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Everest Base Camp Trek

Day-by-day itinerary

FROM
US$1,399
per person

DURATION	MAX ALTITUDE	DIFFICULTY	REGION	GROUP SIZE
14 days	**5,564 m**	**Strenuous**	**Everest Region**	**Max 10**

Dates, prices and booking online: https://mounteverestgo.com/trip/everest-base-camp-trek-14-days/

HIGHLIGHTS



Stand at Everest Base Camp at 5,364 m beneath the Khumbu Icefall



Watch sunrise over Everest from Kala Patthar at 5,564 m



Two full acclimatisation days at Namche Bazaar and Dingboche



Sherpa villages, monasteries and the Tengboche monastery courtyard



Cross the Hillary Suspension Bridge above the Dudh Koshi



Walk through the glacial moraine past Thukla to Lobuche

ITINERARY AT A GLANCE

Day 1	Arrival in Kathmandu	1,400 m
Day 2	Kathmandu → Lukla flight, trek to Phakding	2,610 m
Day 3	Phakding → Namche Bazaar	3,440 m
Day 4	Acclimatisation in Namche Bazaar	3,440 m
Day 5	Namche Bazaar → Tengboche	3,810 m
Day 6	Tengboche → Dingboche	4,410 m
Day 7	Acclimatisation in Dingboche	4,410 m
Day 8	Dingboche → Lobuche	4,960 m
Day 9	Lobuche → Gorak Shep, visit Everest Base Camp	5,164 m

Day 10	Kala Patthar sunrise, descend to Pheriche	4,288 m
Day 11	Pheriche → Namche Bazaar	3,440 m
Day 12	Namche Bazaar → Lukla	2,840 m
Day 13	Lukla → Kathmandu flight	1,400 m
Day 14	Departure from Kathmandu	1,400 m

PLACES YOU'LL VISIT



Kathmandu 1,400 m

Kathmandu is the capital of Nepal and the gateway to every trekking region — a UNESCO World Heritage valley with 7 monument zones, the...



Tengboche 3,867 m

Tengboche is the spiritual heart of the Khumbu — site of the region's largest monastery and one of the most iconic Everest viewpoints, framed...



Deboche 3,820 m

Deboche is a quiet, forested stop on the Everest Base Camp trek, just below Tengboche. At 3,820 m it sits lower than Tengboche, which...



Thukla 4,620 m

Thukla (also spelled Thukla Pass or Dughla) is a small pass on the Everest Base Camp trail, marked by a cluster of memorial cairns...



Lobuche 4,940 m

Lobuche is the last overnight stop before Everest Base Camp — a cluster of teahouses on the lateral moraine of the Khumbu Glacier at...



Everest Base Camp 5,364 m

Everest Base Camp (South) is the iconic destination of the classic Everest trek — a seasonal tent city on the Khumbu Glacier at the...



Kala Patthar 5,564 m

Kala Patthar (5,564m) is a small bump on the south ridge of Pumori that offers the finest sunrise view of Mount Everest's summit achievable...



Pheriche 4,371 m

Pheriche is a small settlement in the Khumbu region of Nepal, situated at an altitude of 4,371 metres. It is a key stop on...

INCLUDED

• Licensed English-speaking trekking guide
• Porter service, one porter for two trekkers (150 USD additional need to pay if you are solo)
• Kathmandu to Lukla and Lukla to Kathmandu flights
• Teahouse accommodation on the trek
• Three meals a day on the trek
• Sagarmatha National Park permit and Khumbu Pasang Lhamu rural municipality fee
• Airport pick-up and drop-off in Kathmandu
• Guide and porter insurance, food and lodging

Permits — all arranged by us

• Sagarmatha National Park entry permit
• Khumbu Pasang Lhamu rural municipality entry permit
• Trekkers' Information Management System card

NOT INCLUDED

• International flights and Nepal visa
• Hotels and meals in Kathmandu outside the listed days
• Travel and rescue insurance
• Personal expenses, drinks and snacks
• Hot showers, device charging and Wi-Fi on the trek
• Tips for guide and porters
• Extra nights caused by flight delays or early return

THE FULL ITINERARY

01 Arrival in Kathmandu

Route: Kathmandu Airport → Kathmandu **Altitude:** 1,400 m **Transport:** Airport pick-up by private vehicle **Meals:** No meals included **Accommodation:** 3-star hotel · Himalayan Suite Hotel or similar

We meet you at Tribhuvan International Airport and drive to your hotel in the city, usually within half an hour depending on traffic. The afternoon is free to rest, change money and buy anything missing from your kit. In the evening we sit down together for a briefing on the days ahead, the flight to Lukla and how we handle altitude.

02 Kathmandu → Lukla flight, trek to Phakding

Route: Kathmandu → Phakding **Altitude:** 2,610 m · Highest 2,840 m **Walking:** 3–4 h **Distance:** about 8 km **Transport:** Flight Kathmandu to Lukla **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Lovely Guest House or similar

We take the early flight to Lukla, a short hop that lands on a sloping airstrip at 2,840 m. From the runway we walk north through Chaurikharka and down to the Dudh Koshi, crossing our first long suspension bridges. The day is short on purpose, ending at Phakding at 2,610 m so the body can start adjusting.

03 Phakding → Namche Bazaar

Route: Phakding → Namche Bazaar **Altitude:** 3,440 m **Walking:** 6–7 h **Distance:** about 11 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Sherpa Home or similar

We follow the river north through Benkar and Monjo, where the national park office checks our permits, then cross the high Hillary Suspension Bridge. The trail climbs steadily from the river to Namche Bazaar, with the last hour a set of switchbacks. Namche sits in a bowl at 3,440 m and has bakeries, gear shops and an ATM.

