



Everest Base Camp Trek 14 Days

EVEREST REGION

14 Days

DURATION

Moderate

DIFFICULTY

USD \$1,850

FROM (PER PERSON)

QUICK FACTS

Duration	14 days	Trip Difficulty	Moderate
Activities	Trekking	Accommodation	Tea House / Guest House
Meals	Breakfast, Lunch and Dinner	Max Elevation	5,364m/17,598ft
Group Size	2-25	Best Time	March -May (In Spring Season) Sep- Nov (In Autumn Season)

TRIP HIGHLIGHTS

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OVERVIEW

Overview

The Everest Base Camp Trek is a 14-day journey through Nepal's Khumbu region to the base of Mount Everest. The trek to Everest Base Camp at 5,364 m (17,598 ft) includes a hike to Kala Patthar at 5,545 m, the highest point on this itinerary. The journey starts with a mountain flight to Lukla. The trail follows the Dudh Koshi valley through Phakding and into Sagarmatha National Park. From there, the trail climbs to Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorak Shep, and finally Everest Base Camp. Two acclimatization days, one in Namche Bazaar and another in Dingboche, are built into the itinerary to help your body adjust gradually to the altitude. Along the route, you pass mani walls, prayer flags, monasteries, small villages, suspension bridges, alpine valleys, and the Khumbu Glacier while walking beneath mountains including Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, and Pumori. The trek does not require technical climbing experience, but altitude and repeated days of walking make it physically demanding. Most trekking days involve around five to eight hours on foot, and conditions become colder and more basic as you move higher.

DAY-BY-DAY ITINERARY

DAY 1 **Arrival in Kathmandu Nepal and transfer to hotel**

Max. Altitude: 1345m/4412ft

Duration: 4-5

Overnight: Kathmandu 3 Star Hotel

Meals: Brekfast Lunch and Dinner

Arrival in kathmandu nepal and our Pure Sherpa representative will welcome you at Kathmandu airport and transfer to your hotel the rest of time, you will investigate this captivating Kathmandu city at evening our guide will visit you to concise direction about the trek. You can do the shopping and purchase your vital trekking riggings close to the city. Finally, you will meet with the gathering for an appreciated supper at a neighborhood café.

DAY 2 **Short flight to Lukla 30 min -Trek to Phakding (Lukla) and 2610m/8560 ft**

Max. Altitude: 2840m/9320 ft (Lukla) and 2610m/8560 ft (Phakding)

Trekking Distance: Approximately 3.5 hours

Duration: Approximately 3.5 hours

Overnight: Basic Teahouse

Meals: Breakfast, Lunch, and Dinner

[Short flight to Lukla](#) (2840m/9320 ft (Lukla) from Kathmandu or Manthali with Breathtaking beautiful mountain departure from Kathmandu to Lukla Settlement and Trek to hike Approximately 3.5 hours to get (2610m/8560 ft) Phakding on a subsequent day, you will start your adventure with a stunning Himalayan trip to Lukla. Lukla is a community roosted on a mountainside and has an air terminal with a solitary runway. After this picturesque flight, you will again set off through blossoming rhododendrons, magnolia trees, and pine woods to (2610m/8560 ft) Phakding. When you reach Phakding, you can visit the nearby cloister. Rest of the time try to take great rest and be prepared for the genuine test ahead! You have enough choices to decide for the convenience and sustenance during the medium-term remain.

DAY 3 **Trek to Namche Bazaar 3440m/11290 ft**

Max. Altitude: 3440m/11290 ft

Trekking Distance: Approximately 6 hours

Duration: Approximately 6 hours

Overnight: Basic Teahouse/Lodge

Meals: Breakfast, Lunch, and Dinner

On the third day, you will drive from Phakding towards Namche Bazaar (3440 m / 11290 ft). The trek begins with a hike using the scenic pine backwoods along the Doodh Koshi waterway. Some will have to climb uphill until they reach Namche. You will cross the Hillary Suspension Bridge, named after the famous Sir Edmund Hillary. All of your hikes will be walking in the Sagarmatha National Park, where sometimes you will get a chance to see some rare wild species like the Himalayan bear, the thur, the red panda, and a few others. Appreciate the opportunity! Here you will find the main viewpoint of the mountain. After arriving at Namche market, you will rest for the evening. Also known as the Gateway to Mount Everest, Namche Bazaar is the basic exchange center of the Khumbu region. Explore Namche Bazaar, known as the Gateway to Mount Everest and the basic exchange center of the Khumbu region. Namche Bazaar can be enjoyed in the evening in the pub, as well as nice bakery cafes, and there are some banks where you can withdraw money from ATMs.

