DOLPO
Caravan Treks and Expedition

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Everest Base Camp Trek - 17 Days

The Everest Base Camp Trek is one of the most popular and challenging treks in Nepal. The trek takes you through the stunning Khumbu Valley, where you will be surrounded by some of the highest peaks in the world, including Mount Everest (8,848 meters).
Mount Everest (8850m) was climbed for the first time on May 29, 1953, by Sir Edmund Hillary and Tenzing Norgay Sherpa.

The Everest Base Camp trek begins and ends in Lukla. The journey starts along the Dudh Koshi River's bank, passing through the Sagarmatha National Park on the way to Namche Bazaar. Namche is the main trading point in the Everest region, which is known as the gateway of the Khumbu trek and an **acclimatization** destination.

This trek will provide you with a natural thrill as it takes you through breathtaking high-altitude landscapes, esoteric Buddhist monasteries, traditional Sherpa villages, high-altitude flora and fauna, and snow-capped mountains. We visit the renowned and big Tengboche Monastery. We will continue our walk to Dingboche and eventually to Lobuche from here. During the hike, you can see Lhotse, Nuptse, Makalu, Ama Dablam, and many more peaks.
We hike to Gorak Shep and walk alongside the Khumbu Glacier until we reach Mount Everest base camp. We sleep at the highest point at Gorekshep (5140m).
The following day, when we hike up Kala Patthar, where we can see the sunrise over Mt. Everest and other peaks. The best viewpoint point to observe sunrise and Mt. Everest and Khumbu Glacier, the world's deepest glacier. After observing the scenery for a while, we return to Gorak Shep and descend towards Pheriche Village.

The trek starts with a scenic flight from Kathmandu to Lukla, followed by a trek through picturesque Sherpa villages, dense forests, and glacial rivers. The trek also includes visits to ancient monasteries, such as at Tengboche, and Pangpoche, and breathtaking viewpoints, such as Kala Patthar. The trek is challenging, but the rewards are immense, including the opportunity to experience the unique culture and hospitality of the Sherpa people.

WHY CHOOSE EVEREST BASE CAMP TREK?

EBC trek is one of the most thrilling and challenging treks in the world for tourists who are interested in trekking in the Himalayas. Encamped at the base of Mount Everest-some of the highest mountains in the world-is the dream of many a trekker. This 17-day trek explores the breathtaking landscape of the Khumbu region and involves trip to traditional Sherpa villages, Numismaronies, and suspension bridges over the stream. The trail provides some of the finest views of high mountains such as Lhotse, Nuptse and the beautiful Ama Dablam. During the journey, you will hike through the Sagarmatha National Park which has been listed as the UNESCO world heritage site due to its remarkable wildlife and geographical features. This is the ultimate reward of the strenuous but fulfilling trek to arrive at the Everest Base Camp (5,364m) with a backdrop of the Khumbu Icefall.

BEST SEASON TO VISIT EVEREST BASE CAMP

The best time for an EBC trek is during the spring (March to May) and the fall (September to November). Spring is comparatively warm and the prospects to appreciate trails filled with blooms of colourful rhododendrons. One is able to enjoy unrivaled views of the mountains such as the ever popular Everest during the course of this season due to

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clear weather. The autumn season is also good as there are clear skies after monsoon and the trekking conditions are great with the views of the Himalayas. However, it is not advisable during monsoon from June to August as the trails get slippery and muddy, but since it is a rain shadow region, there could be fewer tourists and greener surroundings. The coldest time is from December to February, which attracts fewer people because of low temperatures and snow; however, hikers who come in this time will have empty trails, and clear skies.

READY TO TREK TO EVEREST BASE CAMP?

Don’t miss the chance to experience the **Everest Base Camp Trek**, one of the world’s most iconic trekking routes. Whether you’re looking to challenge yourself or fulfill a lifelong dream, this trek offers unforgettable views, cultural encounters, and the thrill of standing in the shadow of the world's tallest mountain.

Book your Everest Base Camp Trek now and start your adventure into the heart of the Himalayas! Contact us today to reserve your spot or learn more about this incredible journey.

