Everest Base Camp Trek

14 Days | Kathmandu - Lukla - Everest Base Camp - Kala Patthar - Kathmandu

Guided tea-house trek with All Himalayan Treks, Nepal

Trip at a Glance

Duration	14 days / 13 nights (11 trekking days incl. 2 acclimatization days)
Region	Khumbu (Everest) Region, inside Sagarmatha National Park (UNESCO World Heritage Site)
Start / End	Kathmandu / Kathmandu
Max. elevation	Everest Base Camp 5,364 m (17,598 ft); Kala Patthar 5,644 m (18,517 ft) per the itinerary*
Difficulty	Moderate to strenuous; 3-7 hours walking per day; no technical climbing
Best seasons	March-May (spring) and mid-September-November (autumn)
Group size	Min 2 - Max 16 (private trek also available)
Accommodation	3-star hotel in Kathmandu (2 nights); tea house/lodge on trek (11 nights)
Meals	Breakfast in Kathmandu; all meals (breakfast, lunch, dinner) during the trek
Transport	Private vehicle transfers and Kathmandu-Lukla-Kathmandu flights
Total distance	Approx. 130 km round trip

*The source page lists Kala Patthar as 5,545 m in its summary and 5,644 m in the itinerary text. Commonly cited figures are about 5,545 m; confirm with the operator.

Overview

The Everest Base Camp (EBC) trek follows the classic Khumbu trail through Sherpa villages, suspension bridges, rhododendron forests and ancient monasteries, up to the foot of the Khumbu Icefall. The journey starts with a scenic flight to Lukla and passes through Phakding, Namche Bazaar, Tengboche, Dingboche, Lobuche and Gorakshep. Rest days at Namche and Dingboche give your body time to adapt, and the dawn climb to Kala Patthar rewards you with close views of Everest, Lhotse, Nuptse, Pumori and Ama Dablam.

Highlights

- Scenic flight to Lukla, one of the world's most dramatic mountain airstrips
- Namche Bazaar, the Sherpa capital, and the Everest View Hotel viewpoint
- Tengboche and Pangboche monasteries; Tibetan Buddhist and Sherpa culture
- Crossing the Hillary Suspension Bridge
- Acclimatization hike to Nagarjun Hill (5,050 m) from Dingboche
- Everest Base Camp and the Khumbu Icefall
- Sunrise from Kala Patthar with a panorama of Everest and surrounding giants
- Overnight at Gorakshep, the highest lodge settlement on the route

Day-by-Day Itinerary

Day	Route	Walk / Distance	Altitude	Overnight
1	Arrive Kathmandu; transfer to hotel; trek briefing	-	1,334 m	3-star hotel
2	Fly Kathmandu to Lukla (30 min), trek to Phakding	3-4 hrs / 7 km	2,860 m to 2,610 m	Tea house
3	Phakding to Namche Bazaar via Sagarmatha NP gate and Hillary Bridge	6-7 hrs / 10 km	3,440 m	Tea house
4	Acclimatization day: hike to Everest View Point (Hotel), explore Namche	2 hrs / 5 km	3,880 m	Tea house
5	Namche to Tengboche (monastery)	5-6 hrs / 9.5 km	3,870 m	Tea house
6	Tengboche to Dingboche via Pangboche	5-6 hrs / 9 km	4,410 m	Tea house
7	Acclimatization day: hike Nangkartshang/Nagarjun Hill	2 hrs / 3 km	5,050 m	Tea house
8	Dingboche to Lobuche via Dughla (Thukla) Pass	4-5 hrs / 7.5 km	4,910 m	Tea house
9	Lobuche to Gorakshep, then to Everest Base Camp and back	3 hrs + 3 hrs + 2 hrs / 4 km + 3.5 km	5,160 m (EBC 5,364 m)	Tea house
10	Pre-dawn hike to Kala Patthar, then descend to Pheriche	2 hrs + 5-6 hrs / 1.2 km + 17 km	5,644 m to 4,288 m	Tea house
11	Pheriche to Namche Bazaar	5-6 hrs / 19 km	3,440 m	Tea house
12	Namche Bazaar to Lukla	6-7 hrs / 17 km	2,860 m	Tea house
13	Fly Lukla to Kathmandu; free time; farewell dinner	30 min flight	1,334 m	Hotel
14	Transfer to Kathmandu airport; departure	-	-	-

Day Details

Day 1 - Arrival in Kathmandu (1,334 m)

Your representative meets you at the airport and transfers you to your hotel. Explore Thamel in the afternoon; your guide briefs you on the trek in the evening. Rest early: in peak seasons Lukla flights are often routed via Ramechhap (Manthali) Airport, which can mean a 4-5 hour drive starting around 1-2 AM in a private vehicle.

