



NEPAL · EVEREST, KHUMBU

## Everest Base Camp Lodge Trek

The Everest Base Camp Trek is a timeless Himalayan adventure through Nepal's spectacular Khumbu Valley, offering an unforgettable journey beneath some of the world's highest peaks.

CURRENT OFFER

**\$1,701**

Usually \$1,890

**COST / PRICE**

**\$1,701**

**REGION**

**Everest, Khumbu**

**DURATION**

**14 days**

**MAXIMUM ALTITUDE**

**5,555 m**

**BEST SEASON**

**Spring & Autumn**

**DIFFICULTY**

**Challenging**

**ACCOMMODATION**

**Hotel Sherp Lodge**

**TRIP TYPE**

**trekking**

## HIGHLIGHTS

## What makes this trip special

- 01** Reach the legendary Everest Base Camp (5,364 m) and experience the thrill of trekking beneath the world's highest mountain.
- 02** Explore traditional Sherpa villages, visit ancient Buddhist monasteries, and experience the warm hospitality of the Everest region.
- 03** Enjoy breathtaking panoramas of Everest, Ama Dablam, Lhotse, Nuptse, Thamserku, and many other snow-capped peaks throughout the journey.
- 04** Cross thrilling suspension bridges, trek through Sagarmatha National Park, and create unforgettable memories on one of the world's most iconic trekking routes.

## OVERVIEW

## Journey overview

Everest Base Camp Lodge Trek is more than just a journey to the foot of the world's highest mountain—it's an unforgettable adventure that inspires a lifetime of memories. Following the legendary trails of the Khumbu Valley, you'll walk through charming Sherpa villages, cross thrilling suspension bridges, explore centuries-old Buddhist monasteries, and witness the warm hospitality of the mountain people who call this remarkable region home.

Your adventure begins with a spectacular flight to Lukla, one of the world's most exciting mountain airports. From there, each day reveals breathtaking Himalayan scenery, including the iconic peaks of Everest (8,848.86 m), Ama Dablam, Lhotse, Nuptse, Thamserku, and many more. Trek through vibrant villages such as Namche Bazaar, Khumjung, Tengboche, Pangboche, Dingboche, Lobuche, and Gorakshep before reaching the legendary Everest Base Camp.

Whether you're an experienced trekker or taking on your first major Himalayan adventure, this journey is about more than reaching a destination. It's about challenging yourself, connecting with nature, discovering the rich Sherpa culture, and standing among the world's highest mountains. Every sunrise over the snow-covered peaks, every step along the ancient trails, and every smile shared with local people becomes part of a story you'll carry forever. If you've ever dreamed of experiencing the Himalayas, Everest Base Camp is the adventure that truly belongs on your bucket list.

## DAY-BY-DAY ROUTE

## Itinerary

A clear breakdown of each day of the trip.

## DAY 1

### Fly to Lukla & trek to Phakding (2,610m).

4 hrs walk · 8 km



Your guide will meet you at your hotel and transfer you to the airport for your scenic flight to Lukla, the gateway to the Everest region. After landing at the famous Tenzing–Hillary Airport, your Everest Base Camp adventure begins. The first day's trek to Phakding follows a beautiful forest trail alongside the Dudh Koshi River, crossing suspension bridges and passing Sherpa villages. Along the way, you'll encounter local porters, caravans of yaks and mules carrying supplies, and enjoy your first taste of the breathtaking Himalayan landscape.



DAY 2

## Phakding to Namche Bazaar (3440m)

6-7 hrs walk · 11 km



From Phakding, you follow the Dudh Kosi north through magnificent forests with glimpses of the mountains ahead. You cross the river several times by bridge as you pass through the villages of Benkar, Monzo, and Jorsale. A final bridge brings you to the foot of the steep climb to Namche Bazaar. Halfway up the ascent, you may get your first glimpse (cloud permitting) of the Everest summit behind the great ridge of Nuptse-Lhotse. A last 985ft (300m) climb brings you to Namche Bazaar, the Sherpa capital, and the main town in the area.

DAY 3

## Acclimatization day at Namche Bazaar (3440m)

3-4 hrs hiking · 4 km



Today is dedicated to acclimatization in Namche Bazaar, a crucial step involving walking at higher elevations and sleeping at lower altitudes. After breakfast, get on a hike to Everest View Hotel at 3810m, where a brief tea break awaits, offering stunning panoramic views of Everest. Next, descend to Khumjung Sherpa Village for a lunch break, exploring the monastery and Hillary School, before returning to Namche. This day of hiking is designed to aid your body in acclimatizing effectively to the surrounding altitude.

DAY 4

## Trek to Phorche Sherpa Village (3,840m).

6-7 hrs walk · 10 km



After breakfast, your day begins as you head towards the next destination. The initial 45 minutes involve ascending, followed by a gradual flat trail until reaching Kyanjuma Village. Continuing, the path ascends gradually until Mungla Dada, where a hot lunch awaits with the best views. Afterward, descend to Phortse Thanga, cross a small bridge, and embark on a one-hour ascent to Phortse Sherpa Village. Phortse is not only home to Everest summiteers but also boasts a rich wildlife-filled atmosphere in its surroundings.

DAY 5

## Trek to Dingboche (4,410m).

6 hrs walk · 12 km



Today, the landscape undergoes a dramatic transformation as we trek through a zone renowned for its abundant wildlife. The journey begins with the first village, Pangboche, where you can take a break for hot tea before continuing towards Somare for lunch. Post-lunch, the trek progresses towards Dingboche Village. Along the way, engage in conversations and enjoy face-to-face encounters with Mount Ama Dablam, considered one of the most beautiful mountains in the world.

DAY 6

## Spend the day at Dingboche for acclimatization.

4 hrs hike · 4 km



Today marks your second acclimatization day in Dingboche Village, a strategic step in preventing altitude sickness by hiking high and sleeping low. Following breakfast, seize the opportunity to ascend Nangkartshang Peak (16,730 ft/5,100m). From the summit, revel in breathtaking views of Makalu, Lhotse, Chalotse, Tawoche, and Ama Dablam. For those acclimatizing well, a challenging three-hour and thirty-minute climb to the top is an option, while a halfway climb is available for those feeling less energetic. Despite the difficulty, the awe-inspiring vistas make the journey worthwhile. After descending, return to Dingboche for a late lunch, leaving the remainder of the afternoon for relaxation and further acclimatization.

## DAY 7

**Trek to Labuche (4,930m / 16,175ft).**

6-7 hrs walk · 12 km



The trail ascends steeply out of Dingboche, passing a chorten, and gradually climbs the valley to Thukla, located at the terminal moraine's end of the Khumbu Glacier. A tea break and snack await here before the challenging ascent to Thukla Pass, a poignant spot adorned with memorials to climbers who lost their lives on Everest. From Thukla Pass, a magnificent panorama of the Mount Amadablam range unfolds. The trail then eases as we follow the valley to Lobuje, a quaint hamlet with a few teahouses. In the late afternoon, consider walking up onto the lateral moraine of the Khumbu Glacier, where the sunset on Nuptse is a spectacle not to be missed.

## DAY 8

**Trek to Gorak Shep (5,185m.) and Sunset Hike to Kala Patthar (5,555m.)**

5-7 hours · 7-9 km · 5,555m.



Today is one of the most challenging and rewarding days of the trek. After breakfast, we trek from **Lobuche to Gorak Shep**, following the rocky moraine and glacial terrain of the Khumbu Glacier. The trail involves gradual ups and downs and takes approximately **3 hours** to reach Gorak Shep.

After lunch and some time to rest, we will check the **weather and mountain conditions** before deciding whether to hike to **Kala Patthar** in the late afternoon for sunset. Your guide will make the final decision based on weather, visibility, and your condition.

The hike to Kala Patthar is steep and demanding, but the panoramic views of **Mount Everest, Nuptse, Pumori, and the surrounding Himalayan peaks** make it unforgettable. If reaching the summit is not practical, you can hike partway up the trail, where you can still enjoy excellent views of Everest while gaining valuable acclimatization.

Return to **Gorak Shep** for an overnight stay.

## DAY 9

**Everest Base Camp (5,364m.) Hike and Trek to Lobuche (4,910 m)**

6-8 hrs walk · 12-13 km · 5,364m.



Start the day with an early breakfast before setting out toward **Everest Base Camp**. The trail follows the rugged Khumbu Glacier and rocky moraine, with spectacular views of the surrounding peaks.

After reaching **Everest Base Camp**, take time to enjoy the dramatic Himalayan scenery and capture photographs before returning to Gorak Shep for lunch.

[**Everest Base Camp**, is the ultimate highlight of the Everest trek, standing at **5,364 m** beneath the world's highest mountain, Mount Everest. The journey to the base camp leads through dramatic glaciers, rugged moraines, and legendary Sherpa villages, with breathtaking views of Everest, Nuptse, Pumori, and surrounding Himalayan peaks. Reaching Base Camp is a rewarding achievement and an unforgettable Himalayan experience].

After lunch and a short rest, continue downhill to **Lobuche**, where you will spend the night.

## DAY 10

**Trek to Tengboche (3,860m.)**

6-7 hrs walk · 12-13 km · (3,860m.)



Today, the trail gradually descends through the beautiful Khumbu Valley. We retrace part of the route toward **Duglha and Pheriche**, then continue through alpine landscapes, rivers, and traditional Sherpa settlements.

The trail eventually leads through **Pangboche** and onward to **Tengboche**, home to the famous Tengboche Monastery. Enjoy the spectacular views of **Ama Dablam, Everest, Nuptse, and Thamserku** along the way.

Overnight at a lodge in Tengboche.



#### DAY 11

### Trek to Namche Bazaar (3,440m.)

5-6 hrs walk · 10-11 km · 3,440m.



After breakfast, descend through beautiful rhododendron and pine forests toward the Dudh Koshi River. The trail continues through traditional Sherpa villages and gradually climbs toward **Namche Bazaar**.

After reaching **Namche**, enjoy time to relax, explore the lively mountain town, or browse its local shops and cafés.

Overnight in **Namche Bazaar**.

#### DAY 12

### Trek to Phakding (2,610m.)

4-5 hrs · 9-10 km · 2,610m.



Today is a pleasant downhill trek following the Dudh Koshi Valley. We pass through **Monjo, Jorsalle, and several traditional Sherpa villages**, enjoying forests, suspension bridges, and mountain scenery along the way.

After arriving in **Phakding**, relax at the lodge and enjoy your final evening in the Khumbu region.

Overnight in Phakding.

#### DAY 13

### Trek to Lukla (2,800m.)

3-4 Hrs · 7-8 km · 2,800m.



Today marks the **final day of your Everest trek**. After breakfast, follow the Dudh Koshi Valley toward Lukla, crossing suspension bridges and passing through familiar Sherpa villages, pine forests, and riverside trails. Although the route is mostly gentle, there are a few gradual uphill sections as you approach Lukla.

Upon reaching Lukla, take time to relax and celebrate the successful completion of your Everest Base Camp adventure with your guide and trekking team. In the evening, enjoy a **farewell dinner and a memorable final evening in the Khumbu** before your flight to Kathmandu the following day.

Overnight in **Lukla**.

#### DAY 14

### Fly from Lukla to Kathmandu



After breakfast, transfer to **Lukla Airport** for your scenic flight back to Kathmandu. The flight offers a final opportunity to enjoy spectacular Himalayan views from above.

Upon arrival in Kathmandu, our representative will meet you at the airport and transfer you to your hotel. The rest of the day is free for **rest, shopping, or exploring Kathmandu**.

Your **Everest Base Camp adventure** officially comes to an end, but the memories of the Himalayas will stay with you long after you leave Nepal.



# Included and not included

## Included

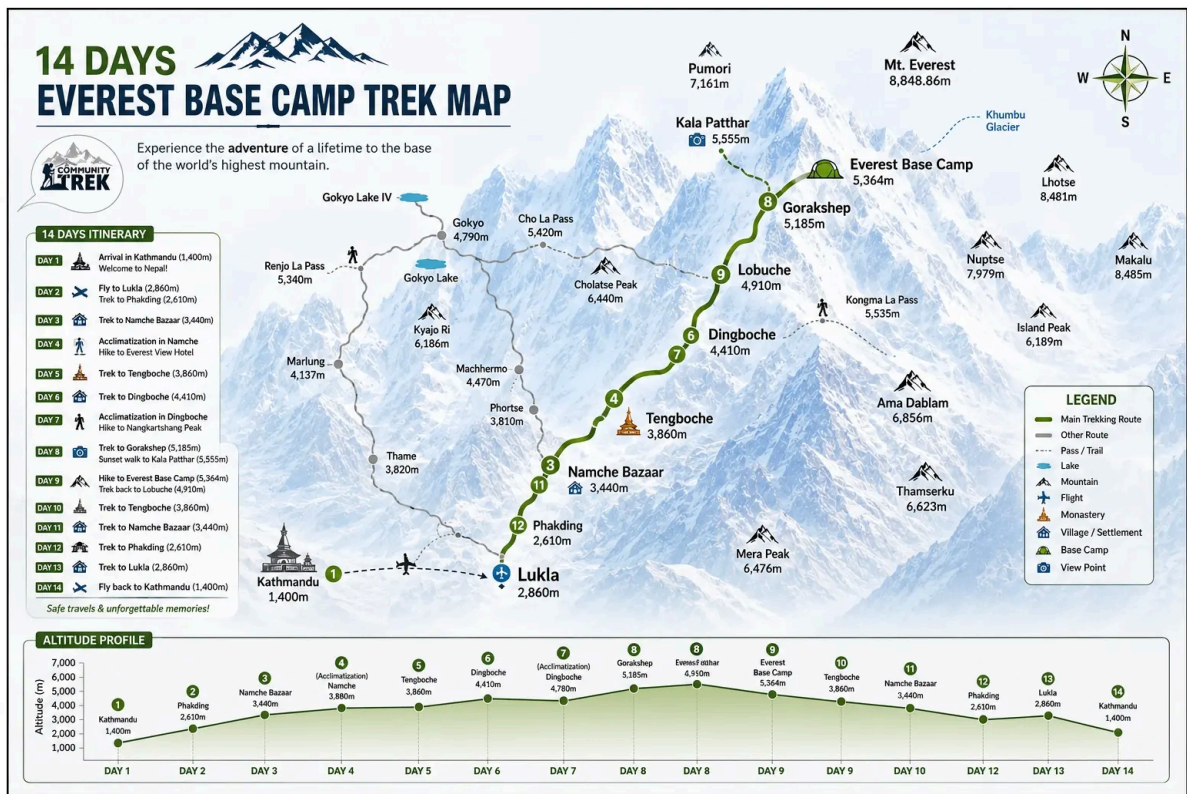
- ✓ **All airport transfers**  
Hotel to Airport Drop and Pickup from Airport and drop to hotel.
- ✓ **Roundtrip domestic mountain flight**  
Flights: Kathmandu – Lukla – Kathmandu or Manthali – Lukla – Manthali. During the peak trekking seasons (spring and autumn), most flights to and from Lukla operate via Manthali Airport (Ramechhap) due to heavy air traffic in Kathmandu. Outside the peak seasons, flights usually operate directly between Kathmandu and Lukla, subject to weather and airline schedules.
- ✓ **Mountain Tea house/lodge accommodation during the trek.**
- ✓ **Guide and Helpers (porters) assistance, according to the group size.**
- ✓ **All Require Permits**  
All land transportation (based upon itinerary).  
TIMS (Trekking Information Management System) card.  
Sagarmatha National Park Entry Fees.  
All government Taxes.  
Local Government Permit.
- ✓ **Foods: 11 Breakfast, 11 Lunch, 11 Dinner**

## Not included

- **Nepal tourist visa fees & international flights**
- **High-altitude travel insurance (compulsory evacuation coverage)**
- **Personal gear (sleeping bags, down jackets, trekking poles)**
- **Wi-Fi networks, hot shower, and battery charging fees on trail**
- **Tips and gratuities for mountain support staff**
- **Kathmandu Hotels**
- **Other Personal Expense**  
Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's insurance, or any kind of unforeseen expenses.
- **Extra night in Kathmandu:**  
Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- **Rescue Evacuation**  
Medical Insurance and emergency rescue evacuation costs if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.).
- **Personal Expenses**  
Telephone, Internet, battery recharge, shower, Laundry, any Alcoholic beverages, Boiled, water, beer, coke, and Clothing, Packing Items or Bags, Personal Medical Kit, Insurance, Personal Trekking Gears, and equipment.
- **At times Trekkers have been delayed in Lukla awaiting return to KTM.**  
During these times when airplanes cannot fly, Helicopter flights can be arranged (subject to their availability). The cost is approximately \$500-600 paid by the trekker.
- **Any other item not listed in the “Price Includes” section.**

# Trekking & tour route

Key stops, checkpoints, and route trajectory.



## Frequently asked questions

### Is the 12-Day Everest Base Camp Trek suitable for beginners?

Yes, the 12-Day Everest Base Camp Trek is suitable for beginners who have a good level of fitness, determination, and a sense of adventure. No previous trekking or mountaineering experience is required, as the trail follows well-established paths and does not involve technical climbing. The main challenge is the high altitude, so walking at a steady pace, allowing time for acclimatization, and following your guide's advice are essential. With proper preparation and the support of an experienced guide, first-time trekkers can safely enjoy this unforgettable journey to the foot of the world's highest mountain.

### What is the highest point of the trek?

The highest point of the 12-Day Everest Base Camp Trek is Kala Patthar (5,555 m / 18,225 ft), the most spectacular viewpoint in the Everest region. While Everest Base Camp (5,364 m / 17,598 ft) is the trek's main destination, Kala Patthar offers the closest and most breathtaking panoramic views of Mount Everest (8,849 m), along with iconic peaks such as Nuptse, Lhotse, and Pumori. Most trekkers hike to Kala Patthar at sunrise to witness the Himalayas glowing in golden light, making it one of the most unforgettable highlights of the journey.

### When is the best time to trek to Everest Base Camp?

The best time to trek to Everest Base Camp is during spring (March to May) and autumn (September to November). These seasons offer the most stable weather, clear mountain views, comfortable daytime temperatures, and excellent trekking conditions. Spring brings blooming rhododendron forests and colorful alpine landscapes, while autumn is known for its crisp air, crystal-clear skies, and spectacular Himalayan panoramas. Although winter and the monsoon season are also possible for experienced trekkers, spring and autumn provide the safest and most rewarding experience for most visitors.

## Will I get altitude sickness?

Altitude sickness can affect anyone, regardless of age or fitness level, as it is caused by the reduced oxygen at high elevations. Our 12-day Everest Base Camp itinerary is carefully designed with proper acclimatization to help your body adjust safely. Walking at a steady pace, staying well hydrated, eating nutritious meals, and following your guide's advice greatly reduce the risk. Our experienced guides monitor your health throughout the trek and will take appropriate action if any symptoms appear, ensuring your safety is always the top priority.

## Are Wi-Fi, hot showers, and charging available?

Yes. Most tea houses along the Everest Base Camp trail offer Wi-Fi, hot showers, and charging facilities for an additional fee. These services are generally reliable in the lower villages but become more limited, slower, and expensive as you gain altitude. Carrying a power bank and some cash for these extra services is highly recommended.

## Do I need travel insurance?

Yes, travel insurance is highly recommended for the Everest Base Camp Trek. Your policy should cover high-altitude trekking (up to at least 5,555 m), emergency helicopter evacuation, medical treatment, trip cancellation or interruption, and lost or delayed baggage. While we prioritize your safety throughout the trek, mountain weather and altitude can be unpredictable, making comprehensive travel insurance an essential part of your adventure.

## How much should I pack?

Pack as light as possible to make your trek more comfortable. Your porter will typically carry up to 10-12 kg (22-26 lbs) of your gear, while you should carry a small daypack with daily essentials such as water, snacks, a warm jacket, rain gear, sunscreen, personal medications, and your camera. Bringing only what you need will make walking at high altitude easier and more enjoyable.

## What food and water are available during the Everest Base Camp Trek?

The tea houses along the trail offer a wide variety of freshly prepared meals, including Nepali, Tibetan, and international dishes. Lunch and dinner are not included in our package, giving you the flexibility to choose meals based on your appetite and preferences. Vegetarian, vegan, and other dietary requirements can be accommodated, just let us know when booking. We recommend carrying a reusable 1.5-2 liter water bottle and a 1-liter thermal flask, which can be refilled with safe boiled or bottled drinking water at tea houses. To help protect the fragile Himalayan environment, we encourage trekkers to avoid single-use plastic bottles. It's also a good idea to bring energy bars, chocolates, or dry fruits for extra energy, although snacks, drinks, and basic toiletries are available for purchase at many villages along the route, especially at lower elevations.

## Who will accompany me during the Everest Base Camp Trek?

Your trek will be led by a professional, licensed guide, with assistant guides joining larger groups to ensure personalized support. All of our guides are highly experienced in the Himalayas, have excellent trail knowledge, and are trained in first aid to keep you safe throughout the journey. A local porter will carry your main luggage, allowing you to trek comfortably with just a daypack. Each porter carries a maximum of 25 kg (55 lbs), typically shared between two trekkers (up to 12.5 kg per person). Our dedicated mountain crew is always available to assist you, ensuring a safe, enjoyable, and memorable trekking experience.

## How much spending money should I bring for the Everest Base Camp Trek?

We recommend carrying enough Nepali Rupees (NPR) to cover personal expenses such as drinks, snacks, hot showers, Wi-Fi, battery charging, laundry, shopping, and tips, as cash is the most reliable payment method in the mountains. While ATMs are available in Kathmandu, Lukla, and Namche Bazaar, they may not always be reliable, and credit card payments often incur a 3-4% transaction fee. It's also wise to keep an emergency fund of around NPR 20,000 for unexpected situations such as flight delays, bad weather, or itinerary changes. If you are happy with your guide and porter, tipping is appreciated and typically given as a group on the final day of the trek.



# A glimpse of the journey











## TRAVELLER NOTES

# What travellers say

★★★★★

"Ramesh is possibly the nicest person on the planet and full of knowledge. The community trek team do an amazing job putting together all the treks and its great to see how their program is helping out the local people. Can't wait to go back and spend time with this awesome group of people. keep up the great work and I'll hopefully see everyone again soon."

**Toby Grieve, Australia**

Everest · October 2021

★★★★★

"I had a great experience with Community Trek traveling and trekking in Nepal. I learned more about the culture, the local history and the mountains, things that made this experience more valuable. The team were helpful and lovable. They did an amazing job guiding our group to accomplishing the EBC."

**Luciane Yada Noguchi, Brazil**

Everest · May 2022



★★★★★

"Our experience with Community trek was awesome! We had everest base camp with them and it was a great trip! We wish could back again some day to do more trekking with them! They are very organized and kind team."

**Nilton Junior, Brazil**

Everest · May 2022

★★★★★

"I had such a great trekking with Ramesh. He knows everything about the trail, the nature and the culture from the Himalayan's. As I was traveling by myself he gave me all support I needed since I arrive in Kathmandu. He is much more than a guide, he is a very good friend! And an awesome photographer!!! I highly recommend Community Trek and Ramesh."

**Flavia Lima, Brazil**

Everest · May 2019

★★★★★

"Our adventure to Everest Base Camp with Ramesh was an incredible one. I can't put into words how much fun we had as a group. Ramesh was easily the best, friendliest and most knowledgeable guide on the mountain. His support in us and passion for what he does is second-to-none, there's no one I'd rather trek with!"

**Tim Bengough, Perth Australia**

Everest · Nov 2017

## Community Trek

Explore, Connect & Experience

Kapan, Kathmandu

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### PLAN YOUR ADVENTURE

#### Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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<https://communitytrek.com/nepal/everest-base-camp>

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