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PRICE INCLUDES

- Accommodation in the hotel (dinner, breakfast and lunch)
  3 nights of city accommodation (Kathmandu) with breakfast.
- All transportation, including airport pickup and drop-off.
- Flight to Lukla and back to Kathmandu from Lukla.
- Hiking permit in the national park and trekking regions, TIMS.
- One Expert Trek Leader, Assistant guides, porters (1 porters for 2 guests)
- All government and local taxes
- Nepali staff's insurance
- Welcome dinner and Farewell dinner

PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuvan International Airport (TIA) (approximately 50 USD) per person.
- Rental of trekking equipment such as sleeping bags, down jackets, trekking poles, etc.
- Shower, Wi-Fi, cell phone battery charging, and device.
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- Insurance is mandatory for evacuation and rescue.
- International flight

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ITINERARY IN DETAIL

Day 1: Day 1 Arrival in Kathmandu

Upon your arrival in Kathmandu, you will sort out your visa and immigration parts and one of our representatives will be there to collect your baggage and drop you at the hotel.

Accommodation: Hotel

Day 2: Day 2 Fly to Lukla (2840m) and trek to Phakding (2610m)

Early departure from the hotel to reach Kathmandu Airport/Manthali Airport then a flight of approximately 35/20 minutes to Lukla (2840m). We can see the range of the Himalayas from our flight and already observed some mountains with snow covered from Lukla. We go to the lodge to meet the porters and take a cup of tea and coffee to start our journey. We will check our baggage and give it to porters and we will find it only in the camp for the night. After the tea break, we pass through the Lukla small city and meet the control point for the permits. We already notice the Buddhist culture and see its monuments like the Stupa, Chorten, and prayer wheels with prayer flags. We descend towards Thado Koshi (2550m) for our lunch, Kusum Kanguru (6367m is just in front of us. After 1hrs 30 minutes of walking by passing some small villages and Buddhist monuments, we arrived at our camp Phagding village.

Note:- Flights to the Everest Region now depart from Ramchhap airport due to congestion at the Kathmandu airport. It takes around 4/5 hours to drive from Kathmandu, so we leave Kathmandu at 1 am to reach there for the early morning flights. The flights are only in the morning.

•Walking time: between 5h to 5h30
•Accommodation: In lodge
•Height difference: +1200 m/-100m

Day 3: Day 3 Trek from Phakding to Namche Bazaar (3440m)

The day already, we embarked at a high altitude, and we continued to climb gradually towards Monjo village by the bank of the Dudh Kosi river, We passed through lots of beautiful villages and could see Kusum Kanguru (6367m) and Thermserku Himal(6618m). We enter the Sagarmatha Nation Park and checkpoint for the permits at Monjo. Jorsala(2740m) is the best place to lunch just at the bank of the river. We cross the bridge several times, by passing the last long and high suspension bridge we climb up steeply part from where we can observe the first point of view of Mt. Everest (8848m). We arrive at Namche Bazar, where we stay for two nights. Namche is the gateway to the Khumbu region and Namche Bazaar is an entrance and a cultural hub as well as the real crossroads for the different treks in the region, don't be surprised to meet a lot of people before entering the city and when leaving.

•Walking time: between 6h to 6h30
•Accommodation: In lodge

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•Height difference: +980 m/-190m

Day 4: Day 4 Rest day for Acclimatization in Namche Bazzar

The day is known as a rest day but we do some activities to avoid the altitude sickness in the mountains. There are lots of choices to pass the day and acclimatize. We put two options, your guide will help and explain the hike of the day.

Possible to go up to Thamo village (3493m), by following the Bhote Koshi River which comes from Tibet. We can discover another part of the region where we will not go. You can see the views of Thame village from a long way, from where trekkers do the three passes Trek. Another option is to climb up to Everest viewpoint (3880m) and return down to Namche Bazar for lunch and free time to visit Namche or rest.

(Namche - Thamo -Namche Bazar)
Walking time: between 4h30 to 5h

• Accommodation: In lodge
• Height difference: +450 m/-450

(Namche - Everest view point - Namche)
Walking time: between 3h to 3h30

• Accommodation: In-lodge
• Height difference: +470 m/-470m

Day 5: Day 5 Trek from Namche Bazaar to Phortse Thanga (3680m) - Phortse (3840m)

The first hike is a pretty steep part. We follow an autoroute where we can see lots of people up to Kenjoma (3550m). Kenjoma is the center point for the separation of Gokyo Lake and the Everest Base camp trek. We climb up for around 2 hours towards Mong la pass (3973m), where we stop for lunch. We descend steeply down to Phortse Thanga (3680m), and we leave on the way to Gokyo Lake then we cross the river of Gokyo River and climb up to Phortse village. Which village is very famous for alpinists. Beautiful view Thamserku (6608m), Amadablam (6814m) and Kangtega (6685m).

