# Everest Base Camp Trek

Duration: 12 Days | Location: Everest Region, Nepal



## Trip at a glance

Category: Everest Region

Location: Everest Region, Nepal

Duration: 12 Days

Difficulty: 7/10

Start From: Kathmandu

Ending Point: Kathmandu

Trip Style: Trekking

Best Time: March – May / September – November

Transportation: Private Vehicle, Domestic Flight

Accommodation: Hotel – Mountain Tea House

Max Altitude: 5,545 meters (Kala Patthar) / 5,364 meters (EBC)

Meal: B – L – D

Group: 2-15+

## Overview

The Everest Base Camp Trek is the most iconic, populated, and celebrated trekking route in the Everest region. Taking you straight to the lap of Mount Everest—the highest mountain on Earth—this 12-day journey rewards you with memories that last a lifetime. Over the course of twelve exhilarating days, you will walk along undulating mountain trails, experience rich Sherpa and Nepali traditions, and witness towering 8,000-meter peaks from up close.

The adventure begins the moment your flight touches down on the mountain airstrip in Lukla. From here, your boots hit the trail with a gentle 3-to-4-hour descent to Phakding, followed the next day by the famous climb to Namche Bazaar—the bustling commercial gateway to the Khumbu, renowned for its cozy bakeries, lively pubs, and warm tea house lodges.

### Face to Face With Giants

From the high ridges of Namche Bazaar to the glacial moraines of Gorak Shep, the giants of the world surround you at every angle. Mount Everest (8,848.86m), Lhotse (8,516m), Nuptse (7,861m), Thamserku, and the unmistakable silhouette of Ama Dablam dominate the skyline. Reaching Everest Base Camp (5,364m) right beside the Khumbu Icefall places you inside a natural glaciated amphitheater beneath the top of the world.

### A Trail Through Changing Landscapes & Sacred Forests

The trail carries you through lush rhododendron woodlands, fragrant juniper groves, and roaring pine valleys alongside the glacial Dudh Koshi River. You will cross soaring steel suspension bridges hung with colorful Buddhist prayer flags and traverse open alpine scrub. The region is also a wildlife haven: keep your eyes open for Himalayan Thar clinging to cliff faces, blue sheep, Tibetan snowcocks, and the shimmering plumage of the Danphe (Himalayan Monal), Nepal's national bird.

### Living Sherpa Heritage & Tengboche Monastery

Along the trail, you will walk past mani stone walls, prayer wheels, and historic mountain villages. A defining cultural highlight of the route is Tengboche Monastery, the 500-year-old spiritual heart of the Khumbu, offering daily Buddhist chants against the backdrop of Ama Dablam.

## Warm Tea Houses, Warmer Hospitality

Every night is spent in authentic mountain tea houses. In lower hubs like Namche Bazaar, enjoy comfortable lodges with hot showers, charging facilities, and warm cafés, while higher up the trail, gather around cozy dining room hearths to enjoy hearty plates of hot Dal Bhat, garlic soup, and lemon-ginger tea with fellow trekkers from across the globe.

## Alternative Routes in the Everest Region

For trekkers on tighter schedules or looking for different vantage points, the Everest View Trek offers an ideal short alternative to capture the majesty of Mt. Everest without high-altitude strain. Ambitious adventurers can also explore the extended 14 Days Everest Trek, the demanding 3 High Pass Trek over Kongma La, Cho La, and Renjo La, or discover lower-Solu vistas on the cultural Pikey Peak 9 Days trek.

## Best Season & Trail Atmosphere

The premier seasons for the Everest Base Camp Trek are Spring (March to May) and Autumn / Fall (September to November):

- Spring (March – May): Clear morning skies, mild temperatures, and rhododendrons blooming across the lower valleys.
- Autumn (September – November): Post-monsoon crystal-clear mountain visibility and crisp blue skies.

Note on Trail Conditions: Because Spring and Autumn are prime trekking windows, the route is vibrant and bustling. Porters, trekkers, and yak caravans share the same mountain path heading toward base camp, creating an energetic and sociable trail atmosphere.

## Who Is This Trek For?

The 12-day EBC trek is graded moderate to challenging. Anyone with sound cardiovascular fitness, endurance for daily uphill and downhill hiking (5–7 hours a day), and positive determination can accomplish this trek—no technical mountaineering or ropes experience is required. Built-in acclimatization stops make this journey achievable and safe for first-time Himalayan trekkers and experienced hikers alike.

