guide Pvt. Ltd





Himalayan
Local Guide Pvt. Ltd