•Walking time: between 5h to 5h30
•Accommodation: In lodge
•Height difference: +845 m/-495m

Day 6: Day 6 Trek from Phortse - Pangboche (3930m) - Dingboche (4410m)

The first part is slightly steep up to the top of the village from where we can see a nice view of Phortse village and Mongla village where we launched yesterday with a super view of Kangtega, Thamserku, and Amadablam. We walk by the balcony with a splendid view of Tengpoche just in front of us. We can see the different forms of Amadablam

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which is considered the most beautiful country in the world. We visit the oldest and most famous monastery at upper Pangboche village (3930m). We can see the "Yeti scalp" inside the monastery. It was founded in the 17th century by Lama Sangwa Dorje, the monastery has an important history between Yeti and Lama Sangwa Dorje at the base camp of Tabuche Peak (6495m). We lunch at Shomare (4010m), We climb up gradually towards Dingboche village (4410m). Dingboche is big and one of the highest-altitude villages. The last village of Khumbu. It's known as the second Namche Bazar, where almost everyone stops for the second time for acclimatization before climbing Everest Base Camp.

•Walking time: between 6h to 6h30
•Accommodation: In lodge
•Height difference: +1010m/-550m

Day 7: Day 7 Accilamatization in Dingboche and hike to Chhukhung (4730m)

We used to say, that this day is a rest day, but we do some activities to acclimatize in this day. We walk a long way to the Imja Khola with the impressive view of Lhotse (8516m), Ama Dablam, and Baruntse (7129m). This valley is famous with Island Peak (6189m). There are lots of alpinists who come to climb it. This valley is known as Imja Valley. And we lunch at Chhukung(4730m). We return to Dingboche village and visit the village.

•Walking time: between 6h to 6h30
•Accommodation: In lodge
•Height difference: +320/-350m

Day 8: Day 8 Trek from Dingboche to Lobuche (4910m)

We can see the magnificent view of the valley and Ama Dablam from the top of Dingboche village from the old Stupa. And that small summit, we used to climb gradually by the path of the mountainside, From where we can see a good view of Pherchie village and stay at return back from Everest Base camp. After 2 hours of walking, we arrive at Dughla (4620m). We embark on a steep part of the day up to Dughla Pass (4830m), where we can see the monuments which are made in memory of alpinists who died at Everest Expeditions. And then around 1h15 minutes of walking we arrive at Labuche (4910m) which is our camp.
Possible to walk more than 45 minutes to sleep at Pyramid Hotel (4970m), which was built before for the research. There is only one small familial lodge.

•Walking time: between 3h to 4h
•Accommodation: In lodge
•Height difference: +650m/-120m

Day 9: Day 9 Trek from Lobuche to Gorakshep (5140m) and hike to Everest Base Camp (5364m) and Return to Gorakshep

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The trail for 30 minutes is easy and after a while, we climb up one short steep part. We walk on the moraine of the Khangri Glacier. The way is pretty Zig Zag, we cross lots of Yaks, tourists, and porters. We arrive at the "Sand Lake" of Gorak Shep (5140m). We can see the good views of Nuptse(7861m), Everest (8848m), and Pumari Himal(7161m). We lunch at Gorakshep and after lunch break, we go to Everest Base camp and return to Gorak Shep for the night.

•Walking time: between 6h to 6h30
•Accommodation: In lodge
•Height difference: +654m/-165m

Day 10: Day 10 Trek from Gorakshep to Pheritse (4240m) after hike to Kalaphathar (5550m)

Early in the morning, we climb to Kala Pattar which is the highest summit of this trek. As an extension of a foothill of Pumori, Kala Pattar is the most beautiful belvedere of the massif, fantastic view of Everest (8850m), Everest base camp, and the Khumbu Ice Fall, the almost perfect pyramid of Pumori (7161m) and Nuptse (7861m). Return to Gorak Shep to have breakfast and descend by the same way to Lobuche (4910m) to lunch and back to Pheriche village, where we spend our night. There is a hospital for high altitude sickness.

