

## 15-Day Everest Base Camp Trek



### Overview

This 15-day trek itinerary to Everest Base Camp offers an immersive experience of the Himalayan region, from airport pickup in Kathmandu to departure. Upon arrival in Kathmandu (1,400 m), trekkers are greeted and transferred to their hotel for a welcome dinner and trek briefing. The following day, an early morning flight to Lukla (2,800 m) marks the start of the trek, with a hike to Phakding (2,610 m). The journey continues with a trek to Namche Bazaar (3,438 m), where trekkers spend an acclimatization day hiking to Everest View Hotel (3,880 m) and exploring the local Sherpa culture. The trek proceeds to Phorste (3,840 m) with a visit to its famous Khumbu Climbing Centre, then onward to Dingboche (4,410 m) for another acclimatization hike to Nangkarstang hill (5,083 m).

The trek ascends to Lobuche (4,910 m), with memorials for climbers en route, before reaching Gorak Shep (5,170 m) and Everest Base Camp (5,310 m), where trekkers can take in the awe-inspiring scenery. An early morning hike to Kala Patthar (5,545 m) offers unparalleled sunrise views of Everest and the surrounding peaks. The descent includes stops in Pheriche (4,371 m), and on the way we can Tengboche Monastery is the largest monastery in the Khumbu region and is located (3867 m) and Namche Bazaar, and finally Lukla, before flying back to Kathmandu. A leisure day in Kathmandu allows for optional sightseeing and shopping, culminating in a farewell dinner before departure.

### Things You Experience in The 15 days Everest Base Camp trek

- Scenic flight from Kathmandu to Lukla

- Trekking through diverse landscapes and traditional Sherpa villages
- Crossing suspension bridges over the Dudh Koshi River
- Entering Sagarmatha National Park
- Visiting Tengboche Monastery
- Acclimatization hikes with stunning panoramic views
- Reaching Everest Base Camp and Kala Patthar for breathtaking views of Everest

## **Itinerary**

### **Day 1: Arrive in Kathmandu International AirPort**

After landing at Tribhuvan International Airport we will pick you up at the airport and transfer to your hotel. Then we check in at the hotel, get refreshed and take a rest for that day.

### **Day 2: Plan and prepare**

We will introduce you to your guide and brief you about your trek and check your equipment and prepare you for your Trek.

### **Day 3 : Fly to Lukla,trek to Phakding**

Altitude : 2610m

Distance: 8km

Duration of hike : 3-4 hrs

Our journey will start early in the morning, our guide will take you from the hotel to the Domestic Terminal at Tribhuvan International Airport.

From the airport we will take a domestic flight to Lukla Tenzing Hillary Airport (During trekking season we may take a flight from Ramechhap) .Our flight will be 30 minutes and during the flight you will enjoy the beautiful scenery of Nepal.

After landing in Lukla we will have breakfast and start the real adventure of trekking. The trail to Phakding goes beside the Dudhkoshi River and is comfortable and scenic.

### **Day 4: Phakding to Namche bazar**

Altitude : 3438m

Distance : 12 Km

Duration of the hike : 6-7 hrs

After breakfast we will start our journey towards Namche bazar. The view from our path is very tempting. We will cross several suspension bridges on Dudh koshi river including Hilary Suspension Bridge. After walking a couple of hours we will reach in Monju, Monju is the

entrance point of the Sagarmatha National Park, so we have to register our permits there. Mount Everest can be seen for the first time from the trail shortly after crossing Hillary Bridge

### **Day 5: Rest day and acclimatization hike to Everest view hotel**

Altitude: 3880m

Distance: 5.4 km

Duration of the hike 3-4 hrs

To ensure that your body is adjusted to the height, we will be staying in the Namche bazar for compatibility. Although we will not be trekking, there are enough activities to keep you busy in Namche bazar. There are many hotels, cafes, bars and shops in Namche, so if you need some things for trekking, you can take from there as well. Also we can visit Sherpa museum, monastery and market. We can visit other notable places like Hillary School, Syangboche Airport, Everest View Hotel and see the magnificent view from there.

### **Day 6: Namche to Phortse**

Altitude : 3840

Distance : 7 km

Duration time : 5-6hrs

You will start your journey towards Phortse and see stunning views of mountains like Mt Everest, Lhotse, Naptse, Amadabalam, Tabuche, Thamserku and many other himalayan ranges. Phortse Village is also known as Mountaineering Village. Every house in Phortse village has more than one climber who has climbed Mount Everest and Phortse also has the world's highest climbing Gym Khumbu Climbing Center (KCC) and You can do bouldering there. Khumbu Climbing Center organizes climbing training every year. In Phortse village, you can also see the National bird Danphe, Musk Deer, Blood Peasant and other animals.

