Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Everest Base Camp Trek

Duration: 16 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu and stay in Hotel.

- Time : Whole Day
- Max Altitude : 1,400 m

Accommodation: 3 star Hotel

Meal: BB

- Upon your arrival in Kathmandu (Altitude: 1,400m), our office representative will greet you at the airport and drive you to the hotel (approximately 45 minutes).
- We will conduct a brief orientation about your trekking trip, covering important details such as accommodation, inclusions, exclusions, and more.
- In the evening, you can explore nearby trekking gear shops to pick up any necessary equipment or supplies you may have forgotten to bring.
- You'll spend the night at the hotel in Kathmandu

Day 2 Kathmandu to Lukla and trek to Phakding

- Time : 6 hrs
- Max Altitude : 2,860 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- We'll drive to the domestic airport early in the morning (about 30 minutes) for a 35-minute flight to Lukla (Altitude: 2,860m), followed by breakfast at a teahouse.
- After breakfast, we'll trek to Phakding (Altitude: 2,610m), located by the riverside. The trail crosses the Dudhkoshi River and passes through Pine and Hemlock forests, leading to our overnight camp (approximately 5-6 hours).

Day 3 Trek from Phakding to Namche

- Time : 5 - 6 hrs
- Max Altitude : 3,440 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- In the morning, we'll have breakfast before starting our trek to Namche (Altitude: 3,440m). The trail features a suspension bridge crossing the Dudh Koshi River and winds through Pine and Rhododendron forests (approximately 5-6 hours).
- **Interesting Fact:** The Rhododendron is the national flower of Nepal.
- Along the way, we'll pass through Sherpa villages like Monjo and Jorsale, gaining insight into the local lifestyle.
- We'll spend the night at a teahouse or lodge in Namche.

Day 4 Acclimatization Day, Explore around Namche

- Time : Whole Day
- Max Altitude : 3,440 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- Day 4 will be an acclimatization day at Namche Bazaar (Altitude: 3,440m) to help your body adjust to the high altitude and prevent altitude sickness during the trek.
- We'll explore the area and visit the Sherpa Museum and the Tenzing Norgay statue, where you can learn about Sherpa culture, traditions, religion, and famous Sherpa climbers.
- Other main attractions include the Healing Center, Namche Library, and Namche Monastery.
- We'll spend another night at a teahouse or lodge in Namche.

Day 5 Trek from Namche to Tengboche

- Time : 5 - 6 hrs
- Max Altitude : 3,863 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- In the Morning, after having breakfast the trail leads you towards Tengboche (Alt. 3863m) getting to see the panoramic view of mountains, mane wall, and WOW view of Mount Ama Dablam (Ht. 6812m) which is one of the most beautiful mountains in the Everest region.

- We’ll then visit and explore the Tibetan Buddhist Monastery for the Sherpa Community of the Khumbu region, the largest Monastery in the Everest region.
- We’ll hike up to the trail slowly between Mt. Ama Dabla, Mt. Lhotse Nuptse, and the other highest mountains.
- Overnight at Teahouse/Lodge at Tengboche after approx. 5/6hrs of Trek.

Day 6 Trek from Tengboche to Dingboche

- Time : 5 - 6 hrs
- Max Altitude : 4,360 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- After breakfast in the morning, we’ll start our trek to Dingboche (Alt. 4360m) with a wilderness trail. Dingboche is a high-altitude Sherpa Village in the Khumbu area. We’ll get to see many Chortens, Mani Walls, and Sherpa Village with stunning and spectacular views of Mt. Ama Dablam and other mountains.
- On the way, we’ll see a farming field surrounded by stone to protect from yak and other animals found in this area. Mainly People grow Barley, Buckwheat, and potatoes in this area.
- Overnight at Teahouse/Lodge at Dingboche after approx. 5/6hrs of Trek.

Day 7 Acclimatization day Explore around Dingboche

- Time : Whole Day
- Max Altitude : 4,430 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- Today is an acclimatization day, allowing your body to adjust to the higher altitude.
- We'll spend the day exploring the area to prepare for trekking at an altitude of around 5,000 meters the next day.

Day 8 Trek from Dingboche to Lobuche

- Time : 5 - 6 hrs
- Max Altitude : 4,931 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- In the morning, we’ll trek to Lobuche (Altitude: 4,931m) following the Khumbu drainage, with the trail leading to the vast Khumbu Glacier.

