



# Everest Base Camp Trek - 14 Days

Url: <https://www.glorioushimalaya.com/trip/14-days-everest-base-camp-trek-itinerary/>

**Duration**

14

**Max. Altitude**

5,545 m

**Difficulty**

Moderate

**Group Size**

1+

**Per Person Cost**

USD 1250

**Transport**

Plane and Car

**Meals**

Breakfast, Lunch, Dinner

**Accommodation**

Hotel & Tea houses

**Starts At**

Kathmandu

**Ends At**

Kathmandu

## Highlights

- Trek to the base camp of the world's tallest peak.
- 360-degree panorama views of Mt. Everest and other peaks from the Kalapatthar viewpoint (5,545 m).
- Scenic mountain flight to Lukla- gateway to the Khumbu region.
- Tengboche monastery- an ancient and sacred monastery in the Everest region.
- Treks through lush forests and witness the world's most wonderful views.
- Observe unique Sherpa's community norms and values.
- A diverse range of flora and fauna

## Overview

*Our 14 Days Everest Base Camp Trek itinerary program is one of the most thrilling experiences for mountain hikers.*

Everyone aspires to reach the summit of the tallest mountain in the world (8,848.68 m). While most people won't actually succeed in doing this. If you are physically and mentally fit, the Everest Base Camp

trek will be the best option. This 14 Days Everest Base Camp trek is a truly memorable experience that will last forever.

You will encounter a variety of conditions during your journey. Such as soft snow, wonderful sceneries, tranquil trails, cold running water, and stunningly magnificent blue skies. Seeing those beautiful landscapes will make you doubt everything you are seeing is real.

Most people believe that the EBC journey is arduous, although it is neither challenging nor simpler. However, the views of [Mt. Everest](#) and the Himalayas are worth every drop of sweat, every pain, and every tear. Which create lifelong memories and wonderful days filled with unique experiences and making new friends.

Throughout this venture, you will have our support. When it comes to making your journey successful and enjoyable, GHT will do all possible to help you achieve your dream of trekking to the EBC.

## Itinerary

### **Day 01: Arrival in Kathmandu and welcome dinner in the evening. (1400m)**

You will be warmly greeted by our office representative at Tribhuvan international airport in Kathmandu. Then after, transfer to your respective hotel by private vehicle. Check in to the hotel and get some refreshments.

Your guide will come to meet you at your hotel and give a brief about your EBC trip. In the evening, we offer typical Nepalese cuisine welcome dinner along with a cultural dance show.

### **Day 02: Flight from Kathmandu/Ramechhap to Lukla (2,846) and trek to Phakding (2,610m) - 3/4 hrs hike**

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).

### **Day 03: Trek from Phadking to Namche Bazaar (3,440m) - 6 hrs hike**

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.

### **Day 04: Rest day 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.

### **Day 05: Trek from Namche Bazaar to Tengboche (3,860m) - 5 hrs hike**

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.

### **Day 06: Trek from Tengboche to Dingboche (4,410m) - 5 hrs hike**

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.

## **Day 07: Another rest day for acclimatization 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. Nagarjuna 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.

## **Day 08: Trek from Dingboche to Lobuche (4,940m) - 5 hrs hike**

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.

## **Day 09: Trek to Everest Base Camp (5,364m) & back to Gorakshep (5,164m) for overnight stay - 8 hrs hike**

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.

### **Day 10: Early hike to Kalapatthar (5,545m) and Trek down to Pheriche (4,371m) - 7 hrs hike**

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.

### **Day 11: Trek back from Lobuche to Namche (3,440m) - 6 hrs hike**

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.

### **Day 12: Trek back from Namche to Lukla (2,846m) - 7 hrs hike**

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.

### **Day 13: Fly back to Ramechhap/Kathmandu - 30 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.

## **Day 14: Departure from Nepal**

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you at the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday.

## **Trip Includes**

- All the airport shuttles as per the itinerary by private vehicles.
- Nepalese cuisine welcomes dinner at a typical local restaurant with a cultural dance show.
- 2 nights of twin-sharing hotel accommodations in Kathmandu city inclusive of breakfast.
- 11 nights of twin-sharing local lodges accommodations during the trek.
- Full board meals during the trek. (Breakfast, lunch & dinner)
- Seasonal fruits every evening after dinner.
- An experienced and certified trekking guide for the trek.
- All the essential trekking permits for the trek.
- Round airfares. (Kathmandu/Ramechhap-Lukla-Ramechhap/Kathmandu)
- Supporting porters to carry your belonging while on the trek.
- First aid medical kits for the trek. (will be carried throughout the trek by our local guide)
- Oxi-meter to check your pulse during the trek. (it is very useful for high-altitude treks)
- 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).
- If required, we provide company duffel bags and sleeping bags to use for the trek.
- Trip achievement certificate after the trek.

## **Trip Exclude**

- International airfares and Nepal travel visa fees.
- Lunch and dinner in Kathmandu. (except welcome dinner)
- 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.

## Contact Us, Head Office

**Address:**

P.O. Box No. 8349  
Thamel, Kathmandu  
Nepal

**Mobile:** [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

**WhatsApp:** [+977-9813637616](tel:+977-9813637616)

**Email:** [info@glorionshimalaya.com](mailto:info@glorionshimalaya.com)