

EVEREST BASE CAMP

14 Days Trek



EVEREST BASE CAMP TREK - 14 DAYS

The Everest Base Camp trek is one of the most iconic trekking adventures in the world, offering a chance to walk in the footsteps of legendary mountaineers. This trek takes you through stunning Himalayan landscapes, past traditional Sherpa villages, and offers breathtaking views of snow-capped peaks.

The Everest Base Camp Trek in Nepal is a famous EBC adventure that attracts many trekkers each year. It lasts about 12 to 14 days, starting with a flight to Lukla. The trek, Trekking Group goes through Sherpa villages, lush forests, and high bridges, offering stunning views of Mount Everest and other peaks. The landscape changes from greenery to alpine and glacier-filled terrain as you approach Everest Base Camp.

Highlight :

- Stunning mountain views including Mount Everest, Lhotse, Nuptse, and Ama Dablam.
- The Base Camp itself, it offers a chance to see the mountain up close.
- Passing through the Sherpa villages, who are known for their friendly and welcoming nature.
- Passing through Sagarmatha National Park and Cultural experience.

Outline itinerary:

Day	Trekking Day by day	Altitude	Distance	Time
Day 1	Arrive in Kathmandu	1350m	-	-
Day 2	Flight Kathmandu to Lukla & Trek to Phakding	2660m	145km,10Km	35min,3hrs
Day 3	Trek Phakding to Namche	3440m	11Km	6hrs
Day 4	Acclimatization Day	3880m	-	-
Day 5	Trek Namche to Phortse	3810m	12Km	6hrs
Day 6	Trek Phortse to Dingbouche	4410m	12Km	6hrs
Day 7	Acclimatization Day	5100m	-	-
Day 8	Trek Dinbouche to Lobuche	5030m	11Km	5hrs
Day 9	Trek Lobuche to Gorakshep via EBC	5270m	9Km	6hrs
Day 10	Trek Gorakshep to Pheriche via Kalapathar	4360m	19Km	7hrs
Day 11	Trek Pheriche to Namche	3440m	21Km	9hrs
Day 12	Trek Namche to Lukla	2860m	19Km	8hrs
Day 13	Flight Lukla to Kathmandu	1350m	145Km	35min
Day 14	Final Departure	-		

Details Brief Itinerary:

DAY1 :ARRIVE IN KATHMANDU

Upon your arrival in Kathmandu, our local team warmly welcomes you at the airport. You will then be escorted to the hotel, where you can enjoy some well-deserved relaxation. The itinerary includes a briefing about the trek's progress and presentation, followed by leisure time. If you arrive in the morning, you'll have the entire day at your disposal. This can be used for rest or for those interested, to explore the surroundings freely. It's an ideal chance to deeply experience Nepalese culture and indulge in the local culinary delights.

- Transfer to hotel
- Final altitude: approximately 1350 m
- Meals: Dinner
- Accommodation: night in the hotel

DAY 2:KATHMANDU - FLIGHT TO LUKLA (2850 M) - PHAKDING (2660 M) OR MONJO (2835 M)

Either a morning transfer to Kathmandu airport or a very early departure (around 1 a.m.) for Ramechhap airport and breakfast organized on your arrival before your flight to Lukla. This visual flight, which can only be carried out in good weather conditions, offers a magnificent panorama of the Himalayas. On arrival in Lukla, the organization of loads with porters and sherpas then the start of the trek.

NB:

- Depending on the congestion at Kathmandu airport, the Nepalese Civil Aviation Authority (CAAN) may decide to operate all flights to Lukla either from Kathmandu airport or from Ramechhap Manthali airport.
- If the flight is canceled for weather reasons, it will be postponed until the next day. You will spend an additional day at the hotel in Kathmandu or Ramechhap.
- Positive altitude difference: 200 to 350 m.
- Negative altitude difference: 400 m.
- 4 to 5 hours of walking.

- Accommodation: lodge.
- Meals included: Breakfast- Lunch - Dinner
- Transfer: 4 to 5 hours drive and 15 minutes flight (from Ramechhap) or 30 minutes drive and 45 minutes flight (from Kathmandu).

