



Everest Base Camp Trek - Overview

Duration : 14D

Destination : Nepal

Group Size : Any Private Group

Transportation : Land & Air

Activity : Trekking

Best Season : Feb-Dec

Accommodation : Hotel

Meals : Breakfast/Lunch/Dinner

Everest Base Camp Trek - Itinerary

Day 1: Arrival in Kathmandu

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be greeted by a representative from your trekking agency and transferred to your hotel. You can spend the rest of the day exploring the city and preparing for your trek.

Day 2: Fly to Lukla and Trek to Phakding (2,652m)

After an early morning flight to Lukla, you'll start your trek to Phakding. The trail descends to the Dudh Koshi River and follows it to Phakding.

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

The trail passes through pine forests and crosses the Dudh Koshi river several times before reaching Namche Bazaar, the main hub of the Khumbu region.

Day 4: Acclimatization Day in Namche Bazaar

To avoid altitude sickness, it's important to take an acclimatization day in Namche Bazaar. You can hike to the Everest View Hotel or visit the Sherpa Museum.

Day 5: Trek to Tengboche (3,870m)

The trail offers stunning views of Everest, Lhotse, Nuptse, and Ama Dablam as it heads towards Tengboche, which is famous for its monastery.

Day 6: Trek to Dingboche (4,360m)

The trail descends to the Imja Khola before climbing up to Dingboche, a village surrounded by towering Himalayan peaks.

Day 7: Acclimatization Day in Dingboche

Another acclimatization day is needed to get used to the altitude. You can take a short hike to Nangkartshang Peak or relax in Dingboche.

Day 8: Trek to Lobuche (4,940m)

The trail climbs gradually through the Khumbu Valley to Lobuche, a small settlement with views of Nuptse and the Khumbu Glacier.

Day 9: Trek to Gorak Shep (5,164m) and Visit Everest Base Camp (5,364m)

The trail follows the Khumbu Glacier to Gorak Shep, the last village before Everest Base Camp. After reaching Gorak Shep, you'll hike to Everest Base Camp and then return to Gorak Shep for the night.

Day 10: Hike to Kala Patthar (5,545m) and Trek to Pheriche (4,240m)

Early in the morning, you'll hike to Kala Patthar, a peak with stunning views of Everest and the surrounding mountains. Afterward, you'll return to Gorak Shep for breakfast and then trek down to Pheriche.

Day 11: Trek to Namche Bazaar

The trail descends to Namche Bazaar via Tengboche and offers great views of the mountains.

Day 12: Trek to Lukla

The trail follows the Dudh Koshi river to Lukla, where you can celebrate the end of your trek with your fellow trekkers.

Day 13: Fly to Kathmandu

You'll take an early morning flight back to Kathmandu and spend the rest of the day exploring the city or shopping for souvenirs.

Day 14: Departure from Kathmandu

Your trip to Everest Base Camp ends today, and you'll be transferred to the airport for your flight home or to your next destination.

Everest Base Camp Trek - FAQs

1. What is the Everest Base Camp trek?

The Everest Base Camp trek is a popular hiking trail that leads to the base camp of Mount Everest, the highest mountain in the world. The trek is typically around 12 days long and takes hikers through stunning Himalayan landscapes and Sherpa villages.

2. How long does the Everest Base Camp trek take?

The trek typically takes around 12 days, but this can vary depending on the pace of the group and any rest days that may be taken.

3. How difficult is the Everest Base Camp trek?

The Everest Base Camp trek is considered to be moderately difficult, with several steep climbs and descents. Hikers should have a good level of fitness and be prepared for high altitude conditions.

4. What is the best time to do the Everest Base Camp trek?

The best time to do the Everest Base Camp trek is from March to May and from September to November, when the weather is typically clear and dry. Avoiding the monsoon season (June to August) is recommended.

5. Do I need a guide for the Everest Base Camp trek?

While it is possible to do the trek independently, it is recommended to hire a licensed guide and/or porter for safety reasons and to enhance the overall experience.

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