



Everest Base Camp Trek 14 Days

Everest base camp trek is one of the best trekking experiences that you can get in your entire life. EBC trek is the best hike in the whole world. On this trek, you can get a magnificent view of the entire mountain range of Nepal along with the highest Mount Everest. This trek will take you through valleys full of forests and precipitous ridgelines. During this trek, you can see small villages under the high glaciers. The most beautiful part of the Everest base camp trek cost is that you will get to view the fantastic panoramas of Khumbu village. Khumbu Valley is the ancient society of Nepal and is an amazing combination of unequal natural grandeur with rare beauty. Above the Himalayas will help you to make your journey to Everest base camp very memorable.

Everest base camp is the most preferred trekking destination for people visiting Nepal. You can experience the natural beauty and cultural beauty together. The trek to Everest base camp starts with enjoying the terrific flight from Kathmandu to [Lukla airport](#). From there you will start your real trekking. During the trek to Everest base camp, you will get to meet all kinds of people and talk to them about their culture. This trek also includes additional adventures as there are many small and big mountains on the route and you can also trek to these mountains.

Gathering with the people and participating in the adventures ahead with your fellow team. This trek will dive you into the wilds of the Himalayas crossing the prayers flag on the suspension bridge. You will have to climb up the sharp viewpoints which lie in the middle of the mountains.

[When is the best time of the year to go on the trek to Everest base camp?](#)

The most popular time of the year for doing all adventurous activities is during the spring season. The Spring season in Nepal falls from February to May. This is the perfect time to trek to EBC because the weather during this season is best with a comfortable temperature. The daylight and clear sky will help you to enjoy your trek with blooming rhododendron and wildflowers throughout the route. For the people who want to see the Himalayas in their best condition then the spring season is for those people.

Another [best time for trekking](#) to the Everest base camp is between September and November. This time is the period of post-monsoon, so there might be occasional rainfall. But apart from that the surroundings and the views of the mountains are still the best at this time. After the rainfall, the grassland and the mountains look very refreshing.

Summer and Monsoon fall at the same time in Nepal. So, people trekking to EBC during summer is very low due to monsoon rainfall. If you are a peace lover then this might be the best time for you as the crowd during this time is very low.

Another season in Nepal for EBC trek is the Winter season. As winter is the coldest time of the year people do not prefer to EBC trek during winter. Although it is the time when you can enjoy the Himalayas in their real condition. The views of the Himalayas wearing the white attire of snow are just amazing. This time is best for the loner people who want to avoid the crowd.



Trip Highlights

- Get the best view of Mount Everest, Mount Changtse and Nuptse, Mt Pumori, Mt Lhotse, and [Mount Ama Dablam](#).
- Enjoy walking in the home of brave Sherpa people with their Tibetan influence culture.
- The Khumbu Region has the most stunning mountain views in the world.
- Trekking in the Sagarmatha National Park which is listed in the UNESCO World Heritage Site
- Visit Kala Patthar for the breathtaking view of the majestic Mount Everest and surrounding mountains.
- Khumbu Region has many century-old beautiful Buddhist monasteries
- Enjoy the biodiversity of the spot and the greenery and the fauna.
- Visit one of the active monasteries in the Tengboche Monastery of the Khumbu region.



Itinerary of Everest base camp trek – 14 Days

Day 01 - Greetings at Kathmandu Airport, Transfer to hotel.

We will meet you at **Kathmandu** Tribhuvan International Airport, and you will be transferred to the hotel. When you will have time to freshen up we have a short meeting to start the EBC trek from tomorrow. Introduce your guide and check your trek equipment and other details. If you arrive at night, the guide will meet you the next day early morning.

Day 02: - Drive from Kathmandu to Ramechhap and Take a flight to Lukla 15minute flight, Distance 136.17km, and trekking to Phakding (2652m/8701ft) : walking distance 2-3 hours, 200 meters descent and 50 meters ascent - 8km

Today early morning we will drive to Ramechhap from Kathmandu which is a 4-hour drive (Airlines take flights from Ramechha in the high season time from Oct 01 till Dec and March to May) Today from Ramechhap Manthali Airport, we take a flight to Lukla Airport on a domestic plane On arrival at the small airport of Lukla you will meet our local porter, he will check your baggage and be ready for hiking.

You can enjoy the first view of the mountain village and get a hot breakfast at the local lodge—the trail contours along the side of the Dudh Koshi valley before descending the first part of Phakding.

Enjoy today's first mountain view on your EBC trekking with Mount Kusum Kangaru and Kwongde ranges. It is about a 3-hour easy walk to Phakding. stay overnight at the local lodge.