Day 2 - Lukla and Phakding

Early flight to Lukla with views of the high Himalaya. Meet your guide and porters, then follow the Dudh Koshi river downhill through Chheplung, Chaurikharka and Thadokoshi to Phakding.

Day 3 - Namche Bazaar

Cross suspension bridges, pass Monjo and register at the Sagarmatha National Park gate. After the Hillary Suspension Bridge, a steep climb leads to Namche, with a first glimpse of Everest, Lhotse and Nuptse from the Top Danda viewpoint.

Day 4 - Acclimatization at Namche

A rest day with an optional hike to the Everest View Hotel above Syangboche for panoramas of Taboche, Thamserku, Ama Dablam, Lhotse and Everest. Spend the rest of the day exploring the market and village.

Day 5 - Tengboche

Contour above the Dudh Koshi, cross the Imja Khola, and climb through pine and rhododendron forest to Tengboche Monastery, with Ama Dablam, Lhotse, Nuptse and Everest in view.

Day 6 - Dingboche

Pass Deboche and Upper Pangboche (a short detour to the monastery is worthwhile) as the terrain turns alpine. Continue through Orsho, Shomare and Tsuro to Dingboche beneath Ama Dablam and Island Peak.

Day 7 - Acclimatization at Dingboche

Optional two-hour climb of Nagarjun Hill (5,050 m) for views of Makalu, Baruntse, Lobuche, Taboche and Ama Dablam, then rest at the lodge.

Day 8 - Lobuche

Walk via Dusa to Dughla (Thukla), then climb the Dughla Pass (about 4,830 m) with its memorials to mountaineers. Follow the Khumbu Glacier moraine to Lobuche, below Pumori.

Day 9 - Gorakshep and Everest Base Camp

Walk to Gorakshep, the last lodge settlement, have lunch, then continue past the Indian Army Mountaineers Memorial to Everest Base Camp (5,364 m) facing the Khumbu Icefall, Nuptse and Lhotse. Return to Gorakshep for the night. Everest itself is not visible from base camp.

Day 10 - Kala Patthar and Pheriche

Start around 3-4 AM for the steep, non-technical climb to Kala Patthar to watch sunrise over Everest, Ama Dablam, Lhotse, Nuptse and Pumori. Return to Gorakshep for a meal, then descend via Lobuche and Dughla to Pheriche.

Day 11 - Back to Namche

Retrace the route through Pangboche, Deboche, Tengboche, Phungi Thanga and Kyanjuma to Namche Bazaar.

Day 12 - Back to Lukla

Descend through Jorsale and Monjo, exit the national park, and continue via Phakding to Lukla. Your porters say goodbye.

Day 13 - Fly to Kathmandu

Morning flight to Kathmandu (or via Manthali if weather requires). Free time in Thamel or the Garden of Dreams; farewell dinner hosted by the company.

Day 14 - Departure

Transfer to Tribhuvan International Airport for your flight home.

Price

Prices are per person in US dollars. The website shows a discounted starting price of US$ 1,175 (regular US$ 1,300) with the group pricing below.

Group size	Price per person
1 person	US$ 1,450
2 - 3 people	US$ 1,300
4 - 6 people	US$ 1,250
7 - 10 people	US$ 1,200
10 - 16 people	US$ 1,175

Note: the page's text description quotes slightly different group and private figures (e.g. private US$ 1,300). Please confirm the final price with the operator when booking.

