

Everest Base Camp Trek

Location: Nepal **Duration:** 16 Days **Max altitude:** 5,364m **Difficulty:** Moderate **Group size:** 2-12

Overview

The Everest Base Camp Trek in Nepal is one of the most iconic Himalayan journeys in the world. This trek takes you deep into the heart of the Khumbu region, where towering peaks, ancient Sherpa villages, and glacier-carved valleys shape every step of the journey. This is not just a trek to reach Everest Base Camp (5,364m). It is a slow and meaningful walk through a living mountain culture where prayer flags move with the wind, yaks carry supplies along narrow trails, and locals welcome you with quiet smiles and warm tea. The journey gradually leads you from lush green forests in Lukla to the dramatic icy landscapes of Gorakshep. Every day brings a new altitude, a new view, and a new understanding of life in the Himalayas. This Nepal trekking package to Everest Base Camp is suitable for trekkers with moderate fitness who are ready for high altitude walking and basic mountain accommodation.

Highlights

- No Lukla flight risk — bad weather cancels Lukla flights constantly; driving to Jiri means your trek starts on schedule

Day-by-Day Itinerary

DAY 1 Arrival in Kathmandu (1,400m)

You arrive in Kathmandu, a vibrant city surrounded by hills and ancient temples. After airport pickup, you are transferred to your hotel where you can rest or explore nearby streets filled with prayer flags, small shops, and local life. In the evening, a short briefing about the trek helps you understand the journey ahead. This is your first gentle introduction to Nepal's culture and rhythm before heading into the Himalayas.

DAY 2 Drive from Kathmandu to Ramechhap (B,D)

After breakfast, you can start your journey by heading out of Kathmandu on the Arniko Highway. The first part of the journey takes you through the suburban areas of the city, but as you move further away from the city, the road becomes more winding and steep. The drive can be challenging at times due to the narrow and winding roads, but the stunning views make it all worthwhile. Along the way, you can stop at various viewpoints to admire the beautiful landscapes and take pictures.

DAY 3 Fly Manthali - Lukla: 20-25 minutes: Trek to Phakding (2,652m/8,700ft): 3- 4 hours walk (B, L, D)

After breakfast in Ramechhap, take a 1-2 hour drive to Manthali airport and catch a 20-25 minute flight to Lukla. From there, begin your trek to Phakding which takes around 3-4 hours and offers stunning views of the Dudh Koshi River, green forests, and the snow-capped peaks of the Himalayas. Phakding is an ideal overnight stop for trekkers heading to Everest Base Camp, and is a great place to explore the Sherpa culture and traditions. The trek from Lukla to Phakding is a perfect way to experience the natural beauty and cultural richness of the region, and is an excellent starting point for your trek to Everest Base Camp.

DAY 4 Phakding to Namche Bazaar (3,440m)

Today is a longer and more challenging day as the trail follows the river before entering Sagarmatha National Park. After several suspension bridges and gradual climbs, you begin the steep ascent towards Namche Bazaar. The final climb is demanding, but the first glimpse of Everest on a clear day makes the effort worthwhile. Namche is a lively mountain town with bakeries, gear shops, and trekkers from around the world.

DAY 5 Acclimatization Day in Namche (3,440m)

This is an important rest day to help your body adjust to altitude. You can hike to the Everest View Hotel or explore nearby Khumjung village. The views of Ama Dablam and Everest are stunning from this region. Spending an extra day here helps reduce altitude risks and prepares you for higher elevations ahead.

DAY 6 Namche to Tengboche (3,860m)

The trail offers beautiful ridgeline walks with wide views of Everest, Lhotse, and Ama Dablam. You descend through forests and then climb steadily to Tengboche, home to one of the most important monasteries in the region. The peaceful sound of monks chanting adds a spiritual atmosphere to the place.

DAY 7 Tengboche to Dingboche (4,410m)

The landscape becomes more alpine and open as trees slowly disappear. You pass Pangboche village and enter the Imja Valley. Dingboche sits under towering peaks and feels quieter and more remote. The air becomes thinner, and walking pace naturally slows down.

DAY 8 Acclimatization Day in Dingboche (4,410m)

Another important acclimatization day. A short hike to Nangkartshang Hill rewards you with incredible views of Makalu and Island Peak. Rest, hydrate, and let your body adapt to the altitude.

DAY 9 Dingboche to Lobuche (4,910m)

The trail becomes rocky and colder as you climb higher. Passing memorials dedicated to climbers, you feel the seriousness of the mountains. Lobuche is a small settlement surrounded by glaciers and towering peaks.

DAY 10 Lobuche to Everest Base Camp (5,364m) – Return to Gorakshep (5,164m)

Today is the most awaited day. The trail leads to Gorakshep and then continues towards Everest Base Camp. Standing at the base of the world's highest mountain is emotional and unforgettable, even though Everest itself is not fully visible from here. After spending time at Base Camp, you return to Gorakshep for the night.