Day 03: - Phakding trekking to Namche Bazaar (3440m in height) Walking hours 6

Today after breakfast starts our Everest base camp trek. On our starting journey, The trail crosses the river on a long, swaying bridge, then leads you along the river to Banker 2700m in height. A short distance beyond Banker the trail crosses Dudh Koshi to its east bank on a suspension bridge. From here it is a short climb up to Monjo at 2800m in height.

This is also an alternate place o stop where there is a number of lodges to sleep and for a lunch break. Show your Everest park permit and entrance ticket at the Sagarmatha park station. Our Everest base camp trek first goes down to cross the same River.

On the other side, it's a short distance from Jorsalle. From here the EBC trek trail enters the east part of the river before we take climbing into another suspension bridge in Dudh Koshi. before reaching Namche bazaar the real climbing starts from here. As it is the first up climbing to the

altitude so you may feel an AMs so take it easy and walk slowly. The trail goes with the view of a glimpse of Kusum Kanguru (6369m) Thamserku (6608m), Everest (8848m), and Nuptse (7879 m).

A steep 2 hours climb takes us to the beautiful village of Namche Bazaar (3440m). Get spectacular views from here. This is quite a big village and has more facilities compared to other towns on our trek.

Day 04: - Acclimatization day in Namche



Today we have a rest and an easy day in this beautiful town. To acclimatize your body well in the high altitude we suggest a hike in a higher place and sleeping at a low. Today we are hiking up to the Everest view hotel which gets you splendid views of Everest, Ama Dablam, Thamserku, Nuptse, Lhotse, Tawche, Kwangde, and so on.

You can also visit the beautiful Sherpa village Khumjung Mount Amadablam view is more beautiful from here. After our short day hiking trip, We return back to Namche for our overnight stay.

Day 05: - Namche Bazaar trek to Tengboche (3867m/12687ft): about 5 hour trek



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If you are an experienced trekker and wanted to walk more hours then the slightly longer route from Namche Bazaar to Tengboche is via Khumjung and Khunde. This is more interesting than the direct one. The route starts by climbing up to the Syanboche. We mostly follow the normal route.

today we will trek to the famous Tengboche Monastery of the Everest region. We will walk across the stone steps to reach the Mongla Pass, 3975 m. On the way, we will get the most realistic views of Mt. Ama Dablam. before we descend to the Dudh Koshi at the 3250m where there are a few small lodges and a series of picturesque water-driven prayer wheels.

A steep ascent brings you to the Tengboche at 3870m. The famous Gompa is the best place for photography with its backdrop of Ama Dablam, Everest, and other peaks. there are few guesthouses here for an overnight stay or we can continue down o Pangboche also. if you are traveling for your EBC trek during the November and December full moon the colorful Mani Rimbdy festival is held here with much singing and dancing from the local villagers.

Day 06: - Tengboche trekking to Dingboche (4360m/14304ft) : trek hours 5 and distance about 12 km.



After getting a spectacular view of mountains and monasteries in the morning. We continue trekking through the lush alpine forest bypassing several small villages on our route. from here



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you will feel the altitude and we suggest you walk more slowly. the trail drops down to Deboche cross the Imja Khola and climbs past superb mani stones to Pangboche at 3860m. the gompa here is worth visiting and a village is a good place for a lunch stop.

The train then climbs to Dingboche. You will have the best mountain view of Amadablam, Mt Tawache makes us happy, the other mountains we see today are North Pokalde (5741m), Kongma-Tse (5820m), the Nuptse. this is the last Sherpa village of Khumjung and the resting place also to start the Island peak climbing and make day hiking excursions.

Day 07: - Rest day in Dingboche for the acclimatization (4360m/14304ft)

Today is our second acclimatization day in the 4000 m height. Another rest day should spend at Lobuche and a solid day walk to a higher altitude is better than just resetting at your guest house. There are several hiking spots nearby Dingboche.

The hike to Nangkartshang Gompa on the ridge north of Dingboche. Excellent view of Makalu (8463 m) from here. Some trekkers try to trek to Chhukung (4,730m) also which is about 4/5 hours of walking. To the north of Dingboche, there are spectacular views of Lhotse's massive South Face.

Day 08: - Dingboche Trekking to Lobuche (4940m height t) : walking distance 4-5 hours and distance is about 9 km

Today we are walking a downhill path to the Village of Pheriche It joins the trail below Thungla with beautiful views of Cholatse.