DAY 3: PHAKDING OR MONJO - NAMCHE BAZAR (3440 M)

Right bank, left bank of the Dudh Kosi (the "river of milk"), the path cut into the rock and lined with crops rises abruptly to Namche Bazar. The capital of the Sherpa country is the heart of the Khumbu region and is home to many small shops, Tibetan souvenirs, etc.

- Positive altitude difference: 850 to 1050 m.
- Negative elevation: 150 to 300 m.
- 5 to 6 hours of walking.
- Accommodation: lodge.
- Meals included: Breakfast- Lunch- Dinner

DAY 4: NAMCHE BAZAR - EVEREST VIEW POINT (3860 M) - NAMCHE BAZAR

Day of acclimatization and discovery of the villages overlooking the capital of the Sherpa country. Climb through a small forest towards Syangboche. On the heights, the first discovery of Ama Dablam, Everest, Lhotse, and all of upper Khumbu. Passage to Khumjung and Khunde. Possibility to visit Khumjung Hillary High School and Khunde Hospital: both establishments were built on the initiative of Sir Edmund Hillary. NB: the possibility of a quieter day if you wish.

- Positive altitude difference: 700 m.
- Negative altitude difference: 700 m.
- 5 to 6 hours of walking.
- Accommodation: lodge.
- Meals included: Breakfast

DAY 5: TREKKING FORM NAMCHE TO PHORTSE (3810 M)

Leaving Namche, the path climbs above the houses to reach the ridge line. Passage of a small pass, then descent to the village of Khumjung. Superb view of the prince of the place, Ama Dablam. Continue to Phortse.

- Positive altitude difference: 860 m.
- Negative altitude difference: 580 m.
- 6h30 walk.
- Accommodation: lodge.
- Meals included: Breakfast - Lunch- Dinner

DAY 6: TREKKING FORM PHORTSE - DINGBOCHE (4400 M)

A long stage that familiarizes your body with altitude. The route offers an almost permanent view of Ama Dablam but also Thamserku while climbing regularly. We pass Pangboche, which until the arrival of tourism was one of the last permanently inhabited high-altitude villages. Many Pangboche villagers have gone on expeditions to the highest peaks and Everest. Porters, then high-altitude sherpas, and finally guides for those who have made their dreams come true. The village has also paid a heavy price to the mountain. You enter the heart of upper Khumbu, and the landscape becomes more mineral. Dingboche (4400m) marks the intersection of the Chukhung and Everest valleys.

- Positive altitude difference: 900 m.
- Negative height difference: 250 m.

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- 7 to 8 hours of walking.
 - Accommodation: lodge.
 - Meals included: Breakfast

DAY 7: DINGBOCHE - CHHUKHUNG (4730M) - DINGBOCHE (4400M)

A short day dedicated to acclimatization where the main thing is to control your speed and enjoy the spectacle around you. Between Ama Dablam (6856m), the south face of Lhotse (8516m) and Baruntse (7129m), the landscapes are grandiose before reaching Chhukhung (4730m), the last village before the Island Peak base camp. Then we go back down to Dingboche.

NB: As the flight from Kathmandu to Lukla is subject to weather hazards, a delay in the rotation day is possible. This day can be used as a reserve day.

- Positive altitude difference: 350 m.
- Negative altitude difference: 350 m.
- 4 to 5 hours of walking.
- Accommodation: lodge.
- Meals included: Breakfast

DAY 8: TREKKING FROM DINGBOCHE - LOBUCHE (4930 M)

A high mountain pasture climbs gently up to the Thukla ridge, at the foot of Lobuche Peak. A final steep climb takes you to Lobuche. Before you, Nuptse, Pumori, and Langtren raise their sparkling peaks.