DAY 11 Hike Kala Patthar (5,545m) – Trek to Pheriche

Today is the climax of our trip. We start early in the morning to catch the dramatic views from Kala Patthar and witness the first light of day caress the peaks of the mountains, particularly, Mt. Everest. However, we need to be prepared for an early morning departure, amid predawn darkness and cold temperature (-10 to -14 C). Further, there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to reveal itself. During the ascent to Kala Patthar, we can pause to catch our breaths at several outstanding view points from where we can snap great pictures. After several hours of ascent, we reach Kala Patthar. From Kala Patthar, we scramble up to the top of a rocky outcrop marked by cairns and prayer flags. Mind-blowing Himalayan panorama unfolds before us as our eyes wander from one mighty massif to another. We can take as many pictures as we want with our camera but do not forget to imprint the vista into our mind's eye so that it lasts a lifetime. On back at Gorak Shep, we have breakfast and wait for our companions to return.

DAY 12 Pheriche & Khumjung / Namche - (3,570m/11,710ft): 5 - 6 hrs (B, L, D)

Just after we start our trek, we cross Khumbu Khola (stream). Following the main Everest trail down its beautiful scenic valley, we pass through the villages of Tsuru Wog, Orsho, Shomare and reach Pangboche at the base of Ama Dablam. We cross the bridge over Imja Khola and pass through the Deboche village and reach Tengboche. We spend a brief time at Tengboche monastery, observe its many prayer wheels. We cannot explore prayer altars inside as the monastery opens only at 3 pm. From Tengboche, a steep descent of about 1500ft/500m leads through rhododendron bushes and fir trees to the Dudh Koshi River. We cross the first bridge over Dudh Koshi on our return trip at Phunki Tenga. Further, we pass the village of Tashinga and Sanasa before finally reaching the beautiful village of Khumjung/Namche. Upon arrival at this juncture, we stop and appreciate the gorgeous Ama-dablam, Thamserku, Nuptse, Lhotse and Everest. Khumjung is a very interesting Sherpa hamlet of Khumbu which is the home to avid Sherpa Mountaineers. The signs of contribution made by Sir Edmund Hillary can be seen here in Khumjung and its surrounding areas.

DAY 13 Namche- Lukla: 4 - 5 hrs walk (B, L, D)

Today, we further enjoy a combo of open plains, rhododendron and pine forests, and in the distant background Kwangde peak. As we walk through the Sherpa villages, we notice impressive displays of faith in Buddhism and cultural practices associated with it as prayer stones dot the landscape and prayer flags flap in the wind. We cross the Dudh Koshi River through the prayer flag adorned suspension bridges and also cross one of its tributaries, Thado Koshi once. The final ascent takes about 45 minutes from Chheplung to Lukla.

DAY 14 Lukla - Manthali, 20-25 minutes flight and drive to Kathmandu, Farewell dinner at Nepali Restaurant (B, D)

After breakfast, you will take a 20-25 minute flight from Lukla to Manthali airport, followed by a 4-5 hour drive back to Kathmandu. The drive takes you through scenic countryside and small villages, offering a glimpse into the rural way of life in Nepal. The road is winding and can be bumpy in some sections, but the views of the Himalayas and the lush green landscape make the journey well worth it. Once you arrive back in Kathmandu, you can reflect on your incredible trek and take some time to explore the city's rich culture and history. In the evening we will go for Typical Nepali Dinner with a cultural show performed by different ethnic groups. It continues for 3 hours. Thus we conclude your memorable Everest Base Camp Trek.

DAY 15 Departure

Approximately 3 hours before your scheduled flight a representative from Aarya Village Travel will transfer you to the airport for final departure to your home country.

What's Included

- ✓ Transport in Private vehicle with A/C as mentioned in the itinerary
- ✓ Accommodations: Kathmandu (2 Ns) and Tea houses (12 Ns)
- ✓ Meals: All breakfasts except the day of arrival and All lunches and dinner during trekking
- ✓ An experienced English Speaking Guide throughout the trip
- ✓ All the applicable services charges, government taxes, permits and all entrance fees during sightseeing

What's Not Included

- ✗ International Airfare, Nepal VISA Fees (\$30 per person), Excess baggage charge in Domestic flight, Travel Insurance
- ✗ Sightseeing not listed in the itinerary
- ✗ Meals not mentioned in the itinerary
- ✗ Gratuities, tips to guides, drivers, bellboys, etc
- ✗ Personal expenses such as laundry, drink, fax, telephone call, optional activities, etc
- ✗ Payment Transfer Charge
- ✗ Hotels check out as per the hotel rules.
- ✗ Any extra expenses incurred from flight cancellation or delay, sudden price escalations in hotels, transport, flight or any other items, any form of rescue

This itinerary is indicative; final program is tailored to your dates and group.