The Everest base camp trek trail goes directly up the terminal moraine of the Khumbu Glacier for about an hour then let into a monorail area known as Chhukpilhara, before reaching the summer village of Lobuche. the altitude is cold here and the crowding combines to ensure less than restful nights.

Like yesterday today we will have a more close view of Mt Tawache, Amadablae, and the north Pokalde and Kongma tse. The path follows a pleasant, grassy valley. A windswept collection of huts tucked in a narrow meadow between the glacier and the Lobuche peak.

Day 09: - Lobuche to Gorakshep (510m/16962ft), trekking to Everest Base camp (5364m/17598ft) back to Gorak shep (5170m/16962ft) : walking distance 7-8 hours, 450 meters ascent and 200 meters descent - 11.4 km

Today's walk is slow and goes easily to Gorakshep have a rest and lunch after the exciting journey takes you to the Everest base camp in the afternoon. We will see the view of the Khumbu glacier after passing the mountain walls.

The trail is windy but the best mountain view of Pumori and Nuptse gives you more relaxation. We will check in at our guest's house and enjoy your lunch here distance between both ways is

about 7 km long. a memorable time in life is here, et the best pictures enjoy the base camp cold and trek back to Gorakshep for the overnight stay.



You will visit the Everest base camp and make lifetime photography. you can see some tents over the base camp in Camp 1 which are set up for climbers, especially from March to May time. you can't see the view from the base camp people go here for photos and you have a great feeling you are in the base camp of the world's highest mountain of Mount Everest.

Day 10: - Gorak Shep trekking Kala Patthar (5545m/18192ft) and back to Pheriche (4280m/14042ft) : walking distance 6-7 hours 200 meters ascent and 1090 meters descent - 13.5 km

Our Everest base camp trek journey starts Today very early morning we will begin walking to Kalapattar is worth seeing the impressive view of Mount Everest, glaciers, lakes, and its



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surroundings. trekkers feel the best moment of their life after seeing the stunning sunrise and mountain view.

The mesmerizing beauty of the Khumbu region gives amazing memories and pleasure forever. Most of the trekkers hike to Kala Patthar and EBC trek lets discover the Kala Patthar view of Mount Everest early in the morning around 4:30 am to see the sunrise view.

Morning hiking is chilly and cold. After spending some time on top of Kalapatthar then the sun starts to beat the mountain areas and goes warm slowly. There are a few trekkers also hiking in the daytime for the sunset view.

This famous landmark Kalapatthar is situated on the south ridge of Mount Pumori. It takes longer to go to the black rock but you will be back quickly. The Gorak shep to Kalapatthar trek distance is about 2 to 3 hours.

The elevation of Kalapatthar is 5550 meters / 18208 feet above sea level. Kalapatthar is the highest point of classic Mount Everest base camp hiking trips to Nepal and the Himalayas. Cross Gorakshep to Kala Pattar distance by walking to see sunrise and sunset over Mount Everest then descend to Gorak Shep and Pherichei for your sleeping stop tonight.

Day 11: - Pheriche Trekking back to Namche Bazaar via Pangboche and Tengboche (386 : walking distance 7-8 hours and total distance 22 km

Today we retrace the step down to Namche Bazaar via Tengboche. The EBC trekking trail is mostly downhill and it is faster work than you went up. walking down the steep trail can hurt your knees and the trail is busy and dusty also. Today's hiking is long but as we are trekking to the lower altitude so you are feeling more oxygen in the air and warmer.

You can again visit the Tengboche monastery which looks amazing in the middle of the Himalayas. the down trail to Phungi thanga is steep between the small jungle. We will stop here for our lunch break today and continue another steep climb before meeting the flat and easy trail to Namche Bazaar.

Day 12: - Namche Bazaar trekking back to Lukla (2850m/9350ft) : walking distance 7 hours, 950 meters descent and 250 meters ascent- 19.3 km

Today is our last day of EBC trekking and lost long day as we will cover our 2 days hiking of the starting. So we will have an early breakfast and start descending to the Jhorsally which is s hard and steep. You will see lots of trekking coming up and going down lining the trekking trail.

you will pass many donkeys and Jokpeys make the trail more dust. There are lots of Rhododendron trees and pine forests along the trail and you will pass the waterfalls with lofty hills and lush trees. We will stop on the first night to spend village Phakding for the lunch break. when you will see the down part from the trail the beautiful village scenery is amazing.



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We also passing smalls Sherpa village before arriving in Lukla. check in to the local guest house, have a shower, and enjoy your time with other trekkers with your success story. Lukla is a small town with good hotels coffee shops and bars. You can also go to check some local handicraft products and try to have a mountain coffee here.