- Positive altitude difference: 530 m. 6 hours of walking.
- Accommodation: lodge.
- Meals included: Breakfast - Lunch - Dinner

DAY 9: TREKKING FROM LOBUCHE - EVEREST BASE CAMP - GORAKSHEP (5160 M)

Always along the moraines of the Khumbu glacier, a chaotic path brings us to the real base camp of Everest. We are at the foot of the famous "Ice Fall" which climbers take to reach the coveted summit...maybe we will have the chance to see some of them...Falls of seracs, the grandeur of the peaks that surround this legendary place. there is a great atmosphere in these fantastic landscapes. Then return by the path that descends to Gorakshep (5,160 m)

- Positive altitude difference: 550 m.
- Negative altitude difference: 150 m.
- 7 hours of walking.
- Accommodation: lodge.
- Meals included: Breakfast- Lunch- Dinner

DAY 10: TREKKING FROM GORAKSHEP - KALA PATTAR (5545 M) - PHERICHEP (4400M)

We climb the slopes of Kala Pattar as the sun rises over the summit pyramid of Everest. The Belvedere is a shoulder at 5543 m, located at the bottom of the southern spur of Pumori. From this unique point of view in the heart of Khumbu, we share a moment of quietude, and magic, facing the giants of the earth. The lights reveal the tapered ridges, the lace of ice and gigantic vertiginous slopes of snow which gradually change from orange-red to sparkling white. The spirit filled with these wonders, we approach our journey back. We retrace our steps to Thokla and branch off towards Dingboche. The descent is tasty, a hot drink in Gorak Shep, a break in the sun in the mountain pastures of Lobuche, our eyes fixed on the North faces of Ama Dablam, Taboche, and from Thamserku.

- Positive elevation: 70 m.

- Negative altitude difference: 1130 m.
- 6 hours of walking.
- Accommodation: lodge
- Meals included: Breakfast- Lunch-Dinner

DAY 11: TREKKING FROM PHERICHEP TO NAMCHE BAZAR (3400 M)

We lose altitude and find more populated lands. The descent takes place on the sunny side of the valley, facing Ama Dablam and the duo Thamserku and Kantega. Mani and chortens again punctuate the path. We cross two important villages, Pheriche and Panboche. In the latter, nestled in the middle of pines and junipers, a monastery shelters a curiosity: the scalp of a yeti... We continue our descent towards the bottom of the valley, carpeted with pines and rhododendrons, a haven of a small Himalayan ungulate, the musk deer, before going up to the monastery of Tengboche. Founded in 1919, it is perched on a spur, a perfect belvedere over Ama Dablam and the great wall of Nuptse and Lhotse. Rapid descent in a beautiful forest. Crossing a footbridge at Phunki, before a slow ascent then a balcony path leading to Namche Bazar

- Positive altitude difference: 300 m.
- Negative altitude difference: 1200 m.
- 5h30 walk.
- Accommodation: lodge.
- Meals included: Breakfast

DAY 12: TREKKING FROM NAMCHE TO LUKLA (2800M)

We soon taste the gentle warmth of the lower valleys as we descend the wooded gorges of the Dudh Khosi before going back up to Lukla where we thank the team of porters. We spend our last evening in the heart of Khumbu.

- Positive altitude difference: 750 m.
- Negative altitude difference: 350 m.
- 5 hours of walking.
- Accommodation: lodge.
- Meals included: Breakfast- Lunch- Dinner

DAY 13: KATHMANDU

Today you leave with your guide to discover the Kathmandu valley. In Pashupatinath, you discover the most important Hindu temple in Nepal. Built on the banks of the Bagmati, the most sacred of Nepal's rivers, Pashupinath and its ghats are a great place of cremation. You leave the mystical atmosphere of this Hindu city for Bodnath, one of the main Buddhist shrines in the Kathmandu region and one of the largest stupas in the world. Finally, you discover either the ancient royal city of Bhaktapur or Patan, its Durbar Square and its wooden temples in the shape of pagodas.