### **Day 7: Phortse to Dingboche**

Altitude : 4410m

Distance: 8km

Duration of the hike : 5-6 hrs

You can continue your journey towards Dingboche with a beautiful view. After a few hours of walking you will reach Pangboche village 3985m and you can stop in Pangboche for the snack break and visit the oldest monastery in Khumbu region and you can also see the Yeti skull inside the Monastery. Then you will hike for few hours and reach Dingboche village.

### **Day 8: Acclimatization day, Hike to Nangkarstang hill**

Altitude : 5083m

Distance: 5.1 km

Duration of the hike 4-5 hrs

Dingboche will be your second acclimatization stop. It is located at a height of 4200 meters and will be great for higher altitude treks ahead. On that day you can go to the 5083 meter high Nangkarstang peak and on that day you can have a great view of Amdabalam, Lhotse, Nutse and Thamaserku and many other mountains. Return to Dingboche and rest for the day.

### **Day 9: Dingboche to Laboche**

Altitude : 4910m

Distance :8 km

Duration time 5 hrs

After breakfast we will pass the small yak pastures on the way and have a close view of Amadablam and Taboche mountains and proceed to Laboche via Thukla. After an hour's uphill trek from Thukla, we will reach the memorial view point. It's the memorial places and the sadness point because there are many memorials boards of the climbers who lost their lives in the mountains. And can have a beautiful view of mountains above 6000 meters including Pumori, Nupche,Cholotse and Labuje peak can be seen from there.

### **Day 10: Labuje-Gorokshep and Everest Basecamp**

Altitude : 5310m

Distance : 11km

Duration time : 7 -8 hrs

Today is the most important day and hardest day of your EBC trekking. So after an early breakfast we commence our trek towards Gorokshep. Your trail to Gorkshep proceeds along the side of the Khumbu Glacier. When we reach Gorokshep, we stop for lunch and rest, after lunch your journey towards Everest base camp starts. The route to Everest base camp is a bit challenging as you have to pass through rocks and glaciers. During the spring season you can see many tents camp at the base camp of Everest and Lhotse made for climbers. After watching the most beautiful views of Mount Everest and other mountains. You will return back to Gorokshep where you will stay overnight.

### **Day 11: Kalapathar and Pheriche**

Altitude : 5545m

Distance : 15km

Duration time : 7 -8 hrs

Today you will reach the highest point of the EBC trek, Kalapathar is considered to be one of the best views on the EBC trek. So, you will have to start early in the morning and you can observe

the first light of day shining on the majestic Mount Everest. And you can see Everest closely. And you can return to Gorokosep after observing many panoramic views. After having breakfast you will return Pheriche via the same route passing Laboche and Thukla. Pheriche is located 4200m where we will spend the night.

### **Day 12: Pheriche-Tengboche via Namche**

Altitude : 3434m

Distance : 18.5 km

Duration time : 7-8 hrs

After breakfast you can start your journey towards Namche via visiting Tengboche monastery. Tengboche Monastery is the largest monastery in the Khumbu region and is located 3867m you can visit a monastery and learn about Buddhist culture and religion. Then we trek down to the Dudhkoshi River cross the suspension bridge and after passing through some small villages, we will reach Namche bazar where we have already stayed.

### **Day 13: Namche to Lukla**

Altitude : 2800m

Distance : 20 km

Duration time : 7-8 hrs

We will return to Lukla by following the same route we came on the way up. Although the route will be a bit longer that day but it is not difficult to go down. You will reach Lukla by crossing several suspension bridges over Dudhkoshi river.

### **Day 14: Fly back to Kathmandu 30 minutes and transfer to Hotel.**

You wake up early in the morning and fly from Lukla to Kathmandu Before arriving in Kathmandu. You will see a beautiful view of the Himalayas from the airplane window. After reaching Kathmandu the guide will transfer you to the hotel. The rest of the day is free, so enjoy your time here in Kathmandu, visit restaurant, shop and some sightseeing in Kathmandu valley.

### **Day 15: Departure**

After breakfast, our representative will transfer you to Tribhuvan International Airport on time for your onward flight..