DAY 4 **Acclimatization day outing to Namche Bazaar 3440m/11290 ft.**

Max. Altitude: 3440m/11290 ft

Trekking Distance: Approximately 3-4 hours

Duration: Approximately 6 hours

Overnight: Basic Teahouse/Guest House

Meals: Breakfast, Lunch, and Dinner

Tomorrow morning of the fourth day, you will stay at the same place and after lunch, you will go to see the view of many mountains including Sagarmatha near the Everest View Hotel. The Everest View Hotel is famous for being one of the highest-placed hotels in the world, offering panoramic views of Everest and the surrounding peaks. You will rest in Namche. But there will be no rest. You will get a chance to change your body height. You should also follow the instruction "Climb high and rest at the bottom." To adapt to higher altitudes, you have to climb to higher altitudes and then come to rest at lower altitudes. In an effort to adapt, you will take a day trip to Namche Market. Here you will reach the city of Khumjung by climbing 300 meters. Likewise, you will visit some of the nearby schools and Buddhist religious community. In the same way, you will again spend your night in the Namche market.

DAY 5 **Trek to Tengboche Elevation: 3860m/12660ft**

Max. Altitude: 3,867 meters (12,687 feet)

Trekking Distance: Approximately 5 hours

Duration: Approximately 5 hours

Overnight: Basic Teahouse

Meals: Breakfast, Lunch, and Dinner

Trek starts from Namche towards Tengboche at an altitude of 3860m / 12660ft In the morning after break fast with overlooking the Mount Everest , Ama Dablam, Thamserku and many more others. Sherpas view each of these mountains as sacred mounds of the benevolent divine power of the Khumbu region. Tengboche is the largest religious heritage site in the Khumbu region, which is considered important to the Sherpa community in this area. Here you will meet mountaineers who have come to collect Blessings before climbing to the summit of Everest and others mountain . You can also read unique prayers for the well-being and achievement of a safe journey from the head lama. In addition, during the expedition season, you may also have the opportunity to welcome planners for Everest ventures. after trek aproximatly 5 to 6 hours we will get at Tengboche and the night will be at a good hotel there. about 3 o'clock in the afternoon , there is evening worship starts at the Monastery , at which time the Monastery will be opened to tourists and visitors, and at the same time we will enter to see the Monastery .

DAY 6 **Trek to Dingboche 4360m/14300ft**

Max. Altitude: 4360m/14300ft

Trekking Distance: Approximately 5 hours

Duration: Approximately 5 hours

Overnight: Basic Teahouse/Guest House

Meals: Breakfast, Lunch, and Dinner

On the sixth day, you will proceed through the magnificent elevated forests today. You will pass through some small beautiful towns on the way. Here you will get an extraordinary opportunity to understand how the neighboring Nepalis live. Using the steep canyon and approaching the mountain line, you will be amazed by the surrounding scenery. You will see the amazing mountain: Mt. The Taboo, Mt. Neptune, Mt. Chloe, and many others. When you reach Dingboche, you will see the scene begin to change. The treeline will be replaced by low bushes and a sense of desert. You will love to see the view change. You will spend a night in Dingboche. Dingboche is truly heartwarming to see the floating guesthouses in the grounds, as well as the taste of the bakery and food there plays a special role. The height of Dingboche is 4360 meters / 14300 feet. During the trip, Pangboche offers a unique panoramic view of the Amadablan Mountains.

