Everest Base Camp Trek

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Trip Summary

Package: Everest Base Camp Trek

Total Days: 15 days

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DAY 1

Arrival, transfer to hotel

A Taleju Adventure representative will pick you up from the Tribhuwan International Airport in Kathmandu and drop you off at our Taleju Boutique Hotel or any 3-star rated hotel. After a short rest, you can visit Taleju Adventure's office to discuss more about the trek. Alternatively, you can have a discussion at your hotel. Overnight in Kathmandu.

DAY 2

Trekking preparation day, Heritage sightseeing

After short introduction with our tour guide, you will be having a tour to Kathmandu UNESCO world heritage sites with our tour guide. First visit would be to Pashupatinath Temple (Nepal's biggest Hindu temple). It is also a place for dead body cremation for Hindu community. Then we drive to Bouddhanath Stupa, one of the most revered and biggest Stupa of Nepal. It was damaged by 2015 earthquake but now completely repaired.

Then after we drive to Swyambhunath Stupa, popularly known as "monkey temple". This stupa is on the small hill where you can see the entire Kathmandu valley. Last visit would be to Patan Durbar Square, an "Ancient Royal Palace". Inside the square you can see different Hindu temples, among which Krishna Temple is very popular. Besides, you can study the Newari architecture, arts and culture. Overnight in Kathmandu.

DAY 3

Kathmandu to Manthali airport to Lukla [2,800 m/9,184 ft]- Phakding (2,652 m/8,700 ft): 4-5 hrs.

Flights to Lukla take off from Manthali airport located at Ramechhap District and are available only in the morning. As a result, you will have to leave Kathmandu in the wee hours for a road travel of around 4-5 hours, starting at 0200 hrs. After 35 minutes of flight, you will reach Lukla and then, walk along a path that gradually descends to Cheplung village. On the way, you can have a view of the Mountain Khumbila, a sacred mountain that has never been climbed. You will further descend gradually towards Phakding. Overnight at Phakding.

DAY 4

Phakding -Namche Bazaar [3,440 m/11,283 ft]: -5-6 hrs.

Its serious business from today onwards, marking day 1 of your brush with difficult terrain on this trek. You start by walking along the banks of the Dudh Kosi, consisting of small, repeated ascents and descents, crisscrossing the river. Buddhist stones are characteristic of the area. You will stop for lunch at the village of Monjo, which is also the gateway to Sagarmatha National Park. Here is where you will need to present the second of your two permits. After entering the park, you will descend along an enormous wall painted sky-high with Tibetan prayers written to Bhote Kosi River arriving at Jorsalle village. After one final stroll along the beach-like riverbank, the trail gets steeper passing through dense forests. After a while you will across the last suspension bridge for today. From there, you will ascend 600m through a thickly forested patch all the way to Namche Bazaar, the administrative and trade capital of the Khumbu region. If the weather is clear you might get your first view of Everest at the rest point along the way. Overnight stay in Namche Bazaar.

DAY 5

Namche Bazaar: Acclimatization Day.

Acclimatization in Namche Bazaar is a crucial part of the Everest Base Camp trek, helping your body adjust to the high altitude. Today is dedicated to rest and exploration, giving you time to enjoy the unique atmosphere of Namche Bazaar — the cultural and economic hub of the Khumbu region and home to the Sherpa community.

Namche offers a range of modern facilities, including a health post, post office, restaurants, bookstores, and internet cafes. During the day, you can take a scenic hike to the famous Hotel Everest View for a breathtaking sunrise over Mount Everest and the surrounding peaks. You may also explore nearby landmarks such as the Khumbu Valley, local schools, traditional Sherpa villages, and the local health center.

DAY 6

Namche Bazaar to Tengboche (3,870m/12,694ft): 5 - 6 hrs.

Tengboche is a small valley at an altitude of 3,860M. This beautiful route between the two villages starts with passing through Namche on a stone-paved path by the stream. Thamserku, a beautiful peak of 6,608M, dominates the view, with Ama Dablam – one of the most peculiarly shaped mountains – further up the valley. Everest is visible above the joining ridge of the south face of Lhotse and Nuptse that close the valley far ahead. The trail is small sections of ascents with patches of descents that are enough to recover your breath for the next section of ascent. You should reach your stop-hold for today by lunch-time.

DAY 7

Tengboche to Dingboche (4,360 m/14,300ft):5- 6 hrs

Today you will start your trek early and head out of Tengboche over to the other side of the ridge and straight into a birch and rhododendron forest. From there, Lower Pangboche is close to 4 km – with an altitude gain of close to 260m, you should get there in less than 2 hours. The village of Pangboche is spread out right below the impressive Ama Dablam and hence, offers some of the most spectacular views of the mountain, making it a perfect spot to take a break. Depending on the arrival time, you either stop for tea or head straight for lunch. To your left will be the Lobuche River. Dingboche comes into view after a series of moraines. This large settlement has some spectacular sights to offer with the south face of Lhotse (8,516m). Do not miss the sunset from this beautiful location. Night in Dingboche.