DAY 14: FINAL DEPARTURE TO INTERNATIONAL AIRPORT

Free time depending on the departure time of your flight and our representative will drop you at the airport, ending your journey in Nepal. We hope to be of service to you again. Thank you and safe travels

- **Meals:** Breakfast

Included & Excluded:

Included Service :

- **AIRPORT PICK-UP & DROP** :Airport - Hotel transfer – Airport (Pick Up and Drop).
- **ACCOMMODATION IN KATHMANDU AND POKHARA** : 3 nights hotel (3-star category) in Kathmandu – Sharing twin Bedroom on BB Plan
- **WELCOME DINNER** :Welcome dinner in Kathmandu at a Nepali restaurant with cultural dance
- **PERMITS ALL NECESSARY PAPER WORKS** : Sagarmatha National Park permit, TIMS Card & Municipality Entry Fee
- **STAFF INSURANCE** : Insurance for all involved Nepalese staff during the trek.
- **LAND TRANSPORTATION** :Land Transportation Kathmandu-Ramechha-Kathmandu(by sharing in Jeep/Hiece),Flight Ramechhap-Lukla-Ramechhap as per itinerary.
- **MEMBER LUGGAGE** :Up to 15 Kg per member for personal baggage during the trek carried by porters.
- **FOODS & LODGING** :Food 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek.
- **TREKKING GUIDE** :Local government-licensed Guide (English speaking) during the trek
- **PORTER** :Porters (2 trekkers: 1 porter) during the trek.
- **STAFF SALARY & ALLOWANCE** :All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.

COMPLIMENTARY SERVICES FROM ALPINIST CLUB :

- Alpinist Club -25 degree sleeping bag during the trip
- oximeter to monitor your oxygen saturation and heart rate
- Alpinist Club water bottles with purification tablets
- First aid kit box
- Seasonal fruits for dessert
- Alpinist Club Duffle Bag for the Trek
- Alpinist Club Trekking T-Shirt or Cap

Excluded Service:

- **INTERNATIONAL AIRFARE** :International flight airfare (from and to Kathmandu).
- **NEPAL VISA FEES** :Nepal Visa fee is US\$ 40 per person for 30 days (to be applied for 60 days (USD\$ 100).
- **LUNCH & DINNER** :Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking than the scheduled itinerary).
- **EXTRA NIGHTS IN KATHMANDU** :Extra nights' accommodation in Kathmandu.In case of early arrival or extra nights' accommodation in Kathmandu.In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- **INSURANCE** : Travel and high altitude insurance, accident, medical & emergency evacuation.
- **PERSONAL EXPENSES** :Telephone calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beer, and any alcoholic beverages.
- **PERSONAL EQUIPMENT** : Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears, etc.
- **TOILETRIES** :Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **FILMING** : Special Filming, Camera, and Drone permit fee.
- **INTERNET SERVICE** :Internet facilities during the trek are not included.
- **TIPS** :Tipping is a culture in Nepal and is expected by your staff (guides, porters, drivers)
- **EXTRA** : Any other services or activities not mentioned in the itinerary. Any other item not listed in the "Cost Includes" section.

TRIP SUMMARY

Max. Elevation: 5,364m & 5,600m

Best Season: Spring- Autumn

Duration: 14 Days

Trip Grading: Easy

Activity: Trekking

Transport: Sharing Jeep/Hiece & Flight

Accommodation: Hotel-lodge-Tea house

Meals: Breakfast - lunch- Dinner

Trip Month: March-May & Sep-Dec

Group Cost :

No of Person	Price per Person
02 Pax	US\$ 1,375
04 Pax	US\$ 1,280
06 Pax	US\$ 1,195
08 Pax	US\$ 1,165
10 Pax	US\$ 1,115
12 Pax	US\$ 1,095
14 Pax	US\$ 1,075

Equipment Check List for Everest Base Camp Trek

Booked a trek to Nepal and unsure about what to pack? Here's a handy checklist to guide you! You can adjust it to fit your needs. If you're missing items or short on time, don't worry—most gear is readily available in Kathmandu, with great quality, either locally made or imported. Keep your luggage light for a smoother journey, as porters can carry a maximum of 25 kg for two people.

Check out the equipment checklist below!

General

Duffel or Rucksack bag: (Agency will supply complimentary water and windproof duffel/kit bag, but one extra big duffel bag/suitcase is necessary for non-trek items left at the hotel in Kathmandu)

Day pack: (Approximately 20-30 Liter)

Down Jacket: (Your own Down Jacket is strongly recommended)

4 seasons' Sleeping bag: (Your own sleeping bag strongly is recommended, but Agency also supply complimentary sleeping bags which need to be returned at the completion of the trek for the renting).

Trip Photos:

