

Everest Base Camp Trek - 12 Days

Url: <https://www.glorioushimalaya.com/trip/12-days-everest-base-camp-trek-itinerary/>

Duration

12

Max. Altitude

5,545m

Difficulty

Moderate

Group Size

1-12 people

Per Person Cost

USD 1100

Transport

Plane, Jeep, Car

Meals

Breakfast, Lunch & Dinner

Accommodation

Tea Houses

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Mount Everest Base Camp (5,364m).
- Thrilling and scenic mountain flight.
- Provides you with sweeping views of the Khumbu icefall and Glacier.
- Enjoy the breathtaking views of the world's highest peak and neighboring summits.
- Witness the alluring sunset on Mt. Everest and a variety of landscapes from the Kala Patthar viewpoint (5,545m).
- Explore the local culture of the sherpas and their way of life.
- Historic and sacred Tengboche monastery.

Overview

Are you planning to trek to Everest Base Camp? Are you looking for an exotic journey in the untamed, high-altitude Everest region? Select a suitable package for your 12 days Everest Base Camp Trek itinerary with Glorious Himalaya Trekking.

The nirvana of the Himalayas attracts lots of people every year around the globe. One of the most amazing and famous [trekking expeditions in Nepal](#) is the Everest base camp. The trek appeals in addition to the Himalayas' mind-blowing beauty and the wonderful experience of being so high up in them. The trekkers will cherish this trek fondly throughout their whole life. Hiking to the base camp of [Mount Everest](#) is not only about a mountain walk, it is also about discovering yourself.

With this traditional walk, you can ascend and descend the main trekking path right in the heart of the Solu Khumbu region. In addition, you will also visit the ancient Buddhist monastery in Tengboche. [Tengboche monastery](#) is the oldest Buddhist heritage site in the [Everest region](#). If your main objective is to reach Everest Base Camp, this trek is suited for you, even though the [Khumbu](#) region has many other beautiful places.

People who don't feel like ascending the highest peak in the world or who aren't physically fit enough typically choose one of the treks, such as the [Everest Base Camp trek](#), which is neither simple nor difficult. However, this trek is not for everyone.

This expedition is appropriate for people looking for a tranquil, uninhabited location, an exhilarating experience, and someone who enjoys the history and culture of a nation that embraces religion. The optimum season for fresh days and clear mountain views is particularly in the spring and fall.

Itinerary

Day 01: Fly from Kathmandu to Lukla (2,800m) and trek to Phakding (2,650m) - 4 hrs trek

Early in the morning, our guide will pick you up from the hotel and drive you to the airport in Kathmandu, where you will catch a flight to Lukla (2840m/9320 ft), the gateway to the Everest Region. Your guide will give you a briefing when you land on a steep mountain runway and meet the rest of the team (if you have booked porters) before we start our trek to Phakding (2,610 m/8560 ft).

Before reaching Phakding, we start our trek by descending Dudh Koshi, passing through some prominent villages including Chaurikharka, Chhaplung (2660m), and Ghat (2590m). During the hike, be mesmerized by the magnificent Himalayan views as well as the prayer wheels, religious artwork, chorten, and Mani walls (inscribed with Buddhist mantras).

Destination

Phakding

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

2,650m

Day 02: Trek to Namche Bazaar (3,440m) - 6 hrs trek

Today you'll start a steady and steep incline towards Namche along the banks of the Dudh Koshi gorge,

crossing a number of majestic rivers on the spectacular high suspension bridges festooned with prayer flags. On your way to Namche, pass the villages of Bengkar, Chumoa, Monjo (entrance to the Sagarmatha National Park), and Jorsale.

When you arrive at Namche, set up your accommodation and explore the area. Namche Bazar is a village built on a steep mountain bowl with stunning views of the high Himalayas on either side. You can get your first look at Mt. Everest, peering over the Lhotse-Nuptse ridge. Namche will be your final opportunity to inspect your gear and hire any additional equipment for the high altitudes.

Destination

Namche

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

3,440m

Day 03: Rest day at Namche for acclimatization

This is your day to rest and acclimatize your body to allow for the new altitude. Acclimatization here is particularly important for the onward trek when you begin gaining height quickly.

Of course, acclimatization does not mean remaining in your hotel room only. There is much to explore around Namche and the great mountain views to cherish. There are many lodges, tea shops, and gift shops that you can go to. You can visit the visitor center next to the Sagarmatha National Park headquarters to see a variety of artifacts related to the earliest Everest climbers, learn about Sherpa culture, and see the varied flora and fauna of the park.

You can trek to the Everest View Hotel, which is above Namche, from where you can get fantastic views of Mount Everest and other Himalayan mountains.

Destination

Namche

Accommodations

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

3,440m

Day 04: Trek to Tengboche (3,860m) - 5 hrs trek

After having breakfast, we leave for Tengboche. The trail goes up and down offering us a mind-blowing first view of the Khumbu region's giant peaks: Mount Everest, Lhotse, Nuptse, and Ama Dablam. Pass via a number of villages and various tea shops before descending steeply to a bridge over the river at Phunki Tenga. Before beginning the difficult climb to Tengboche, the town makes a great stopover for lunch and a place to rest.

Tengboche Monastery (the most important and sacred monastery in the region) is a charming location

developed around the main Tibetan monastery in the area where you can enter and hear the monks chanting in the morning and evening.

Destination

Tengboche

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

3,860m

Day 05: Trek to Dingboche (4,410m) - 5 hrs trek

After breakfast, we will leave for Dingboche. In addition, before you go on today's excursion, give yourself some extra time to soak in the surroundings of Tengboche Monastery. In the early morning light, the monastery appears even more stunning against the backdrop of mountains.

Begin your day's adventure by strolling down to Imja Khola. You will travel to the village of Pangboche by crossing the turbulent Imja Khola over a steel box bridge. There are many fields, summer settlements, and majestic mountain views along this beautiful journey. You will finally reach the sprawling settlement of Dingboche after a few hours of walking, where you will spend your two nights since we must do a second acclimatization day.

Dingboche is a small hamlet that contains arguably the largest collection of homes near the Everest base camp, with a lot of upscale eateries and friendly locals. When you arrive, you'll encounter a beautiful collection of fields that are surrounded by stone walls to keep out grazing animals and chilly winds so that the potatoes, buckwheat, and barley may grow. Yak herders frequently use the meadows in the summer valley of Dingboche to graze their herds of yaks.

Destination

Dingboche

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

4,410m

Day 06: Rest day at Dingboche

Today is another rest and acclimatization day at Dingboche after Namche. It's important to acclimatize your body to adapt to the changing altitudes and the rising elevation because there is an increased risk of altitude sickness at higher elevations.

A blue sky with scattered clouds greets us as we awake. Soak in the panorama of Ama Dablam mountain, which rises to 6856 meters (22,493 feet), as you eat breakfast. After having a delicious breakfast in the teahouse You will go out from Dingboche to hike up Nagarjuna Hill, which has a height of 5100 meters.

A fantastic way to spend time at a Dingboche is to hike to Nagarjuna Hill. Ngarjuna was located on a

hilltop at the edge of the Chukkung Valley, above Dingboche. There, you can enjoy the panoramic vistas of Ama Dablam (6610m), Thamserku (6608m), Kantega (6685m), Lobuche East (6119m), and Lobuche West (6145m). You can witness the marvelous view of the Pheriche Valley from Nagarjuna Hill.

Alternately, you can go out on a hike in the direction of Chukhung Ri (4750m) or the beautiful Nangkartshang peak (5,083 m). This trail climbs to an island summit with impressive vistas of the massive Himalayas.

We will descend Nagarjuna Hill gradually and return to the hotel where we will have lunch, relax, and have some fun before preparing for our journey to Lobuche the next day.

Destination

Dingboche

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

4,410m

Day 07: Trek to Lobuche (4,910m) - 5 hrs trek

Leaving Dingboche behind, the trail descends to the broad terrace above the Khumbu Valley. We'll begin a moderate climb to Dughla, where we'll have a little break for lunch. The trek goes along the beautiful mountain views of Ama Dablam, and to the north, Pokalde (5,741m), Kongma-Tse (5,820m), and the great wall of Nuptse.

A western volunteer doctor stationed here and sponsored by the Himalayan Rescue Association provides care and advice to trekkers that use this route. As you move forward, the landscape transforms from dense forests to sparsely dotted shrubs. After a further walk, we will reach Lobuche village, situated at the foot of Mt. Lobuche (6,119m), where you will be spending your night.

Destination

Lobuche

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

4,910m

Day 08: Trek to EBC (5,364m) and back to Gorakshep (5,180m) - 8 hrs trek

Today we begin our journey with the hum of pre-expedition vigor. You'll get up early and leave Lobuche, walking over the rocky path to see the breathtaking panorama of glacial ponds and icebergs. As the early sun lights the valley's base, the entire valley will gradually begin to glow with golden light.

We ascend through meadows and moraine stone stairs via the Khumbu Glacier until we reach Gorakshep. You will have your lunch at Gorakshep before proceeding to EBC. After a long day at a high altitude, we finally reached Everest Base Camp. Stop to snap pictures and unwind at the world-renowned peak for all

summit expeditions. You'll return to Gorak Shep, where you'll spend the night, after taking some time to enjoy your surroundings and stroll through the camps.

Destination

Gorakshep

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

5,180m

Day 09: Hike to Kalapather (5,545m) and trek back to Pheriche (4,210m) - 7 hrs trek

As scheduled, we start our journey early in the morning, after about two hours of ascent, we reach Kala Patthar. If you brave the ascent to the Kalapatthar summit, often known as the "black rock," You will be rewarded with unrivaled vistas of the entire Khumbu Glacier below you and a 360-degree panorama of Mt. Everest and other peaks.

Kala Patthar is decorated with prayer flags and cairns and has a small stupa and weather station at its summit, where you are surrounded by glaciers and incredible panoramic views of the mountains that include Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Everest and Kantega. We have breakfast back at Gorekshep and are ready to rest after a long but unforgettable day. We descend to Pheriche for a well-earned rest.

Destination

Pheriche

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

4,210m

Day 10: Trek back to Namche (3,440m) - 6 hrs trek

After an overnight at Pheriche, continue your journey downhill, blanketed by rhododendrons and juniper trees, and keep a lookout for wildlife such as colorful pheasants, mountain goats, and snow leopards, etc.

You will pass the Dudh Koshi bridge to Phunki Tenga, where you can see the Buddhist prayer wheels that are driven by water. You'll head down to the base of the valley before reaching Namche Bazaar. Stay overnight at Namche.

Destination

Namche

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

3,440m

Day 11: Trek back to Lukla (2,800m) - 7 hrs trek

Your adventure on our EBC trek comes to an end today. The Dudhi Koshi River is followed all the way down to Lukla, where you'll spend your final night in the Himalayas. We need to walk carefully as our worn-out legs continually battle the rocky ground as the trail descends steeply.

You can explore Lukla Bazaar and shop for local items as a gift for your family and friends there, celebrate your successful and safe trek with your crew, and learn some Sherpa dance steps during the farewell party.

Destination

Lukla

Accommodation

Teahouse

Meals

Breakfast, Lunch, Dinner

Altitude

2,800m

Day 12: Fly back to Kathmandu - 35-40 minutes flight

Early in the morning, we leave Tenzing-Hillary airport, boarding a scenic 35-minute flight back to Kathmandu. As we soar above the sky and take in the captivating vista of the Khumbu region, we'll be carrying an unforgettable and fruitful voyage to the EBC.

Your guide will take you to the hotel after you arrive because a restful night will be important after a strenuous trek. In the evening, we have a farewell dinner together. Upon request, we'll arrange a departing transfer.

Destination

Kathmandu

Meals

Breakfast, Farewell Dinner

Altitude

1,400m

Trip Includes

- If required, we will provide free airport pick up service.
- Domestic airport transfers as per the itinerary by private vehicles.
- Every day full board meals during the trek in the mountain region. (Breakfast, Lunch & Dinner)
- 11 nights of twins share local lodges accommodation during the trek.
- All the essential trekking permits for the trek.
- Experienced and certified trekking guide from Glorious Himalaya company.
- Both-way domestic airfares. (Kathmandu/Ramechhap-Lukla-Ramechhap/Kathmandu)
- We serve seasonal fruits every evening after dinner.

- A comprehensive first aid kit for the trek includes an oxi-meter.
- Appreciation of certificate after the successful EBC trek.
- We offer Nepalese cuisine farewell dinner in Kathmandu after the trek.
- Emergency helicopter rescue arrangements in case of any health issues while on the trek. (in this case, you should have your travel and medical insurance policy).
- If required, we provide company duffel bags and sleeping bags to use for the trek.

Trip Exclude

- International airfares and Nepal travel visa fees.
- Kathmandu hotel accommodations.
- Any other extra expenses such as the use of the internet, hot shower, and charging while on the trek.
- Any alcoholic beverages, mineral bottled water, or hot and cold drinks during the trek.
- Porters are available at an extra cost at the trek departure time.

Checklist

Trekking Gear Checklist for 12 Days EBC Trek

Head

- Bandana or headscarf, is also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches

- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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