

Everest Base Camp Trek

15 Days 14 Nights

Highlights of Everest base camp trek

- Mountain Ranges: Panoramic views of Mount Everest, Lhotse, Nuptse, Ama Dablam, and other Himalayan peaks.
- Communities and Ethnic Groups: Sherpa culture, traditional mountain villages, and vibrant prayer flags.
- Cultural Heritage: Tengboche Monastery, Namche Bazaar, and Khumjung villages.
- Flora and Fauna: Rhododendron forests, alpine landscapes, and diverse wildlife including Himalayan Tahr and Snow Leopard.
- Adventure: Kala Patthar viewpoint and the iconic Everest Base Camp.

ITINERARY

01 DAY	Hotel in Kathmandu	Kathmandu (1,400m) Arrive at Tribhuvan International Airport, Kathmandu. Meet our team and transfer to the hotel. In the evening, enjoy a welcome dinner with traditional Nepalese cultural programs. Sleeping Altitude: 1,400m.
02 DAY	Tea House, Phakding	Kathmandu to Ramachhap to Lukla, Trek to Phakding (2,610m) Early morning (2 am) drive to Ramachhap (4 hours), followed by a short flight to Lukla (2,840m). Begin a pleasant trek to Phakding, passing through lush green landscapes and local monasteries. Distance: 6.2 km Trek Duration: 3 hours Sleeping Altitude: 2,610m
03 DAY	Tea House, Namche	Phakding to Namche Bazaar (3,440m) Follow the Dudh Koshi River, crossing suspension bridges adorned with prayer flags. The trail ascends steeply to Namche Bazaar, the "Gateway to Everest." Distance: 7.4 km Trek Duration: 6 hours Sleeping Altitude: 3,440m
04 DAY	Tea House, Namche	Acclimatization Day at Namche Bazaar (3,440m) Take a rest day to acclimatize, exploring the Everest View Hotel, Khumjung and Khunde villages, and the Sherpa Museum. Enjoy the amenities of Namche Bazaar. Sleeping Altitude: 3,440m
05 DAY	Tea House, Tengboche	Namche Bazaar to Tengboche (3,860m)

		<p>The trail leads to the famous Tengboche Monastery, offering panoramic views of Everest, Ama Dablam, and more. Distance: 9.2 km Trek Duration: 5-6 hours Sleeping Altitude: 3,860m</p>
06 DAY	Tea House, Dingboche	<p>Tengboche to Dingboche (4,410m) Hike through rhododendron forests and small villages to reach Dingboche, with stunning views of surrounding peaks. Distance: 12 km Trek Duration: 5-6 hours Sleeping Altitude: 4,410m</p>
07 DAY	Tea House, Dingboche	<p>Acclimatization Day in Dingboche (4,410m) Take a short hike to a higher altitude for acclimatization, or challenge yourself with a trek to Nangkar Tshang (5,616m). Sleeping Altitude: 4,410m</p>
08 DAY	Tea House, Lobuche	<p>Dingboche to Lobuche (4,940m) Follow the trail along the Khumbu Khola Valley, passing memorials for climbers and breathtaking mountain views. Distance: 8.5 km Trek Duration: 5-6 hours Sleeping Altitude: 4,940m</p>
09 DAY	Tea House, Gorakshep	<p>Lobuche to Gorakshep (5,170m), Hike to Everest Base Camp (5,364m) Trek to Gorakshep before heading to Everest Base Camp. Return to Gorakshep for the night (4 km to Gorakshep, 3 km to EBC). Distance: 4 km (to Gorakshep), 3 km (to EBC) Trek Duration: 4-5 hours (to Gorakshep), 2-3 hours (to EBC) Sleeping Altitude: 5,170m</p>
10 DAY	Tea House, Pheriche	<p>Hike to Kala Patthar (5,545m), Trek to Pheriche (4,240m) Climb to Kala Patthar (5545m) for panoramic sunrise views of Everest and surrounding peaks, then descend to Pheriche Distance: 10 km Trek Duration: 4-5 hours (Kala Patthar), 6-7 hours (Pheriche) Sleeping Altitude: 4,240m</p>
11 DAY	Tea House, Namche	<p>Pheriche to Namche Bazaar (3,440m) Descend back to Namche Bazaar, enjoying the changing scenery and warmer temperatures. Distance: 15 km Trek Duration: 6-7 hours Sleeping Altitude: 3,440m</p>
12 DAY	Tea House, Lukla	<p>Namche Bazaar to Lukla (2,840m) Trek back to Lukla, with a challenging descent and final uphill section. Distance: 18 km Trek Duration: 6-7 hours Sleeping Altitude: 2,840m</p>

13 DAY	Hotel in Kathmandu	Fly to Ramachhap, Drive to Kathmandu Fly to Ramachhap and drive to Kathmandu. Enjoy a relaxing evening exploring the city. Fly Duration: 30 min Driving Duration: 4 hr Sleeping Altitude: 1,400m.
14 DAY	Hotel in Kathmandu	Free Day in Kathmandu A day to relax, explore, and shop for souvenirs. Sleeping Altitude: 1,400m
15 DAY		Final Departure After breakfast, transfer to Tribhuvan International Airport for your departure flight.

Based on the above itinerary please find below our special rates per person.

	Join Group	single supplement
Total in USD per person	\$ 995	\$95

ESSENTIALS

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| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Neck gaiter | <input type="checkbox"/> Sunglass |
| <input type="checkbox"/> Base layer top / Baselayer pant (Wool, Merino wool) | <input type="checkbox"/> Trekking pole |
| <input type="checkbox"/> Insulated layer (fleece) | <input type="checkbox"/> Water bottle/bladder |
| <input type="checkbox"/> T-shirt | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Puffy Jacket | <input type="checkbox"/> Sunscreen SPF 30 / Lip balm |
| <input type="checkbox"/> Waterproof shell Jacket | <input type="checkbox"/> Protein bars |
| <input type="checkbox"/> Trekking pant / half pant | <input type="checkbox"/> Iodine tablet to purify water |
| <input type="checkbox"/> Trekking shoes | <input type="checkbox"/> Headlight |
| <input type="checkbox"/> Wool socks | <input type="checkbox"/> Toilet paper and baby wipes |
| <input type="checkbox"/> Glove | <input type="checkbox"/> Hand sanitizer / Hand wash |
| <input type="checkbox"/> Towel (light) | <input type="checkbox"/> First aid kit |
| | <input type="checkbox"/> Take all the cash you need |

INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Ground transfer by private vehicle from Kathmandu to Ramechhap and return.
- Round-trip domestic flights: Ramechhap–Lukla–Ramechhap.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off in Kathmandu.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

IMPORTANT NOTES

- The itinerary is changeable and modifiable per the trekkers' needs and time frame.
- Cost will be recalculated if the itinerary is changed or modified.
- Additional activities may be added as per the trekker's request with appropriate additional cost.
- The cost may also be affected due to weather, political disturbance, and natural calamities.
- The cost may also be affected due to the requirement of a number of guides and porters.
- For any kind of change, please contact us by email or call.
- Guide and potter will expect tips of \$10 and \$5 respectively per day.
- We're not liable for domestic flight delays or cancellations.
- Himalayan Yatri is not responsible for incidents caused by natural hazards.