DAY 7 **Acclimatization Day in Dingboche**

Max. Altitude: 4,900-5, 000 m 14,470 ft),

Trekking Distance: 7km

Duration: 4-5 hours

Overnight: Basic Teahouse/Guest house

Meals: Breakfast, Lunch, and Dinner

After an early breakfast on this day, enjoy a gradual trek towards Nankartshang Peak (approximately 4,900-5, 000 m 14,470 ft), which offers spectacular views of Ama Dablam, Island Peak, Lhotse, Makalu and the surrounding Himalayas. The trek follows the principle of "climb higher, sleep lower," helping your body adjust to the altitude before proceeding towards Lobuche and Sagarmatha base camp. After the walk, return to Dingboche for lunch, rest, hydration and an overnight stay. It will take about 4-5 hours. After coming to Dingboche you can take some rest and enjoy the nice coffee shop and bakery there.

DAY 8 **Trek to Lobuche Elevation: 4940m/16207 ft.**

Max. Altitude: 4940m/16207 ft

Trekking Distance: Approximately 5 hours

Duration: Approximately 5 hours

Overnight: Basic Teahouse

Meals: Breakfast, Lunch, and Dinner

On the eighth day, you will leave the Khumbu glacier and proceed across the Great Khalsa. Some time ago it was difficult to cross many Kholas Kholis on foot, but now it is possible to reach Pari Thukla directly by building a swing bridge, where you can rest for a while and eat a day's meal. After climbing for about 45 minutes to an hour, one can reach a good resting place where one can see and read about the stupas built in memory of the world's famous climbers who lost their lives while climbing Mount Everest. You can invest some time there and get to know their challenging option of choosing a Sagarmatha expedition. After walking for about 5 hours, you will reach Lobuche where the altitude is: 4940 meters / 16207 feet. Here you will find a small group of hotels and you will be almost at your highest altitude. You will spend your night in Lobuche

DAY 9 **Trek to Everest Base Camp after observing the majestic views of the mountains—return to Gorak Shep Elevation: Gorak Shep (5170m/16961 ft)**

Max. Altitude: Gorak Shep (5170m/16961 ft) and Everest Base Camp (5300m/17400 ft.)

Duration: Approximately 6 hours

Overnight: Basic Teahouse

Meals: Breakfast, Lunch, and Dinner

On the ninth day, you will wake up immediately during the first part of the day and head towards Gorak Shep, another small station in the cabin. This is the most awaited day of the entire journey, because you are reaching the base camp of the mountain and you are seeing the mountain with your own eyes. In fact, it was the first base camp in the 1953 effort, the last before the EBC. As you continue on your way to Gorak Shep, you will be able to see the Khumbu Icefall. As you get closer to Gorak Shep, the path will be a bit rougher, as you will have to walk over small mounds there. After reaching this height (5170 m / 16961 ft) i.e. Gorak Shep, you will take some rest, leave your bag at Gorak Shep, and proceed towards EBC after having lunch. It is recommended to walk slowly at your own pace to prevent the problem of high altitude sickness. Gradually, you will reach the highest point of the Khumbu Glacier and soon you will have a view of the Khumbu Icefall. After a few hours of climbing, you will be at the place where much history has been made, the Sagarmatha base camp at an altitude of 5,364 meters. The feeling of accomplishment of coming up here will give you more height. It's all possible! At that point, you will dive into the horizontal gorge of the Khumbu glacier; you will bring down your viewpoint to Gorak Shep and spend a moderate period of time. The trek to Sagarmatha Base Camp (5300m / 17400ft) will take around 6 hours and the night will be spent at Gorak Sep 5170m / 16961ft.

DAY 10 **Trek from Gorakshep to Pangboche**

Max. Altitude: 3,985 meters/13,074 feet

Trekking Distance: Approximately 6 hours

Duration: Approximately 6 hours

Overnight: Basic Teahouse/ Guest house

Meals: Break Lunch and Dinner

After breakfast at Gorak Shep (5,164 m), proceed to Pangboche (3,985 m). Since today's walk is mainly a walk, it feels a little easier than the previous day. From Gorak Shep proceed towards Lobuche (4,910 m), crossing the Khumbu Glacier area. After a walk of about 2 hours one can take a short break by reaching Lobuche.