### **Trek Route Map**

# 15 DAYS - EVEREST BASE CAMP TREK

Best Season - Mar, May, Sep, Nov

Main Trekking Route -

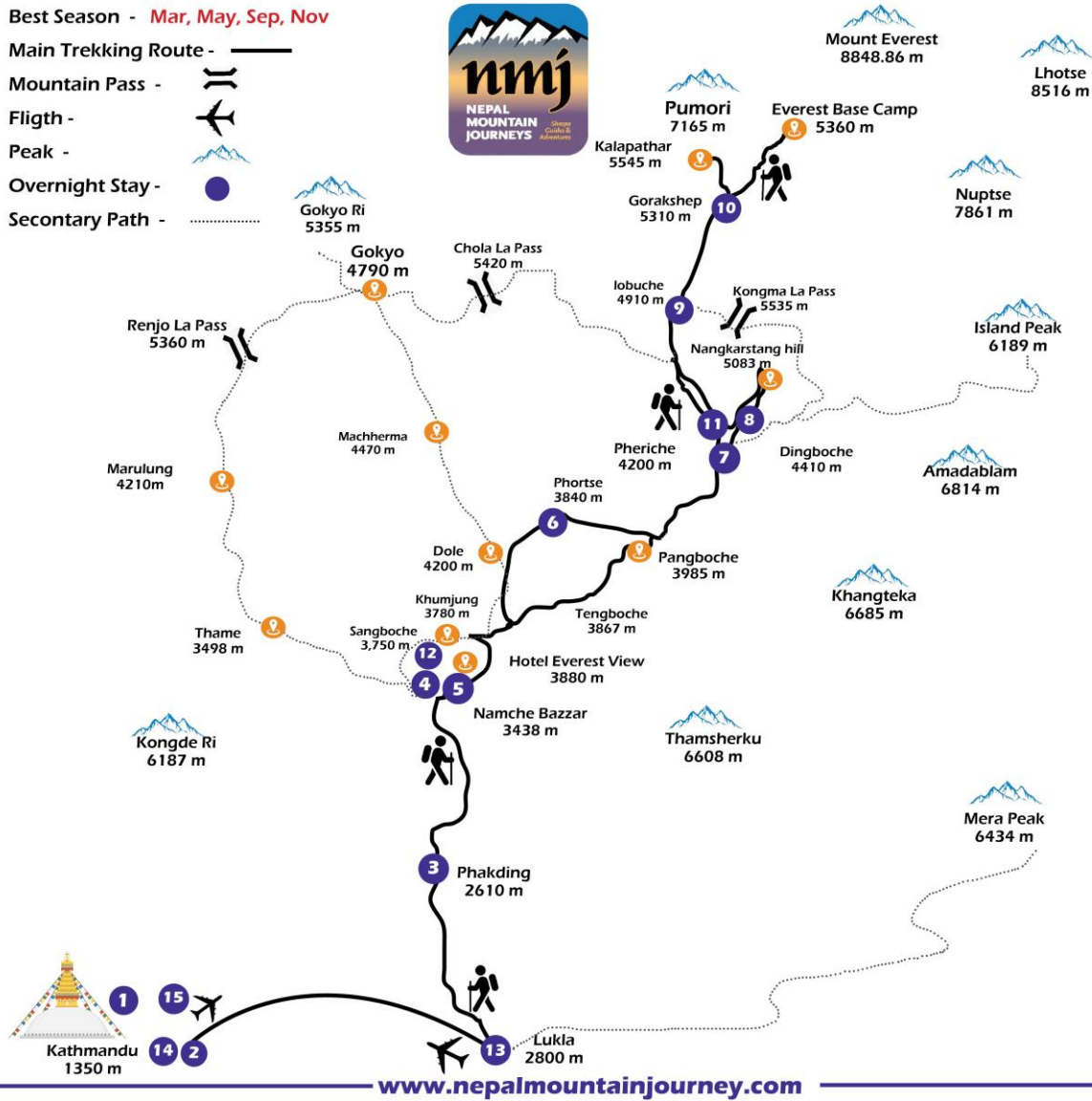
Mountain Pass -

Flight -

Peak -

Overnight Stay -

Secondary Path -



What is Included

- Airport transfers in Kathmandu
- Domestic flights (Kathmandu-Lukla-Kathmandu)
- Accommodation in lodges/teahouses during the trek
- Hotel stays in Kathmandu with breakfast
- Full board meals during the trek (breakfast, lunch, dinner)
- Professional trekking guide and porter services
- Sagarmatha National Park Permit and TIMS Card
- Welcome and farewell dinners in Kathmandu

### **What is Excluded**

- International airfare to and from Kathmandu
- Nepal entry visa fees
- Travel and medical insurance (including emergency evacuation)
- Personal trekking equipment
- Tips for guides and porters
- Extra nights in Kathmandu due to early arrival, late departure, or any unforeseen circumstances
- Personal expenses (e.g., snacks, beverages, hot showers, Wi-Fi, charging electronic devices)