



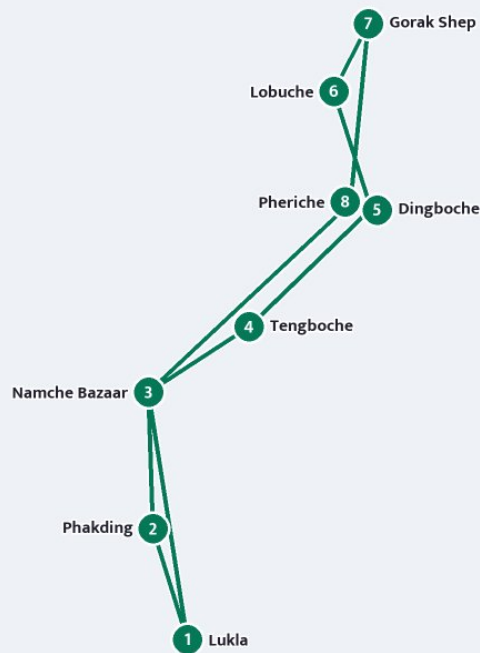
Everest Base Camp Trek

Walk in the footsteps of legendary mountaineers to the foot of the world's highest mountain. This classic 14-day journey flies you into Lukla and follows the Dudh Koshi valley through Sherpa villages, Buddhist monasteries and suspension bridges to Everest Base Camp (5,364 m) and the sunrise viewpoint of Kala Patthar (5,545 m). Two acclimatisation days, experienced local guides and comfortable teahouses make this bucket-list trek achievable for fit hikers without climbing experience.

DURATION	DIFFICULTY	MAX ALTITUDE	GROUP SIZE
14 days	Strenuous	5,545 m	1-12

HIGHLIGHTS

- Stand at Everest Base Camp (5,364 m)
- Sunrise over Everest from Kala Patthar (5,545 m)
- Scenic mountain flight to Lukla
- Namche Bazaar, the Sherpa capital
- Tengboche Monastery with Ama Dablam views
- Sagarmatha National Park, a UNESCO World Heritage Site



AT A GLANCE

1.	Hotel in Kathmandu	1 night	7.	Teahouse in Gorak Shep	1 night
2.	Teahouse in Phakding	1 night	8.	Teahouse in Pheriche	1 night
3.	Teahouse in Namche Bazaar	2 nights	9.	Teahouse in Namche Bazaar	1 night
4.	Teahouse in Tengboche	1 night	10.	Teahouse in Lukla	1 night
5.	Teahouse in Dingboche	2 nights	11.	Hotel in Kathmandu	1 night
6.	Teahouse in Lobuche	1 night			

Highest night: 5,164 m

DAY BY DAY

1

Arrive in Kathmandu (1,400 m)

Welcome to Nepal! We meet you at the airport and transfer you to your hotel. In the evening your guide briefs you on the trek and checks your gear.

1,400 m · Meals: Dinner · Overnight: Hotel in Kathmandu

2

Fly to Lukla, trek to Phakding (2,610 m)

An early, spectacular 35-minute flight takes you to Lukla (2,860 m). Meet your porters and walk gently down the Dudh Koshi valley to Phakding.

2,610 m · 3.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Phakding

3

Trek to Namche Bazaar (3,440 m)

Cross the high Hillary suspension bridge and enter Sagarmatha National Park. A steady climb brings the first glimpse of Everest and the horseshoe-shaped Sherpa town of Namche.

3,440 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Namche Bazaar

4

Acclimatisation day in Namche

Hike up to the Everest View Hotel (3,880 m) for panoramic views of Everest, Lhotse and Ama Dablam, then return to Namche to explore its bakeries, markets and the Sherpa museum.

3,880 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Namche Bazaar

5

Trek to Tengboche (3,860 m)

A beautiful balcony trail leads above the river before dropping to Phunki Tenga and climbing through rhododendron forest to Tengboche, home of the region's most important monastery.

3,860 m · 5.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Tengboche

6

Trek to Dingboche (4,410 m)

Descend to Debuche, cross the Imja Khola and pass Pangboche village. The valley opens up as you reach the stone-walled fields of Dingboche below Island Peak.

4,410 m · 5.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dingboche

7

Acclimatisation day in Dingboche

Climb Nangkartshang Peak (5,083 m) for views of Makalu, Lhotse and the Imja valley, then return to Dingboche to rest. Climbing high and sleeping low helps your body adapt.

5,083 m · 4.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dingboche

8

Trek to Lobuche (4,940 m)

Walk across open pastures to Dughla and climb past the memorials to fallen climbers at Thukla Pass before reaching Lobuche beside the Khumbu Glacier.

4,940 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Lobuche

9

Everest Base Camp (5,364 m), back to Gorak Shep

Trek to Gorak Shep (5,164 m), drop your bags and continue along the glacier moraine to Everest Base Camp and the Khumbu Icefall. Return to Gorak Shep for the night.

5,364 m · 8 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Gorak Shep

10

Kala Patthar sunrise (5,545 m), trek to Pheriche (4,371 m)

An early climb to Kala Patthar rewards you with the finest close-up view of Everest at sunrise. Descend to Gorak Shep for breakfast and walk down to Pheriche.

5,545 m · 7 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Pheriche

11

Trek to Namche Bazaar (3,440 m)

With the thicker air the walking feels easy. Retrace your steps through Pangboche and Tengboche back down to Namche.

3,440 m · 6.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Namche Bazaar

12

Trek to Lukla (2,860 m)

The last day on the trail follows the Dudh Koshi back to Lukla. Celebrate the end of the trek with your guide and porters.

2,860 m · 7 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Lukla

13

Fly back to Kathmandu

Morning flight to Kathmandu and the rest of the day at leisure. In the evening we celebrate with a farewell dinner.

1,400 m · Meals: Breakfast, Dinner · Overnight: Hotel in Kathmandu

14

Departure

Transfer to the airport for your flight home, or stay longer to join a jungle safari or another adventure.

1,400 m · Meals: Breakfast

WHAT'S INCLUDED

Included

- Airport pick-up and drop-off in a private vehicle
- Hotel nights in Kathmandu/Pokhara on a twin-share basis with breakfast
- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Farewell dinner with the Tripnep team
- Round-trip Kathmandu–Lukla flights

Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

GOOD TO KNOW

Permits

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality fee. Both are included and arranged by us.

Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

QUESTIONS TRAVELLERS ASK

How difficult is the Everest Base Camp trek?

It is a strenuous trek because of the altitude, not the terrain: there is no climbing, but you walk 5–8 hours a day above 4,000 m for several days. Our itinerary includes two acclimatisation days.

What happens if Lukla flights are delayed?

Flights to and from Lukla depend on the weather and can be delayed. We recommend adding one or two spare days before your international flight. If a delay happens, we rebook you on the next available flight, and a helicopter can be arranged at extra cost.

Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

Dates, prices and booking

tripnep.io/tours/everest-base-camp-trek

Questions? hello@tripnep.io