## Why Choose the Everest Base Camp Trek?

- Stand at 5,364 meters at the base of the highest point on Earth

- Witness panoramic 360° sunrise views over Everest, Nuptse, and Lhotse from Kala Patthar (5,545m)
- Visit the sacred 500-year-old Tengboche Monastery
- Spot rare Himalayan wildlife, including the Himalayan Thar and Monal pheasant
- Explore the vibrant Sherpa hub of Namche Bazaar
- Cross high suspension bridges over the glacial Dudh Koshi River
- Seamless coordination and safety backup with government-certified local guides

### Conclusion

The Everest Base Camp Trek combines nature, culture, and high adventure into an unforgettable twelve-day Himalayan expedition. From the thrilling flight into Lukla to standing on the rocky moraine of the Khumbu Glacier, every step on this legendary trail leaves a lasting imprint.

Join us on the historic trail to the world's rooftop—your journey to Everest starts here.

## Day by day itinerary

### Day 01: Fly to Lukla (2,860m) & Trek to Phakding (2,640m)

Early morning transfer to the airport for the scenic 35-minute mountain flight to Lukla. Meet your trekking crew and porters, organize gear, and start an introductory 3–4 hour hike descending along the Dudh Koshi river valley.

Walking: 3–4 hrs | Overnight in Tea House — Phakding

### Day 02: Trek to Namche Bazaar (3,440m)

Follow the Dudh Koshi, crossing high suspension bridges including the Hillary Bridge. Enter Sagarmatha National Park at Monjo, then make the steep, forested climb up to the bustling Sherpa trading capital of Namche Bazaar, catching your first view of Everest.

Walking: 5–6 hrs | Overnight in Tea House — Namche Bazaar

### Day 03: Acclimatization in Namche Bazaar (Hike to Syangboche & Hotel Everest View)

Active acclimatization day. Hike uphill to Syangboche airstrip and the iconic Hotel Everest View (3,880m) for sweeping vistas of Everest, Ama Dablam, and Thamserku. Afternoon free to explore Namche's

bakeries, gear shops, and Sherpa culture museum.

Overnight in Tea House — Namche Bazaar

### Day 04: Trek to Tengboche (3,840m)

Follow a ridge with direct panoramas of Ama Dablam before descending to the river at Phungi Thenga. Climb through rhododendron and pine forests to Tengboche, home to the largest and oldest Buddhist monastery in the Khumbu region.

Walking: 5 hrs | Overnight in Tea House — Tengboche

### Day 05: Trek to Dingboche (4,410m)

Descend through alpine woods to Deboche, cross the Imja Khola, and pass the Mani walls of Pangboche village beneath Ama Dablam. Enter the open alpine valley as the tree line fades, arriving at Dingboche.

Walking: 5–6 hrs | Overnight in Tea House — Dingboche

### Day 06: Rest & Acclimatization Day in Dingboche (Hike to Nangkartshang Peak)

Second designated acclimatization day. Morning climb up Nangkartshang Peak (Nagar Tshang Ri, 5,083m) for views of Makalu, Lhotse, Island Peak, and Cho Oyu. Afternoon at rest to prepare for higher elevations.

Overnight in Tea House — Dingboche

### Day 07: Trek to Lobuche (4,950m)

Walk along wide alpine meadows to Dughla, then make a steep ascent up the terminal moraine of the Khumbu Glacier to Thokla Pass, stopping at the stone memorials built for fallen climbers. Continue alongside the glacier to Lobuche.

Walking: 5–6 hrs | Overnight in Tea House — Lobuche

### Day 08: Trek to Gorak Shep (5,180m) & Everest Base Camp (5,364m)

Trek over rugged glacial moraine to Gorak Shep and check into your tea house. Drop heavy gear and push forward along the Khumbu Glacier to Everest Base Camp (5,364m). Celebrate at the base of the Khumbu Icefall before hiking back to Gorak Shep for the night.