Day 13: - Flight from Lukla to Ramechhap Airport and drive to kathmandu, and drop off to your hotel.

Today is the final day back to Kathmandu from your Everest base camp trek. The airport is just a five minutes walk from your guest house. There are numerous flights to Ramechhap, Manthali. you can see the plane is coming and going without making noise.

There are also many helicopters landing and taking off. after a short flight to reach Manthali, you will drive to Kathmandu about a 4-hour drive and your guide will drop you off at your hotel and say a final goodbye. if you have more time in Nepal don't forget to ask us to arrange your rest of the time.

Day 14: - Final Departure, We will take you to Airport.

Our Everest base camp trek is ended officially and sadly we will say you good-by. we really hope you will return your hope with good memory and a happy face. We will take you to the airport and wish you a safe journey.

Cost Includes

- Kathmandu Airport to Hotel and back to Airport transfers by tourist coach.
- 2-night hotel in Kathmandu including breakfast
- Transfer to Airport and hotel for Lukla flight by private vehicle.
- Trekking guide who certified and licensed from Government and got training on high altitude sickness, first aid.
- Local trekking porter from Lukla
- Trekking staff, food, accommodation, salary, equipment, insurance, clothing.
- Kathmandu to Lukla and back Kathmandu flight ticket.
- Local Tea house also called guest house/ lodges twin sharing during your journey.
- Your daily meal (breakfast, lunch, and dinner). you can choose your meals from the menu, there are different types of food available.
- Sagarmatha National Park Everest trekking permit
- Local permit fees for Khumbu Gaunpalika
- The guide will carry basic medical supply first aid kit.
- **Above the Himalaya** duffel bag. (If you need, please let us know before you book the trip and remind us before you arrive in Kathmandu so that easy for us to prepare.)
- All the trip information and details for the trek.
- 1 farewell dinner in Kathmandu
- Government taxes and service charges.
- Trekking Complete certificate of Above the Himalaya



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Cost Excludes

- Lunch and dinner in Kathmandu.
- Nepal entry visa fee, you can get a Nepal visa upon arrival at the Airport.
- International Airfare
- Alcoholic, hot (tea and coffee) and cold drinks, hot water, hot and cold showers.
- Personal expenses such as laundry, telephone calls, sweets, snacks, beverages and bar bills, and camera battery charging.
- Travel Insurance (Essential – Should include emergency evacuation coverage while trekking up to 5500+ meters).
- Personal trekking gears
- Gratitude to trekking staff.
- Any other expenses which are not mentioned in the Price Includes section.

