



# Everest Base Camp Trek

Url: <https://www.glorioushimalaya.com/trekking-and-hiking/everest-base-camp-trek>

**Duration**

15

**Max. Altitude**

5,545m/18,193ft

**Difficulty**

Moderate

**Group Size**

Min: 1 - Max: 10 pax

**Per Person Cost**

USD 1300

**Transport**

Plane, Car, Jeep

**Meals**

14-Breakfasts, 11-Lunches & 12-Dinners

**Accommodation**

Hotel & Tea Houses

**Starts At**

Kathmandu

**Ends At**

Kathmandu

## Itinerary

### Day 01: Arrival in Kathmandu and transfer to the hotel (1,400m)

One of our office representatives will be waiting for you at the airport exit terminal with a Glorious Himalaya placard. Upon arrival at the Kathmandu airport, you will be warmly greeted in a traditional way with a fresh garland. And then transferred to the respective hotel for your pleasant stay.

Check in at the hotel. Take a rest for a while in your hotel's room after a long and tiring flight. The capital city- Kathmandu is a vast museum of ancient art, cultures, and sacred temples. Indulge in the beauties of Kathmandu valley and roam around the Thamel-tourist hub.

In the evening, your trip leader will come to the hotel and give a briefing about EBC Trek. He also assists you to purchase any missing or needy trekking gear (equipment) nearby your hotel from the clothing stores. Be familiar with an unfamiliar city and spend the first night in Kathmandu.

**Destination**

Kathmandu

**Accommodation**

Luxury Hotel

**Meals Included**

No Meal

**Altitude**

1400m.

**Day 02: Sightseeing tour in Kathmandu**

Today is the day to explore the cultural, religious, and historical sites of Kathmandu valley. Out of the seven, you will visit four UNESCO world heritage sites. They are Pashupatinath temple, Swyambhunath (also known as the monkey temple), Boudhanath Stupa, and Kathmandu Durbar Square.

Kathmandu is the heart of Nepal for its ancient history and culture. It is a well-known destination for both international and domestic tourists. The city is a marvelous amalgamation of Hinduism, Buddhism, and Western cultural influences. It has a rich historical, cultural, and religious legacy. This entire legacy is reflected in many temples, monuments, and artifacts that it contains.

Have your hot breakfast at the hotel. You will be taken on a full-day guided sightseeing tour of Kathmandu valley. Your city tour guide will pick you up from the hotel at 9'o clock in the morning. He has core information about all the related heritage sites that you are going to visit.

You will begin your tour from Swyambhunath stupa and Kathmandu Durbar Square. Thereafter, discover the most famous and revered Hindu shrine 'Pashupatinath temple. And the largest Buddhist stupa in south Asia- the Boudhanath stupa, contains both Buddhist and Hindu shrines. It stands as testimony to the religious harmony that exists in the country.

Kathmandu durbar square is located at the heart of the bustling city. It is one of three old Durbar Squares (royal palace) inside the valley. It is also known as the Basantapur or Hanuman Dhoka Durbar Square. The Royal Palace is full of temples and ancient buildings that are dedicated to Hindu gods. Hence, it is a prime attraction for first-time visitors with its intricate wood carvings and rich history.

Pashupatinath Temple is one of the sacred Hindu temples of Nepal dedicated to an incarnation of the Hindu god Shiva. The holiest temple of Hindus is situated on both banks of the Bagmati river on the

eastern outskirts of Kathmandu. It is also known as the “temple of living beings” that stands as a symbol of faith, religion, culture, and tradition. The shrine is famous for its awe-inspiring and notable pagoda architecture. The main temple of Pashupatinath is a building with a bunk roof and a gold spire. Every year, this holy place attracts thousands of elderly followers of Hinduism to pay respect and seek blessings from Lord Shiva. It is a temple with a special atmosphere of death. Death is present in almost every ritual and every corner of it.

Boudhanath Stupa is also known as “Boudhanath Khasti Chaitya” and “Khasa Chaitya ”. Located about 11km from the center and northeastern boundaries of Kathmandu, Nepal. The Stupa is a semicircle-shaped structure. It is built by a Tibetan King around 600 AD to reflect the cosmological beliefs of Buddhism. Towering over the surrounding town is a giant Mandala of peace and beauty.

Swayambhunath Stupa or Chaitya is also known as a “Monkey Temple”. The stupa has stood as a symbol of belief and harmony for decades, with the Hindu temple and goddess interwoven into Buddhist sites. It represents the Buddha’s mind. And it offers peace, freedom, and joy to the whole world and ultimately helps us to obtain enlightenment. Swayambhunath is located on the highest point of a twin-peaked hill rising in the Kathmandu Valley. Climbing up the hill’s eastern side’s long row of steps and ascending the final section of stairs. You can overlook the panoramic view of the Kathmandu valley from the hilltop.

After a full-day sightseeing tour, you will be transferred to the hotel. An orientation session for the trek, which commences the following day will be organized in the evening. If necessary, you can buy the remaining trekking equipment around Thamel.

### **Destination**

Kathmandu

### **Accommodation**

Hotel Thamel Park or same category hotel in Kathmandu

### **Meals Included**

Breakfast

### **Altitude**

1400m

## **Day 03: Flight to Lukla (2,846) and trek to Phakding (2,610m) - 3/4 hrs walk**

Today is the most exciting day as you are going to begin your real adventure journey onwards.

Mostly, the weather in the mountain regions is pleasant in the morning. Thus, your trekking guide will pick you up from the hotel early in the morning as the mountain flights are operating for the morning to ensure that you will be able to land at Lukla.

A 35-minute thrilling scenic flight to Lukla and a landing on a steep mountain runway bring us to the start of our trek at the village of Lukla [2,846m]. If weather permits during the flight, you will have

brehtaking views of the snow-capped Himalayas from the windows of your twin-otter (small plane).

After landing at the small Lukla airport, take a short tea break and meet our porters (if porters include in your package). Then, commence your trek with a gradual walk through the beautiful alpine forest along the Dudh Koshi River with the distant views of Mount Khumbila from Cheplung village. Along the way, you will also cross a suspension bridge that will add some thrill to your journey. This is your first day in the mountain region, stay overnight at a local tea house in Phakding at an altitude of 2,610m. Have enough rest as you have to walk a long day tomorrow.



Lukla Airport

**Destination**

Phakding

**Altitude**

2652m

**Accommodations**

Guest House

**Meals included**

Breakfast, Lunch, Dinner

**Day 04: Trek to Namche Bazaar (3,440m) - 6 hrs walk**

After a good breakfast at Phakding, we set out for the mountain junction town of Namche; we cross and re-cross the river on high airy suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set up to protect and preserve the fragile mountain environment.

We then take a steep hike to Namche Bazar. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindus and Buddhists traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Namche is the gateway to the Khumbu. This is where we crash out for the night.

**Destination**

Namche Bazaar

**Accommodations**

Guest House

**Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

3440m

## **Day 05: Acclimatization in Namche Bazaar (3,440m)**

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops, and souvenir shops. It is an ideal place to spend a day, acclimatizing to the new altitude before heading off towards Tengboche.

To acclimatize, you visit Khunde Hospital set up by Sir Edmund Hillary, or take a one-hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse, and Everest. We then go to Khumjung where we visit a school established by Hillary.

We begin our hike after enjoying lunch; bypassing the route of Khimde. There are also good views from the National Park Centre and Museum just above the town. After going through our acclimatization drills, we head down to our lodge for some beers & good sleep.

### **Destination**

Namche Bazaar

### **Accommodation**

Guest House

### **Meals Included**

Breakfast, Lunch, Dinner

### **Altitude**

3440m

## **Day 06: Trek to Tengboche (3,860m) - 5 hrs walk**

After breakfast in Namche, we start our trek towards Tengboche enjoying the superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku.

Our trek follows on the gradual trail with few ups and downs overlooking a magnificent view of the great Himalaya. Along the way, we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp.

The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Kosi River, we reach Phunki Tenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Tenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche.

Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and it has the biggest Buddhist Monastery all over in the Khumbu region. Overnight stay at the lodge in Tengboche.

**Destination**

Tengboche

**Accommodations**

Guest House

**Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

3860m

**Day 07: Trek to Dingboche (4,410m) - 5 hrs walk**

Before leaving Tengboche, don't miss capturing the stunning sunrise view over Ama Dablam. This will be one of the points of interest you will cherish for a lifetime.

After a hot breakfast, we will be following the route to Dingboche. Dingboche is one of the high-altitude Sherpa's settlements in the Everest region. We descend downhill through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This place is one of the best points to capture the striking views of Mt. Ama Dablam 6,812 meters (22,349 ft).

The trail further leads along the glacial river until we arrive at today's destination, Dingboche. En route, we will be passing through various small villages, prayer flags, mani walls, Chortens, and prayer wheels.

Dingboche is situated at an altitude of 4,410 meters, where trekkers begin feeling the detrimental outcomes of excessive altitude. Drinking plenty of hot fluids will keep your body hydrated. Hence, we suggest you drink water, tea, coffee, and soups adequately. Additionally, walk easily, ascent slowly, and take a rest. In addition, hold your mindset positive and follow your leader's advice. We bunk out for the night at Dingboche.

**Destination**

Dingboche

**Accommodation**

Guest House

**Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

4410m

**Day 08: A day to rest and chill out (4,410m)**

This is a day to rest, acclimatize and give our weary bones a breather. However, we don't remain idle; we also get to wander up the valley to look at a lake, the Tshola Tsho, and the perpendicular walls of Cholatse and Tawache.

We can climb up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Mt. Lhotse. The views here steal your breath away. We bunk out in the village of Dingboche

for the night stay.

**Destination**

Dingboche

**Accommodations**

Guest House

**Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

4410m

**Day 09: Trek to Lobuche (4,940m) - 5 hrs walk**

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch.

The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb, there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.

**Destination**

Lobuche

**Accommodation**

Guest House

**Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

4910m

**Day 10: Trek to Everest Base Camp (5,364m) & back to Gorakshep (5,164m) - 8 hrs walk**

Today it's a long and gritty day. After a hot breakfast at our lodge, we climb through meadows and moraine stones steps to reach Gorakshep, by either climbing to Kala Patthar or continue heading to Everest base camp.

We suggest that you make a beeline for the Everest base camp. By the way, from Everest base camp we do not see Mount Everest. However, from Kala Patthar, we get to see the entire south face of Mt. Everest and well-known peaks nearby; this also includes great sights of the skyline of the Tibet plateau. Overnight at the height of (5,164m) at a lodge.

**Destination**

Gorakshep

**Accommodations**

Guest House

**Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

5364m

**Day 11: Hike to Kalapatthar (5,545m) and Trek to Pheriche (4,371m) - 7 hrs walk**

Early in the morning, we climb to Kalapatthar at (5,545m.) and enjoy a spectacular sunrise view. From Kala Patthar, you can have a panoramic view of Mt. Everest and many other mountain peaks. It includes a host of famous ones: Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, and Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku, and many more huge peaks.

Yaks are normally regarded as four-legged porters in this area. Due to their tough terrain which would be difficult for human porters. The town of Pheriche is also known as a highly windy town. Hereabouts, you can see the perpendicular walls of Cholatse and Tawache.

The Himalayan Rescue Association Aid Post is also located here. And foreign volunteer doctors provide medical treatment to trekkers as well as local people in this area. We stay overnight at a lodge.

**Destination**

Pheriche

**Accommodation**

Guest House

**Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

5545m

**Day 12: Trek back to Namche (3,440m) - 6 hrs walk**

We retrace our steps with a Trek back to Namche about 6 hours from Pheriche and do an overnight at the bustling & hustling village town of Namche with full board meals (Breakfast/Dinner/Lunch). We chill out here with some beers and enjoy some relevant comfort. Overnight at lodge in Namche.



**Destination**

Namche Bazaar

**Accommodation**

Guest House

**Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

3440m

**Day 13: Trek back to Lukla (2,846m) - 7 hrs walk**

This is our last day on these lovely mountains that have been home to us all of these days. We continue to backtrack our hike towards Lukla along the Dudh Koshi River which is about 7 hours from Namche and do an overnight at Lukla.

**Destination**

Lukla

**Accommodation****Meals Included**

Breakfast, Lunch, Dinner

**Altitude**

2800m

**Day 14: Flight back to Kathmandu and farewell dinner in the evening (1,400m) - 45 minutes flight**

Most flights from Lukla to Kathmandu are scheduled for early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about forty-five minutes. We touch down at Kathmandu and transferred to our hotel.

In the evening we will organize a farewell dinner with Nepalese cuisine and a cultural dance show in Kathmandu.



Farewell dinner in Kathmandu

**Destination**

Kathmandu

**Accommodation**

Luxury Hotel

**Meals Included**

Breakfast, Dinner

**Altitude**

1400m

## Day 15: Departure from Nepal

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

### Meals Included

Breakfast

### Altitude

1400m

## Trip Includes

- All the airport pick-ups and drop-offs by private vehicles.
- 3 nights of luxury hotel accommodation in Kathmandu city inclusive of breakfast.
- 11 nights of twin sharing basis local lodges accommodations while on the trek.
- **Meals on full board** while on the trek in the mountain region (Breakfast/Lunch/Dinner)
- Total: 14-Breakfasts, 11-Lunches & 12-Dinners throughout the trip.
- We serve **seasonal fruits** every day after your dinner during the trek.
- One day **Kathmandu sightseeing tour** guided by a city tour guide with private transport.
- Experienced and government-certified trekking guide for the trek.
- Supporting porters to carry your belongings during the trek. (1 porter for 2 clients)
- An assistant guide for a group above 10 people.
- Salary, accommodations, transport, meals, and accidental insurance of all our trekking guides and porters.
- **Domestic flights** (Kathmandu-Lukla-Kathmandu) including airport taxes.
- All the necessary paper works and trekking permits for the trek.
- **Emergency helicopter rescue** service in case of health issues while on the trek. (In this case, you should have travel insurance)
- Rain protection duffel bag and sleeping bag to use for the trek. (provided on request)
- A comprehensive first aid **medical kit** and oximeter to check your pulse and oxygen level while on the trek - useful for high altitude sickness while on the trek.
- Trip achievement certificate after successful trip completion.
- All government taxes and company service charges.
- At the end, we offer a Nepalese cuisine farewell dinner in Kathmandu with a cultural dance performance.
- Pre-meeting at Kathmandu before the trek.

# Trip Exclude

- International airfares.
- Nepal entry visa fees. Visit [the link](#) for the Nepal tourist visa information.
- Your personal entrance fees for Kathmandu sightseeing.
- Your extra expenses such as the use of WIFI, hot shower, and battery charging while on the trek.
- Cold and hot drinks during the trek.
- Extra hotel nights accommodation in Kathmandu or in Lukla if other than the scheduled itinerary.
- Your personal trekking equipment and travel insurance.
- Gratitude to the trekking guides
- Excess baggage of more than 10 kg for Lukla flight.

# Checklist

## Gear Checklist for EBC Trek

### Head

- Bandana or headscarf, 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)

## **Contact Us, Head Office**

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