The route from Lobuche progressively passes through Oralo and reaches Thucula (4,600 m). The Himalayan landscape around Thukla and the famous monuments of the Everest region can be seen again. After resting for a while, the journey continues towards Pheriche (4,371 m). After about 1-1.5 hours reach Pheriche, where it is appropriate to rest for lunch.

After lunch continue the journey towards Pangboche through the Imja Khola Valley. On the way there is a spectacular view of the beautiful Himalayan landscape, including Sherpa settlements and Ama Dablam. Pangboche (3,985 m) is reached after a walk of about 2-2.5 hours.

Pangboche is one of the famous old Sherpa villages of Nepal. After arriving here, you can check-in at the lodge and relax. In the evening, a short tour of the village allows you to experience the local Sherpa culture and Himalayan lifestyle.

DAY 11 Trek from Pangboche to Namche Bazaar

Max. Altitude: 3440m/11290 ft

Duration: Approximately 6 hours

Overnight: Basic Teahouse/ Guest House

Meals: Breakfast, Lunch & Dinner

After breakfast, trek from **Pangboche** through beautiful rhododendron and pine forests toward **Tengboche (3,867 m)**, home of the famous Tengboche Monastery, with spectacular views of **Everest, Ama Dablam, Lhotse, Nuptse, and Thamserku**.

Continue downhill through the forest to **Phunki Tenga**, crossing the Dudh Koshi River. From here, the trail climbs steadily through the forest toward **Sanasa and Kyangjuma**, offering excellent mountain scenery along the way. The trail then gradually leads to **Namche Bazaar (3,440 m)**, the lively trading and cultural hub of the Khumbu region.

After arrival, check into your lodge and enjoy the evening exploring Namche's cafés, bakeries, shops, and local atmosphere.

DAY 12 Namche to Lukla Height: 2840m/9320 ft

Max. Altitude: 2840m/9320 ft

Duration: Approximately 6-7 hours

Overnight: Basic Teahouse/ Guest house

Meals: Breakfast ,lunch and Dinner

On the twelfth day, you will trek back from Lukla and this will be the last day of your trek. Once again, you'll find some suspension spans further down the aisle. Walking right on the milky stream, you will meet at Phakding. You will take some rest here and after having food proceed towards Lukla where you will feel a little uplifted. In Lukla you can again enjoy some excellent cooking and hot water. Lukla's altitude is 2840 meters / 9320 feet and it will be the last day of the Sagarmatha district. You will pass through Lukla in the evening before your trek. Over time, you can appreciate your fruitful journey with individual walkers. Hiking Time: It can take up to 6 hours and 7 hours to reach Lukla and then explore Lukla and enjoy the last walk of the Solukhumnu district.

DAY 13 Fly back to Kathmandu 30 minutes

Max. Altitude: 1300m 4265ft

Duration: 30 min

Overnight: 3 Star category hotel in kathmandu

Meals: Breakfast and Bed

In a few days, you will depart from Lukla to Kathmandu for another amazing Garjan Parbat. You will return to Kathmandu via Lukla by plane. As time passes, you will move forward with an emotional view on the transit back. You can appreciate the last views of these amazing snow-capped peaks. After connecting in Kathmandu, you can spend the rest of the day in Kathmandu appreciating your prosperity. If you need, you can explore the city and find and buy some souvenirs for your friends, family and relatives. You will spend one night in Kathmandu.

DAY 14 Final Departure to your beautiful country

Meals: Break fast

With conclusive farewells, you will be going to your home. Our agents will drop you off at a universal air terminal. You will take numerous brilliant courageous minutes with yourself. If you genuinely making the most of your outing, share your Everest Base Camp trek involvement with your friends and family

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
- + Accommodation during the trek

Meals & Dining

- + All meals during the trek (breakfasts, lunches, and dinners) and tea
- + Farewell dinner in Kathmandu at the end of the trek

Guides & Porters

- + Government-licensed Trekking Guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + Guide and porter expenses including meals, insurance, salary, lodging, transportation, and necessary equipment