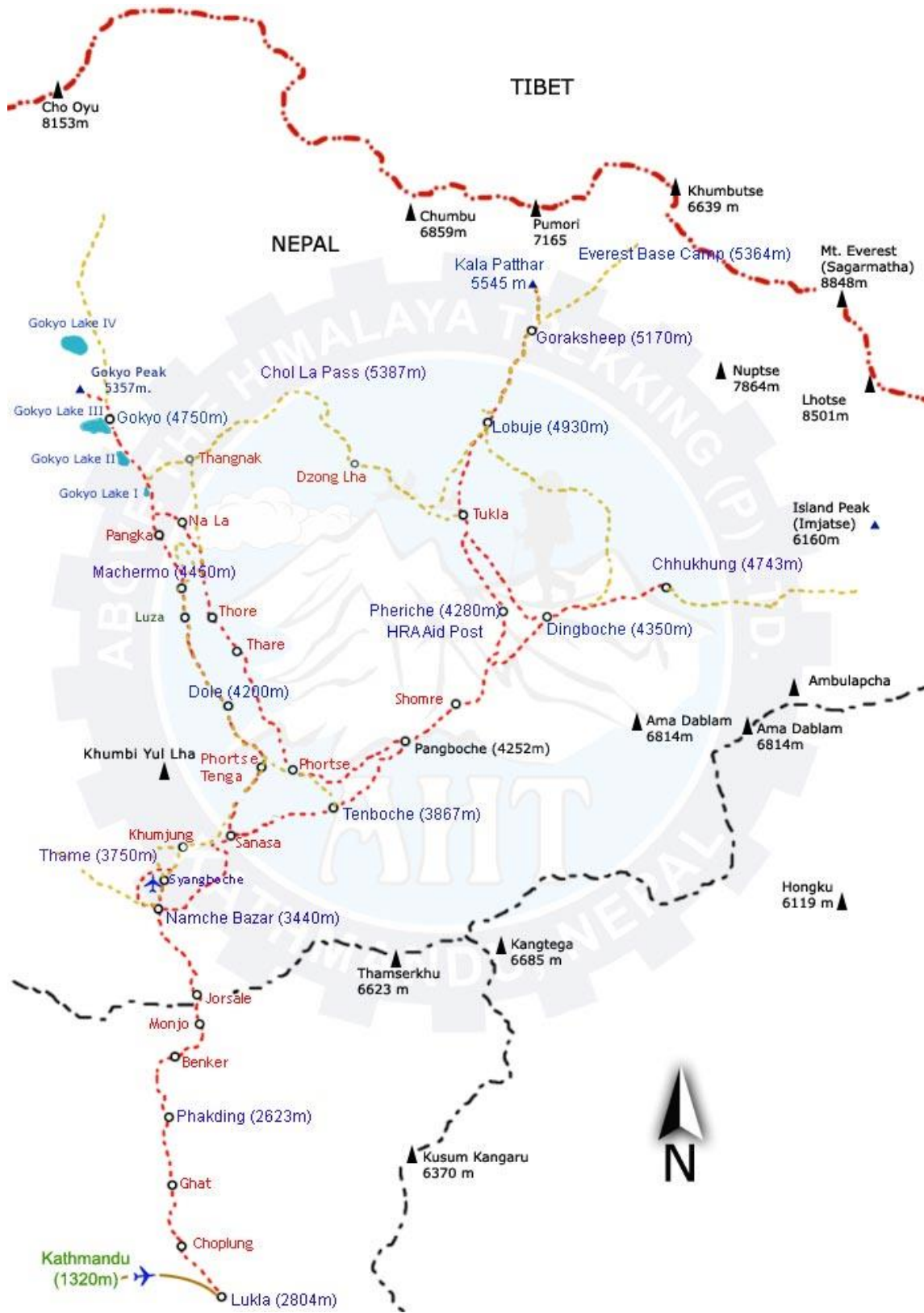
Route Map



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Equipment List

1. Fleece jacket or pullover
2. Fleece Wind-Stopper jacket (optional)
3. Waterproof (preferably breathable fabric) shell jacket
4. Down vest and jacket (optional)
5. Lightweight gloves
6. Sun hat or scarf
7. Light balaclava or warm fleece hat
8. Sunglasses with UV protection
9. T-shirts (2)
10. Underwear (4)
11. Hiking shorts (2)
12. Lightweight cotton long pants
13. Light and expedition weight thermal bottoms
14. Fleece or wool pants
15. Waterproof (preferably breathable fabric) shell pants
16. Thin, lightweight inner socks (4)
17. Thick, warm wool hiking socks (4)
18. Hiking boots with spare laces
19. Camp shoes (sneakers and sandals)
20. Toiletries
21. Sleeping bag
22. Sleeping bag liner
23. Daypack (to carry your personal things)
24. Backpack or Duffel Bag (porter will carry)
25. Trekking boot
26. Socks
27. Camp shoes/sandals/flip-flops
28. Fleece jacket
29. Down jacket/Gore-Tex
30. Rain Jacket/ Wind Shell
31. Thermal shirts/underwear
32. Nightwear thermals
33. Fleece/sweatpants
34. Day-wear T-shirts/Shirts
35. Trekking pants
36. Wind pants
37. Underwear
38. Neck gaiter
39. Trekking poles
40. Sunglasses
41. Mittens/gloves
42. Water bottle
43. Torch / Flashlight
44. Towel
45. Sunscreen and lip balm with sunscreen
46. Moisturizer
47. Sun hat/woolen hat
48. First aid kit
49. Water purification



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Booking Information

To confirm the trip, we need 25% booking amount.

For Manuel boking we need your passport copy and trip details which trip you want to book and if needed any extra services after the trip.

Payments can send to our following banking account.

Account Name: Above The Himalaya Trekking (p) Ltd

US Dollar Account No: 01601010003592

Paying Bank: Nepal Investment Mega Bank Ltd

Thamel Branch, Kathmandu, Nepal

SWIFT CODE: NIBLNPKT

Bank service charges should be paid by the clients themselves at the time of deposit.

Also, the client can make a payment by credit card. For the payment by credit card, we accept Master Card, Visa card and American Express. A 4% extra will be paid by the clients themselves as a card processing fee.

Similarly, you can pay by Western Union Money Transfer or via Money Gram also. For this you can use name: Purushotam Timalena

You can book online via website and pay online also

<https://abovethehimalaya.com/payment>

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