What's Included

- Airport pick-up and drop-off by private vehicle (4 transfers)
- 2 nights in a 3-star Kathmandu hotel with breakfast (twin sharing)
- Flights Kathmandu - Lukla - Kathmandu
- Government-licensed, English-speaking guide with all his expenses; one porter per two travelers
- 11 nights in tea houses (twin sharing)
- Meals on trek: 12 breakfasts, 11 lunches, 11 dinners, plus snacks and seasonal fruit after dinner
- Sagarmatha National Park and Pasang Lhamu Rural Municipality permits, government taxes and service charge
- Oximeter, first-aid kit carried by the guide, sleeping bag and down jacket (as listed), duffel bag, T-shirt, route map and completion certificate

What's Not Included

- International airfare
- Nepal visa (15 days US$ 30 / 30 days US$ 50 / 90 days US$ 125)
- Travel insurance (mandatory; must cover high-altitude trekking and helicopter evacuation)
- Food and drinks in Kathmandu; Kathmandu sightseeing entrance fees (about US$ 24)
- Personal expenses: hot showers, device charging, Wi-Fi, drinks, laundry, etc.
- Tips for guide and porters (about 10% is customary, not compulsory)

Permits and Regulations

Permit	Foreigners (NPR)
Sagarmatha National Park Entry Permit	3,000
Khumbu Pasang Lhamu Rural Municipality / Local Area Permit	3,000

The operator arranges permits. Trekking with a registered guide has been mandatory in Nepal since April 1, 2023. You must provide your insurance policy details for permits to be processed.

Best Time to Go

- **Spring (March-May):** clear views, blooming rhododendrons, warmer trails.
- **Autumn (mid-Sept-Nov):** stable weather, crisp air, peak season. The operator suggests October and April as the very best months.

- **Avoid** the monsoon (June to early September) and be prepared for cold and snow in winter (Dec-Feb).

Altitude Safety

Altitude sickness (AMS) is the main risk. Early symptoms include headache, dizziness, nausea, loss of appetite, fatigue and poor sleep. Ascend gradually, use the acclimatization days, drink plenty of fluids, eat regularly and tell your guide immediately about any symptoms. If symptoms persist or worsen, descending is the remedy. Guides carry a first-aid kit and an oximeter, and helicopter evacuation can be arranged in an emergency; keep receipts and a doctor's letter for insurance claims. Consult a doctor before the trip, especially if you have heart, lung or kidney conditions.

Practical Information

Topic	Details
Lukla flights	About 30 minutes; weather dependent and may be delayed, cancelled or rerouted via Ramechhap. Luggage limit 15 kg; extra weight is charged. Keep spare buffer days.
Accommodation	Twin-sharing rooms. Lower villages may have attached bathrooms; higher up facilities are basic with shared toilets.
Food and water	Dal bhat, noodles, momos, soups, eggs, pancakes and some Western dishes. Lodges provide boiled water; bring purification tablets and avoid buying bottled water.
Hot showers / charging	Hot showers about US$ 4-5. Charging is free up to Namche and paid beyond.
Wi-Fi / mobile	Paid Wi-Fi about US$ 4-5 per hour, or a prepaid Wi-Fi card. NTC/Ncell SIM or eSIM works best up to Namche; signal varies higher up.
Money	Carry Nepali rupees in small notes. ATMs exist in Lukla and Namche but may be empty; cards are rarely accepted on the trail.
Insurance	Mandatory. Must cover helicopter evacuation up to about 5,700 m, medical treatment, and trip delay or cancellation.

Packing Checklist

Clothing	Hands, feet and gear	Documents and extras
Thermal base layers Moisture-wicking shirts Fleece jacket Insulated down jacket Waterproof/windproof jacket and pants Trekking pants Warm beanie, sun hat, buff	Liner gloves and insulated mittens Broken-in waterproof boots Camp shoes or sandals Wool/synthetic socks (several pairs) Trekking poles Daypack (30-40 L) with rain cover Sleeping bag (about -10 C / 14 F)	Passport and Nepal visa, copies Insurance documents Permits and flight details Cash in small notes Headlamp, power bank, camera Sunglasses, sunscreen, lip balm Personal first-aid kit and medications Water bottles, purification tablets, snacks

Booking and Policies

- Book about two months ahead; a 20% reservation payment secures your date (last-minute bookings require full payment).
- Payment by Visa/Mastercard, bank wire or Western Union.
- Cancellation (per FAQ): 30% fee if notified about 2 months before departure, 50% around 2 weeks before, no refund for late cancellation or no-show. The site also advertises free date changes and cancellation up to 15 days before departure; check the Booking Policy for the final terms.
- Optional extras: extra acclimatization days, private guide/porter, luxury lodges, helicopter flights, Gokyo Lakes extension.

Contact: All Himalayan Treks, Thamel, Kathmandu | WhatsApp / phone: +977-9851401099 | Web: www.allhimalayantreks.com/trips/everest-base-camp-trek

Summary compiled from the operator's website; details, prices and dates may change. Verify with the operator before booking.