Permits, Entry Fees & Taxes

- + Sagarmatha National Park entry fee (NPR 3,000)
- + Khumbu Municipality entry fee (NPR 3,000)
- + Trekkers’ Information Management System (TIMS) card fee (NPR 2,000)
- + All government and local taxes

Safety & Emergency Support

- + Rescue operation arrangements in case of complicated health conditions (costs covered by the traveler’s insurance)

Some Trekking Equipment

- + Pure Sherpa Adventure duffle bag

FREQUENTLY ASKED QUESTIONS

GENERAL & TREK OVERVIEW

What is the Everest Base Camp Trek?

The Everest Base Camp Trek is a 14-day journey through Nepal's Khumbu region, following the Dudh Koshi valley through Sherpa villages, forests, and high mountain passes to reach the base of Mount Everest at 5,364m. It's a teahouse trek, meaning you stay in local lodges rather than camping, and it doesn't require any technical climbing.

How long does the Everest Base Camp Trek take?

Our itinerary runs 14 days from Kathmandu back to Kathmandu, including flights, acclimatization days, and the trek itself. We recommend adding 1-2 buffer days on either end in case of Lukla flight delays, which are common due to weather.

How difficult is the Everest Base Camp Trek?

The trek is considered moderately difficult. There's no technical climbing involved, but you'll walk 5-8 hours a day for up to 12 days, with steady altitude gain up to 5,364m. The main challenge isn't the walking itself, it's adjusting to the altitude, which is why the itinerary includes two dedicated acclimatization days.

Do I need previous trekking experience?

Is the Everest Base Camp Trek safe for solo travelers and solo women?

What is the maximum altitude reached on this trek?

BEST TIME & WEATHER

What is the best time of year to trek to Everest Base Camp?

What is the weather like during the trek, month by month?

Can you trek to Everest Base Camp during winter or monsoon season?

FITNESS & TRAINING

What level of fitness is required for the EBC trek?

How should I train before attempting the Everest Base Camp trek?

How many hours do we walk each day, on average?

ALTITUDE SICKNESS & HEALTH

What is altitude sickness, and how common is it on this trek?

How can I prevent altitude sickness during the EBC trek?

What happens if I or someone in my group gets altitude sickness?

What vaccinations are recommended before trekking in Nepal?

Is travel insurance mandatory for this trek?

PERMITS

What permits do I need for the Everest Base Camp Trek?

Are the permits included in the trek cost?

Do I need to arrange permits myself, or is it done for me?

ACCOMMODATION

What type of accommodation is used during the trek?

Do teahouses have attached bathrooms, or are toilets shared?

Can I get a hot shower during the trek?

FOOD & DRINK

What kind of food is available during the trek?

Is the drinking water safe, or do I need to treat it myself?

Can vegetarian or vegan diets be accommodated?

CONNECTIVITY

Is there Wi-Fi or internet access during the EBC trek?

Can I charge my phone and camera along the trail?

Will my phone get signal in the Everest region?

FLIGHTS & LUKLA

How do I get to Lukla, and how safe is the flight?

What happens if my Lukla flight is delayed or cancelled?

What is the luggage weight limit for the Lukla flight?

COSTS & TIPPING

How much extra spending money should I budget per day?

How much should I tip my guide and porter?

Can I use a credit card or find ATMs along the trail?

BOOKING WITH PURE SHERPA ADVENTURE

Do you have fixed departure dates, or can I choose my own?

We don't run fixed group departures. You choose your dates, and we build the trek around them, typically confirming everything within 24-48 hours of your inquiry.

How does the booking process work?

Contact us with your preferred dates, we confirm availability, and a 20% deposit secures your booking. See the Booking & Payment section above for full details.

What is your cancellation and refund policy?

Refunds depend on how far in advance you cancel. See our full Cancellation & Refund Policy for exact terms, or the Booking section above for a quick summary.

Is there a minimum group size to run this trek?

GUIDES, PERMITS & SAFETY

Are your guides licensed and trained in first aid?

What permits are required, and are they included in the price?

What safety measures are in place if something goes wrong on the trail?