DAY 8

Dingboche (4,360 m/14,300ft): Acclimatization Day.

You have climbed over 2000m in the last few days. This marks for a good milestone to take a day off for your body to rest and get acclimatized to this newly gained elevation. This will also make easier for you to handle further elevation in the coming days. Acclimatization is done best and done right when you expose yourself to the mountain air at this elevation – so remember to take yourself out and walk around. There is much to see and admire in this region. A small hike from there brings you face to face with three of the world's highest mountain peaks - Mount Lhotse, Mount Makalu and Mount Cho Oyu.

DAY 9

Dingboche - Lobuche (4940 m/16,207 ft): 2-4 hrs

We continue our journey by heading northwest along the scenic Everest Base Camp trekking trail, taking short tea breaks along the way to rest and enjoy the surroundings. After approximately two hours of hiking, we reach Thokla, where we stop for lunch.

Following our break, we ascend the steep Thokla Pass, a challenging but rewarding section of the trail. From the top, we continue uphill towards Lobuche, surrounded by dramatic mountain landscapes. Upon arrival in Lobuche, we settle in for the night. Overnight stay at Lobuche.

DAY 10

Lobuche - GorakShep (5,170 m/16,961ft) - Everest Base Camp (5,364m/17,594ft) - GorakShep: 8-9 hrs.

Today marks one of the most important—and most challenging—days of the entire trek, so it's essential to warm up properly and prepare yourself both physically and mentally. The trail to Gorakshep involves a series of ascents and descents, primarily over the rugged moraines of the infamous Khumbu Glacier. After a few hours of trekking, we reach Gorakshep, where we take a short break for a meal and some rest. From there, we continue our hike to the iconic Everest Base Camp, located at the edge of the vast Khumbu Glacier. The trail follows the glacier, offering extraordinary views of Mt. Pumori on the right and Mt. Nuptse on the left.

As you approach Everest Base Camp, you'll be rewarded with a breathtaking view of the Khumbu Icefall—an awe-inspiring sight that captures the spirit of Himalayan adventure. A short hike across the glacier brings you to the base camp itself, where you'll have time to take in the incredible surroundings and reflect on your achievement. After spending some time at base camp, we return to Gorakshep via the same trail. Overnight at Gorakshep.

DAY 11

GorakShep - Kala Patthar (5545m/18,192ft) - Pheriche (4,730m/15,518ft): 8-9 hrs.

Kala Patthar, at an elevation of 5,545 meters, is the highest point of the trek and offers the most iconic view of Mount Everest. Early in the morning, we begin our hike to Kala Patthar to catch the breathtaking sunrise over the Himalayas. The ascent takes approximately two and a half hours.

At the summit, we enjoy warm tea or coffee while watching the first light of day illuminate the world's highest peak, Mount Everest, along with stunning views of other Himalayan giants. We'll spend some time here soaking in the scenery, capturing photos and videos, and reflecting on the incredible journey. Afterward, we descend back to Gorakshep for breakfast. Following our meal, we continue trekking downhill along the same trail to reach Pheriche. Overnight stay at Pheriche.

DAY 12

Pheriche to Namche Bazaar (3,570m/11,710ft), 6-7 hrs walk

We begin our descent by following the same trail, passing through beautiful rhododendron and pine forests and crossing several suspension bridges. Along the way, there are opportunities to spot a variety of wildlife, including mountain goats, yaks, wild birds, and possibly some rare Himalayan animals.

As we continue our journey, we pass through Sansa, a vantage point offering spectacular views of iconic peaks such as Ama Dablam and Thamserku. The trail winds through forested paths and occasional stone steps before leading us back to Namche Bazaar. Upon arrival in Namche, we settle in for the night. Overnight stay at Namche Bazaar.

DAY 13

Namche Bazaar-Lukla (2,800m/9,186ft): 6-8 hrs

Today marks the final day of our trek through the stunning Khumbu region—a day to be truly savored. As we walk along the now-familiar trail, we can fully appreciate its beauty without the pressure of acclimatization or the unknown. The path, once filled with anticipation and challenge, now feels welcoming and peaceful.

With no need to rush, the journey back becomes a relaxing and reflective walk—quite literally a walk in the park through one of the most breathtaking landscapes on Earth. Overnight at Lukla.

DAY 14

Fly back to Kathmandu (1,300m/4,264 ft)

You will fly back to Manthali early morning and drive back to Kathmandu hotel. Once you arrive in Kathmandu, you can take a break and do your shopping. In evening, we will have farewell dinner with our office team leader where you can share your experience about the EBC trek. Overnight at Kathmandu.

DAY 15

Final departure

Our adventure in Nepal comes to an end today! A Taleju Adventure representative will escort you to the airport approximately 3 hours before your scheduled flight. On your way home, you have plenty of time to plan your next adventure in the wonderful country of Nepal.