•Walking time: between 5h to 6h
•Accommodation: In lodge
•Height difference: +510m/-1400m

Day 11: Day 11 Trek from Pheritse to Kyanjuma(3550m) via Tengboche (3860m)

We cross the river and a small steep climb along the Imja Khola descend towards Lower Pangboche village cross the suspension bridge and walk through the forest of rhododendrons and pines trees and a very pleasant hike and again steep climb to arrive at Tengboche village (3860m), where we visit the big, important and oldest monastery of Khumbu which is situated at the foot of the Thamserku and Kangtega Himal. Tengboche is a very famous place. We can see the monks in the monastery. It was founded around 1650 by Sangwa Dorjee who left his footprints in the monastery. It was destroyed by an earthquake in 1934 and by fire in 1989 and rebuilt at the year of 1990m. After lunch, we descend a long way un to Phungi Thanga (3250m) by passing the forest, crossing the Dudh Koshi river, and starting to steep climb up to our camp for the night Kanjemo.

•Walking time: between 3h to 3h30
•Accommodation: In lodge
•Height difference: -1050m/

Day 12: Day 12 Kyanjuma to Monjo via Namchee Bazzar

We reach Namche Bazar (3440m) on the same way, we go to visit the Museum of Climbers and see the culture of Sherpas, We have lunch and a short visit at Namche Bazar, then go down to Jorsale and Monjo (2835m).

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•Walking time: between 4h to 4h30
•Accommodation: In lodge
•Height difference: +120m/-940m

Day 13: Day 13 Trek from Monjo to Lukla

Return to Lukla (2840m), The last day hike of the trek, end of the trek and find everyone in the evening together to celebrate the conquered of the trek. The guide will explain to you all the necessary briefing for the last day of the trek for Nepali staff.

- Walking time: Between 5h to 5h30
- Accommodation: In lodge

Day 14: Day 14 Lukla- Kathmandu/Ramechap (By Flight)

Flight back to Kathmandu or Ramechap. Mostly in the big season will be Lukla to Ramechap/ Manthali airport to avoid the traffic jams at Kathmandu. And 5 hours of vehicles to arrive in Kathmandu.

Breakfast included

• Accommodation: In lodge

Day 15: Day 15 Sightseeing In Kathmandu

On this day you will have rest and visit UNESCO World Heritage sites. This day will be your last day in Nepal so if you are a Shopaholic then it's the perfect time for you. In the Evening you will be invited for a Farewell dinner in traditional restaurants where Authentic Nepali cuisine and cultural shows are performed.

Day 16: Day 16 Departure to your Home Country

Our Representative will drop you off at the airport.

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FAQ

1. How long does it take to complete the Everest Base Camp trek?

Typically, the trek takes around 15-17 days, depending on the route and acclimatization needs.

2. What is the best time of year to do the Everest Base Camp trek?

The best times are usually in the spring (March to May) and autumn (September to November) when the weather is generally clear and stable.

3. How difficult is the Everest Base Camp trek?

The EBC Trek is said to fall under the moderate category when it comes to the difficulty level. It is not technical challenging climbers do not need ropes or other technical equipment but is at high altitude and long one-day treks. Physical condition and stamina are also required to undertake by the trekkers.

4. What is the altitude of Everest Base Camp?

Everest Base Camp is located at an altitude of approximately 5,364 meters (17,598 feet).

5. Do I need prior trekking experience to do the Everest Base Camp trek?

While prior trekking experience is beneficial, it's not always necessary. However, participants should be prepared for the physical demands and altitude challenges of the trek.

6. Is it necessary to hire a guide or porter for the Everest Base Camp trek?

It's not mandatory to hire a guide or porter, but it's highly recommended, especially for those with limited trekking experience. Guides can provide valuable assistance, local knowledge, and support throughout the journey.

7. What permits are required for the Everest Base Camp trek?

Yes, trekkers require two permits: their first one is a Sagarmatha National Park entry permit and the second one is Khumbu Pasang Lhamu Rural Municipality permit. These are normally arranged by your trekking company.

8. What accommodation options are available along the Everest Base Camp trek?

Accommodation options vary from basic teahouses to more comfortable lodges along the route. Tea houses are the most common, offering simple rooms and meals.

9. What should I pack for the Everest Base Camp trek?

Essential items include sturdy trekking boots, warm clothing, a sleeping bag, toiletries, first aid kit, and water purification tablets. A detailed packing list is usually provided by trekking agencies.

10. What are the risks associated with the Everest Base Camp trek?

The main risks include altitude sickness, extreme weather conditions, and potential injury from falls or avalanches. Proper acclimatization, adequate preparation, and following safety guidelines can help mitigate these risks.