04 Acclimatisation in Namche Bazaar

Route: Namche Bazaar → Namche Bazaar **Altitude:** 3,440 m · Highest 3,880 m **Walking:** 3–4 h side walk **Distance:** about 5 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Sherpa Home or similar

We stay another night at Namche and use the morning for a short climb to the Sagarmatha National Park viewpoint above the town, where Everest shows itself for the first time on a clear day. Some groups walk on to Khumjung to see the monastery and the school. The afternoon is for rest, laundry and an early dinner.

05 Namche Bazaar → Tengboche

Route: Namche Bazaar → Tengboche **Altitude:** 3,810 m **Walking:** 5–6 h **Distance:** about 10 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Tengboche Friendly Lodge or similar

We leave Namche on the high traverse above the valley, with Ama Dablam ahead for much of the morning. The trail drops to Phunki Tenga for lunch, then climbs through pine and rhododendron to Tengboche at 3,810 m. The monastery here is the largest in the Khumbu, and the courtyard is worth a quiet hour.

06 Tengboche → Dingboche

Route: Tengboche → Dingboche **Altitude:** 4,410 m **Walking:** 5–6 h **Distance:** about 11 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Teahouse lodge in Dingboche or similar

We walk through birch and rhododendron to Pangboche, where the trail opens out and the trees start to thin. After the bridge at the Imja Khola the path climbs gently across open ground to Dingboche at 4,410 m. The village sits under the Lhotse face and the nights here are noticeably colder.

07 Acclimatisation in Dingboche

Route: Dingboche → Dingboche **Altitude:** 4,410 m · Highest 4,700 m **Walking:** 3–4 h side walk **Distance:** about 4 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Teahouse lodge in Dingboche or similar

We take a short walk up the ridge above the village towards Nangkartshang, gaining around 300 m before turning back down for lunch. On a clear morning Makalu and the Chhukung valley open up to the east. The rest of the day is for reading, cards in the dining room and an early night.

08 Dingboche → Lobuche

Route: Dingboche → Lobuche **Altitude:** 4,960 m **Walking:** 5–6 h **Distance:** about 9 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Teahouse lodge in Lobuche or similar

We climb past the yak pastures at Duglha and follow the wide valley towards the Khumbu Glacier. The trail crosses the moraine at Thukla, where the climb is short and steep, then runs on to Lobuche at 4,960 m. There is little shelter from the wind on this stretch, so we keep moving and stop for lunch at Thukla.

09 Lobuche → Gorak Shep, visit Everest Base Camp

Route: Lobuche → Gorak Shep **Altitude:** 5,164 m · Highest 5,364 m **Walking:** 7–8 h **Distance:** about 12 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Teahouse lodge in Gorak Shep or similar

We walk along the side of the Khumbu Glacier to Gorak Shep at 5,164 m, drop our bags and continue on the moraine to Everest Base Camp at 5,364 m. In spring the base camp is busy with expedition tents; in autumn it is quieter and the icefall is the main sight. We return to Gorak Shep for the night.

10 Kala Patthar sunrise, descend to Pheriche

Route: Gorak Shep → Pheriche **Altitude:** 4,288 m · Highest 5,564 m **Walking:** 6–7 h **Distance:** about 13 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Teahouse lodge in Pheriche or similar

We leave before dawn with head torches for Kala Patthar, reaching the top at 5,564 m in time for sunrise on Everest. The view takes in the Khumbu Glacier, Pumori and the south face. We walk back down to Gorak Shep for breakfast, then descend to Pheriche at 4,288 m for a warmer and easier night.

11 Pheriche → Namche Bazaar

Route: Pheriche → Namche Bazaar **Altitude:** 3,440 m · Highest 4,288 m **Walking:** 6–7 h **Distance:** about 14 km **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Sherpa Home or similar

We retrace the trail down the valley, past the yak pastures and back through Pangboche and Tengboche. The descent to the river is steep in places, and the climb back up to Namche is the last real effort of the day. By evening we are back at 3,440 m, where the air feels thick and the food tastes better.

12 Namche Bazaar → Lukla

Route: Namche Bazaar → Lukla **Altitude:** 2,840 m · Highest 3,440 m **Walking:** 6–7 h **Distance:** about 19 km
Meals: Breakfast, Lunch, Dinner **Accommodation:** Teahouse or trekking lodge · Teahouse lodge in Lukla or similar

We walk down the switchbacks to the river and follow the Dudh Koshi south through Monjo and Phakding. The trail is mostly downhill, with a few short climbs, and we reach Lukla in the afternoon. The evening is for a last dinner together and a check on tomorrow's flight.

13 Lukla → Kathmandu flight

Route: Lukla → Kathmandu **Altitude:** 1,400 m · Highest 2,840 m **Transport:** Flight Lukla to Kathmandu **Meals:** Breakfast, Dinner · Farewell dinner in Kathmandu **Accommodation:** 3-star hotel · Hotel G Ramayana or similar

We take the morning flight back to Kathmandu, which takes about 35 minutes when the weather allows. The rest of the day is free for a hot shower, a proper meal and a walk around the old town if you have the energy. In the evening we meet for a farewell dinner.

14 Departure from Kathmandu

Route: Kathmandu → Kathmandu Airport **Altitude:** 1,400 m **Transport:** Airport drop by private vehicle **Meals:** Breakfast

We drive you to the airport in time for your international flight. If your flight leaves late, there is time for last shopping in Thamel or a visit to a stupa in the valley. We say goodbye at the terminal.