Walking: 7–8 hrs | Overnight in Tea House — Gorak Shep

### Day 09: Early Morning Hike to Kala Patthar (5,545m) & Descend to Pheriche (4,200m)

Pre-dawn 2-hour ascent of Kala Patthar for sunrise over Mount Everest, Nuptse, and Changtse. Descend to Gorak Shep for breakfast, pack bags, and make a sustained descent down to the valley settlement of Pheriche.

Walking: 7–8 hrs | Overnight in Tea House — Pheriche

### Day 10: Trek Down to Namche Bazaar (3,440m)

Continue descending through Pangboche and climb back up briefly to Tengboche. Drop down to the riverbed and follow the hillside trail back into the comforts of Namche Bazaar.

Walking: 6–7 hrs | Overnight in Tea House — Namche Bazaar

### Day 11: Trek Down to Lukla (2,860m)

Final trekking day. Descend the steep hill out of Namche, cross the suspension bridges over the Dudh Koshi, and retrace your steps through Phakding back up to Lukla. Evening celebration dinner with your guide and porter team.

Walking: 6–7 hrs | Overnight in Tea House — Lukla

### Day 12: Fly to Kathmandu

**Early morning flight from Lukla back to Kathmandu. Transfer to your hotel. Enjoy a free afternoon for souvenir shopping in Thamel and relaxation. Trek concludes.**

## Package: Essential Package

### $1,150 per person

### Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Flight Kathmandu to Lukla both way.
- 2 Night Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.
- Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges.

- Tea and coffee (cup) three times daily on the trek.
- An English speaking experienced & professional trekking guide license holder.
- All necessary trekking and climbing related permit including TIMS and all.
- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.
- Breakfast Lunch Dinner Coffee and/or Tea.

### Exclusions

- Lunch and dinner while in Kathmandu.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks, tea/coffee(pot size) All confectionery and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges.
- Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

## Gear checklist

### Clothing

- Base Layers
- Thermal Tops (2–3): Lightweight, moisture-wicking (merino wool or synthetic)
- Thermal Bottoms (1–2): Lightweight and comfortable
- Mid Layers
- Fleece Jacket: Medium weight for insulation
- Insulated Jacket: High-fill down jacket (-15°C to -20°C comfort rating; rentable locally in Kathmandu)
- Outer Layers

- Waterproof Jacket: Breathable, windproof outer shell (Gore-Tex or equivalent)
- Waterproof Pants: Lightweight, packable rain/wind trousers
- Trekking Clothes
- Trekking Pants (2–3 pairs): Quick-dry and comfortable
- Trekking Shirts (3–4): Moisture-wicking short and long-sleeved
- Softshell Jacket: For cool mornings and windy trails
- Headwear
- Sun Hat: Wide-brim or sports cap
- Warm Hat: Fleece or wool beanie
- Buff or Neck Gaiter: Essential to protect against cold air and the "Khumbu cough"
- Gloves
- Liner Gloves: Lightweight for mild conditions
- Insulated Outer Gloves / Mittens: Waterproof and windproof for high-altitude mornings
- Footwear
- Trekking Boots: Sturdy, waterproof, broken-in with good ankle support
- Camp Shoes: Casual shoes or sandals for tea house evenings
- Wool Socks (4–5 pairs): Heavy-weight merino wool
- Gaiters: In case of rain, mud, or snow

## Gear & Accessories

- Daypack (30–40L) for personal items carried during the day
- Duffel Bag (80–100L) to be carried by porters
- Sleeping Bag: 4-season (-15°C to -20°C rating; rentable in Kathmandu)
- Trekking Poles (strongly recommended for knee support on descents)

- Headlamp with extra batteries / charging cable
- Water Bottles (2 x 1L) or hydration bladder
- Water Purification: Tablets, SteriPEN, or filtration system
- Sunglasses: Category 3 or 4 UV protection (essential for glacial snow reflection)
- Sunscreen (SPF 50+) & SPF lip balm
- Quick-Dry Towel
- Camera / Phone with power bank and spare batteries (cold depletes battery quickly)
- Personal Medical Kit: Diamox (altitude sickness prevention), blister bandages, pain relievers, electrolyte rehydration salts
- Toiletries: Biodegradable soap, toothbrush, toothpaste, wet wipes, and hand sanitizer

## Trip gallery

View photo on the trip page



Everest Base Camp Trek - photo 2

View photo on the trip page

View photo on the trip page

## Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking