

Everest Base Camp Trek

Everest Trip Planner presents the classic Everest Base Camp Trek revealing the beauty of the Himalayas of Nepal. The journey to the base camp provides you with...

DURATION	DIFFICULTY	MAX ALTITUDE
14 days	Moderate	5,545m

Highlights

- Trek through Sagarmatha National Park, a UNESCO World Heritage Site, alongside the Dudh Koshi river
- Reach Everest Base Camp (5,364m) at the foot of the Khumbu Icefall
- Climb Kala Patthar (5,545m) for the trek's best close-up view of Mount Everest
- Cross high suspension bridges over the Dudh Koshi, including the Hillary Bridge
- Explore Namche Bazaar, the bustling Sherpa capital of the Khumbu
- Visit Tengboche Monastery, the largest monastery in the region
- Walk beneath Ama Dablam, Lhotse, Nuptse, and Thamserku
- Acclimatize properly with two dedicated rest days in Namche and Dingboche
- Experience authentic Sherpa culture and hospitality in teahouses along the trail
- Trek with an experienced English-speaking guide and full porter support

Itinerary

Day	Activity	Walking Hr	Max Altitude
Day 1	Arrival in Kathmandu	—	1,350m
	You arrive at Tribhuvan International Airport in Kathmandu, where an Everest Trip Planner staff member greets you with a flower garland and transfers you to your hotel. Depending on your arrival time, relax at the hotel or explore Kathmandu, then meet your guide to discuss the trek ahead. Overnight at a hotel in Kathmandu.		
Day 2	Fly from Kathmandu to Lukla and trek to Phakding	30-45 min flight, 3 hrs trek	Lukla (2,840m/9,318ft)
	In the busy spring (Mar-May) and autumn (Sep-Nov) seasons, the day starts very early with a long drive to Manthali airport followed by a short flight to Lukla. In quieter winter and monsoon months, you fly directly from Kathmandu instead — airlines choose the routing based on passenger numbers. From Lukla, you trek roughly 3 hours to Phakding.		
Day 3	Trek to Namche Bazaar	7 hrs	3,440m/11,283ft
	The trail today is steep but scenic. You pass through Monjo, entering the UNESCO-listed Sagarmatha National Park, then continue through villages like Jorsale to reach Namche Bazaar, the bustling gateway to Everest with shops, cafes, lodges, banks, and ATMs.		
Day 4	Acclimatization day in Namche	3-4 hrs	3,440m/11,283ft
	An acclimatization day in Namche Bazaar. Trekkers can take short hikes to the Hillary School, a traditional Sherpa village, or Syangboche Airport. Most also visit the Everest View Hotel, the world's highest-placed hotel, for panoramic mountain views including Everest itself, before returning to Namche for the night.		
Day 5	Trek to Tengboche	5 hrs	3,860m/12,660ft
	A roughly five-hour hike beginning with a gradual ascent through pine forest and a crossing of the Dudh Koshi River. Climbing a series of ridges reveals views of Ama Dablam, Lhotse, and Everest. After lunch at Phunki Thenga, a steeper ascent leads to Tengboche, where you can visit the monastery and watch the monks' ceremony.		
Day 6	Trek to Dingboche	5 hrs	4,410m/14,464ft

Day	Activity	Walking Hr	Max Altitude
	The trail follows the Dudh Koshi beneath Ama Dablam, Lhotse, Nuptse, and Thamserku, passing above Pangboche with views of its monastery. As the terrain widens into the Imja Valley, the trail descends to the Lobuche River before climbing sharply to Dingboche, a windswept village with stone-walled fields, prayer flags, and chortens.		
Day 7	Acclimatization day in Dingboche	4-5 hrs	Nangkartshang Peak (5,083m)
	A second acclimatization day. A strenuous but worthwhile short climb to Nangkartshang Peak (5,083m) rewards you with views of Ama Dablam, Lhotse, Nuptse, and Lobuche, before descending back to Dingboche for the night.		
Day 8	Trek to Lobuche	5 hrs	4,910m/16,105ft
	An uphill hike to Thukla brings views of Taboche and Cholatse. The trail passes stone memorials at Thukla Pass honouring climbers lost on Everest, then follows the Khumbu Glacier's lateral moraine to Lobuche, with views of Nuptse, Lobuche, and Pumori.		
Day 9	Trek to Everest Base Camp, return to Gorak Shep	8 hrs	Everest Base Camp (5,364m/17,594ft)
	The trail climbs to Gorak Shep, where you can leave your luggage before continuing to Everest Base Camp past the Khumbu Glacier. After time at base camp, you return to Gorak Shep for the night — the group does not stay overnight at base camp itself.		
Day 10	Kala Patthar hike, descend to Pheriche	7 hrs	Kala Patthar (5,545m/18,192ft)
	An early start for the short but steep climb to Kala Patthar, the highest point of the trek, for a sunrise view of the surrounding peaks — the only close-up view of Everest itself on the trip. After returning to Gorak Shep for breakfast, the trail continues down to Pheriche, home to a clinic run by the Himalayan Rescue Association.		
Day 11	Trek to Namche	7 hrs	3,440m/11,283ft
	The return trek to Namche Bazaar follows the same route back through Tengboche and Pangboche villages, crossing a suspension bridge before arriving in Namche.		
Day 12	Trek to Lukla	7 hrs	2,840m/9,318ft
	The final trekking day retraces the route back to Lukla through Jorsale, Monjo, and the other villages passed on the way up.		
Day 13	Fly back to Kathmandu	30-45 min	Kathmandu (1,400m/4,593ft)
	A scenic flight back to Kathmandu from Lukla (or via Manthali, depending on season). A representative meets you at the airport and transfers you back to your hotel for the night.		
Day 14	The final farewell	—	—
	Depending on your flight time, staff transfer you to the airport around three hours before departure for your onward journey home.		

Trip details

Everest Trip Planner presents the classic Everest Base Camp Trek revealing the beauty of the Himalayas of Nepal. The journey to the base camp provides you with an adventure like never before.

The trek to Everest Base Camp (EBC) usually takes around 14 days through the mountain landscape. Lukla, the starting point of the trek in the Everest region, is reached via a scenic flight from Kathmandu.

As the trek initiates, you come across Sagarmatha National Park while passing through dense forests, pristine rivers, green hills, waterfalls, glaciers, and many more. On top of that, the Sherpa villages like Namche, Tengboche, Dingboche, and more expose you to unique Sherpa culture and their way of life.

As the name of the trek suggests, you are sure to be captivated by the world's highest mountain, Mt Everest. Besides Everest, the majestic views of Ama Dablam, Lhotse, Nuptse, Lobuche, etc. are out of this world.

Moreover, visiting ancient monasteries, witnessing mountain vistas from Kala Patthar, and seeing major landmarks like the Khumbu Glacier up close are the major highlights of the trek.

As for the trekking difficulty, the EBC trek is considered moderately difficult. However, trekkers need to have good physical fitness since one needs to trek above 5,000 metres in altitude. So, it's best to prepare for the trek, especially for beginners.

In addition, the trekking experience can greatly vary depending on the time of year. Spring and autumn are the most preferred seasons due to the fair weather and temperature.

So come join us today! We strive to make every trekking experience a positive one and hope to make it meaningful.

Includes & Excludes

Includes

- Airport transfers in Kathmandu
- Domestic flights (Kathmandu/Manthali to Lukla and back)
- Accommodation in Kathmandu before and after the trek
- Accommodation in teahouses during the trek
- Three meals per day during the trek (breakfast, lunch, dinner)
- English-speaking trekking guide
- Porter service (usually 1 porter for 2 trekkers)
- Necessary trekking permits and national park fees
- First aid kit carried by the guide
- Trekking map
- Duffel bag for porter-carried gear
- Salary for all the staff
- Government taxes and service charges
- Sleeping bag rental
- Down jacket rental

Excludes

- International airfare to and from Kathmandu
- Nepal entry visa fees
- Travel insurance (including emergency helicopter evacuation)
- Personal expenses (phone calls, internet, laundry, etc.)
- Meals in Kathmandu (except those specified as included)
- Extra nights in Kathmandu due to early arrival or late departure
- Alcoholic and cold drinks during the trek
- Hot showers and battery charging at teahouses
- Tips for guides and porters
- Personal trekking gear and clothing

Practical Info

Best Time to Trek

Spring (March-May) and autumn (September-November) offer the most stable weather and the clearest mountain views. Winter is possible for well-prepared trekkers, but some lodges close and temperatures drop well below freezing at night; the summer monsoon (June-August) brings rain, leeches, and unreliable flights and is best avoided.

Fitness and Experience

No technical climbing skills are required, but the trek involves long walking days at altitude. A good level of cardiovascular fitness, built up over 2-3 months of hiking, running, or stair training, makes the trek significantly more enjoyable.

Altitude and Safety

The itinerary includes two acclimatization days, in Namche Bazaar and Dingboche, following the "climb high, sleep low" principle. Your guide monitors for symptoms of altitude sickness throughout the trek, and travel insurance covering emergency evacuation is required.

Packing Checklist

- Broken-in waterproof trekking boots and camp shoes
- Warm base layers, a fleece, and an insulated down jacket
- Waterproof/windproof jacket and trousers
- Thermal gloves and a warm hat
- UV-protection sunglasses and sunscreen
- Trekking poles
- Headlamp with spare batteries
- Sleeping bag rated to -15°C or colder
- Water bottles or a hydration bladder and purification tablets
- First aid kit and personal medication
- Duffel bag for porter-carried luggage and a daypack
- Passport, permits, and travel insurance documents

Do Not Do

- Don't skip the acclimatization days in Namche and Dingboche, even if you're feeling strong
- Don't rush the ascent — altitude sickness can affect trekkers of any fitness level
- Don't drink untreated water — use purification tablets or a filter
- Don't travel without insurance that covers trekking above 5,000m and emergency evacuation
- Don't ignore headaches, nausea, or dizziness — tell your guide immediately

Frequently Asked Questions**How long does the Everest Base Camp Trek take?**

Generally, the Everest Base Camp Trek can be accomplished in 12 to 14 days. However, various factors such as the number of acclimatization days, trekking route, weather situation, and a trekker's fitness level can impact the trek's duration.

When is the best time for the Everest Base Camp Trek?

Spring (Mar-May) and autumn (Sep-Nov) are the most suitable times, with stable weather and fair temperatures. Trekking during winter is doable with the right clothing and gear, though colder; trekking during the monsoon is not recommended due to frequent rainfall, floods, and landslides.

Can I obtain a visa for Nepal on arrival?

Yes, you can obtain a visa for Nepal upon arrival at Tribhuvan International Airport, provided you have the necessary documents. Indian citizens don't need a visa. Citizens of a small number of countries, including Nigeria, Ghana, Afghanistan, and Syria, cannot obtain visas on arrival and should check requirements before travelling.

What documents do I need for the trek?

A passport with at least six months' validity, more than two passport-sized photos, a copy of your international flight ticket, and travel insurance.

Do I need prior trekking experience?

The Everest Base Camp Trek is rated as a moderate trek. If you have a good level of physical fitness, no prior trekking experience is needed — though it's best to train physically and mentally if this is your first trek.

What permits are required for the trek?

The Sagarmatha National Park Entry Permit, the Khumbu Pasang Lhamu Rural Municipality Entrance Permit, and the Everest Trek Card.

Are there ATMs or banking facilities on the route?

Only Nepali currency is used throughout the trek, so it's best to withdraw cash while in Kathmandu, where ATMs and money-exchange services are abundant. Namche Bazaar has some ATMs and banking facilities in the lower region, but it's easier to come prepared.