- As we cross Thukla Pass (Altitude: 4,615m), we'll pass a memorial honoring climbers who lost their lives in the Everest region.
- We'll spend the night at a teahouse or lodge in Lobuche after approximately 5-6 hours of trekking.

Day 9 Trek from Lobuche to Everest Base Camp and trek to Gorak Shep

- Time : 6 - 7 hrs
- Max Altitude : 5,364 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- In the morning, we'll trek to Gorakshep across the glacier moraine (about 1-2 hours).
- After lunch, we'll hike to Everest Base Camp (Altitude: 5,364m), which takes around 1-2 hours.
- From Base Camp, you'll see Everest at the foot of the Khumbu Icefall, along with the tents of climbers preparing for their Everest expedition.
- You'll also enjoy stunning views of surrounding peaks such as Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega, and Everest.
- We'll spend time exploring, taking photographs, and capturing memories of this iconic location before trekking back to Gorakshep.
- Overnight at a teahouse or lodge in Gorakshep after approximately 6-7 hours of trekking.

Day 10 Morning Visit Kala Patthar and trek to Pheriche

- Time : 6 - 7 hrs
- Max Altitude : 5,545 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- Early morning, we'll trek to Kala Patthar (Altitude: 5,545m), which takes about 1-2 hours.
- From Kala Patthar, you'll witness a breathtaking sunrise between Nuptse (7,861m) and Everest (8,848.86m), offering stunning views.
- Enjoy a 360° panoramic view of the Mahalangur Himalayan Range, including Everest, Lhotse, Makalu, and Cho Oyu.
- We'll then return to Gorakshep for breakfast before trekking down to Pheriche.
- Overnight at a teahouse or lodge in Pheriche after approximately 6-7 hours of trekking.

Day 11 Trek from Pheriche to Namche

- Time : 6 - 7 hrs
- Max Altitude : 3,440 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- After breakfast, we'll trek down to Namche, carrying the unforgettable memories of your Everest trek.
- By evening, we'll arrive in Namche and celebrate with a relaxing dinner party to mark the success of our Everest Base Camp journey.
- Overnight at Namche after approximately 6-7 hours of trekking.

Day 12 Trek from Namche to Lukla

- Time : 5 - 6 hrs
- Max Altitude : 2,860 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- In the morning, we'll trek back to Lukla, which takes about 5-6 hours.
- On this final day of trekking, we'll bid farewell to the Khumbu region.
- After arriving in Lukla, we'll spend the evening exploring the Lukla market and enjoying our last dinner in the mountains.
- Overnight in Lukla after approximately 5-6 hours of trekking.

Day 13 Fly from Lukla to Kathmandu

- Time : 1 hour
- Max Altitude : 1,400 m

Accommodation: 3 star Hotel

Meal: Full Board

- Early in the morning, we'll have breakfast and take a 35-40 minute flight back to Kathmandu.
- Upon arrival, our office representative will meet you at the airport and transfer you to your hotel.
- On this final day, you can pack your bags and explore the Thamel markets in the afternoon to buy unique gifts from the Himalayas for your family.
- In the evening, we'll have dinner with the team, where you can share your experiences and review your Everest trek.
- Overnight in Kathmandu.

Day 14 Final Departure with good memories of Nepal

- Time : Whole Day
- Max Altitude : 1,400 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

- On your final day, you'll depart for your home country with unforgettable memories of Everest.
- After checking out from your hotel, we'll drop you off at the airport for your departure.

Cost Include

- Accommodation in the teahouse or lodge during the trek.
- Hotel in Kathmandu 3 star Level
- All the meals (Breakfast, Lunch, Dinner)
- One experienced English-speaking guide.
- One Porter for two trekkers.
- The airport picks up and drops.
- Sleeping Bag, Duffle bag
- Trekking Permit, National Park Permit, and other necessary permits.
- Airfare to travel from Kathmandu-Lukla-Kathmandu.
- Trekking Certificate
- Special Care

Equipment List & Gear Guide

Coming Soon

Cost Exclude

- All the personal nature expenses, bar bills, laundry, water, travel insurance, beverage, phone calls, internet, and heater during the trek.
- Tips for the Guide, Porter.
- Helicopter rescue.
- Personal Trekking equipment and rescue operation in case of emergency.
- All the expenses which arise due to a change of itinerary because of a landslide, political trouble, strike, or lockdown.
- All the Lunch and Dinner in Kathmandu.
- International airfare.
- Hot tea and Coffee, Extra bottle of water , juice, mineral water
- hot showers/ Higher standard accommondation

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