

Everest Base Camp Trek

The classic 14-day trek through the Khumbu to Everest Base Camp (5,364 m) and Kala Patthar (5,545 m), with Sherpa villages, monasteries and well-paced acclimatisation.



DURATION

14 Days

GRADE

Moderate

MEALS INCLUDED

Breakfast in Kathmandu; all meals on trek

BEST SEASON

March to May, late September to November

GROUP SIZE

1-12 people

REGION

Everest (Khumbu), Nepal

ACTIVITY

Teahouse trekking

TRANSPORTATION

Flights Kathmandu (or Ramechhap) to Lukla and back, private airport transfers

ACTIVITY PER DAY

5-7 hours walking

MAX. ALTITUDE

5,545 m (Kala Patthar)

ACCOMMODATION

Hotel in Kathmandu, teahouses on trek

START/END POINT

Kathmandu / Kathmandu

NATURE OF TREK

Lodge-to-lodge teahouse trek

Overview

The Everest Base Camp Trek is the classic Himalayan journey, and for good reason: no other trek takes you so close to the highest mountain on Earth while staying entirely on established teahouse trails. Over 14 days you fly into Lukla, follow the Dudh Koshi river into Sagarmatha National Park, a UNESCO World Heritage Site, and climb steadily through Sherpa villages to Everest Base Camp (5,364 m) at the foot of the Khumbu Icefall. The next morning you climb Kala Patthar (5,545 m), the rocky viewpoint above Gorak Shep that gives the best close-up view of Everest's summit, with Nuptse, Changtse and Pumori around it.

The journey matters as much as the destination. Namche Bazaar, the trading hub of the Khumbu, is your base for the first acclimatisation day, with a hike to the Everest View Hotel ridge for your first proper view of Everest, Lhotse and Ama Dablam. From Namche the trail traverses high above the river to Tengboche, whose monastery is the spiritual centre of the region, then climbs past Pangboche into the open Imja valley at Dingboche. A second rest day here, with a hike towards Nangkartshang Peak, prepares you for the final stages past the climbers' memorials at Thukla to Lobuche and Gorak Shep.

The itinerary is built around sensible acclimatisation. Height is gained gradually, rest days fall at the right altitudes, and after Kala Patthar you descend straight to Pheriche, where the thicker air helps you recover. Your guide watches how everyone is coping each day and adjusts the pace when needed. Nights are spent in family-run teahouses with simple twin rooms and a warm, stove-heated dining room, where meals are cooked to order from menus of Nepali and Western dishes. Flights to Lukla leave from Kathmandu or, in the busy seasons, from Manthali Airport in Ramechhap, and we handle all transfers, permits and logistics.

Who is this trip for?

This trek suits fit walkers with no technical experience who are comfortable with 5-7 hours on foot a day over hilly, rocky ground. You do not need climbing skills, but you do need stamina, patience at altitude and a willingness to follow your guide's advice. Regular hill walking, stair training or long hikes with a light pack in the months before you travel make a real difference to how much you enjoy the trail.

Nima Adventure is a Kathmandu-based operator led by Managing Director Kanchha Sherpa, a career Himalayan guide. Our trekking guides are government-licensed, our porters are properly equipped and insured, and the same team that runs our Everest region peak climbs and 8,000 m expeditions looks after your trek. From the airport pick-up to your flight home, you are in experienced hands.

Highlights

- Stand at Everest Base Camp (5,364 m) beside the Khumbu Icefall
- Sunrise over Everest, Nuptse and Pumori from Kala Patthar (5,545 m)
- Scenic mountain flight onto Lukla's hillside airstrip
- Acclimatisation days in Namche Bazaar and Dingboche
- Visit Tengboche Monastery, the spiritual centre of the Khumbu
- Walk through Sagarmatha National Park, a UNESCO World Heritage Site
- Sherpa hospitality in family-run teahouses throughout the trek

Itinerary

Day 01 Arrival at Tribhuvan International Airport, Kathmandu (1,400 m)

A Nima Adventure representative meets you at Tribhuvan International Airport and transfers you to your hotel. Once you have settled in, your guide briefs you on the trek ahead, checks your clothing and equipment, and helps you find anything still missing in the trekking shops of Thamel, from a down jacket to a pair of poles. The rest of the day is free to recover from your journey or take a first stroll around the city. Overnight in Kathmandu.

Day 02 Kathmandu to Ramechhap, Fly to Lukla (2,860 m), Trek to Phakding (2,610 m)

An early start takes you by road to Manthali Airport in Ramechhap, a drive of 4-5 hours, for the short mountain flight to Lukla. Outside the busiest seasons the flight may leave directly from Kathmandu. Landing on Lukla's sloping hillside airstrip is a memorable start to the trek. After meeting your porters, you follow an easy, mostly downhill trail through Chaurikharka and past carved mani stones to the Dudh Koshi river and Phakding. Walking time 3-4 hours. Overnight in a teahouse.

Day 03 Phakding to Namche Bazaar (3,440 m)

The trail follows the Dudh Koshi upstream, crossing it several times on suspension bridges, to Monjo, where your Sagarmatha National Park permit is checked at the park entrance. Beyond Jorsale you cross the high Hillary Suspension Bridge and begin the long, steady climb to Namche Bazaar. On a clear day, a viewpoint partway up offers your first glimpse of Everest. Take this hill slowly, drink plenty of water and enjoy your arrival in the Sherpa capital. Walking time 6-7 hours. Overnight in Namche.

Day 04 Acclimatisation Day in Namche Bazaar

Today you climb high and return to sleep low, the most effective way to help your body adjust to altitude. A morning hike of about 1.5 hours leads above Namche to the Everest View Hotel ridge (3,880 m), where Everest, Lhotse, Ama Dablam and Thamserku line the horizon. Fit walkers can continue to the village of Khumjung. In the afternoon, visit the national park visitor centre and Sherpa culture museum above town, or relax in one of Namche's bakeries. Walking time 3-4 hours. Overnight in Namche.

Day 05 Namche Bazaar to Tengboche (3,860 m)

Beyond Namche the trail contours high above the Dudh Koshi, with Ama Dablam, Everest and Lhotse in view for much of the morning. After Kyangjuma it descends to the river at Phunki Thenga, then climbs steadily through pine and rhododendron forest to Tengboche. Its monastery is the largest in the Khumbu, and visitors are usually welcome to sit quietly at the back during the afternoon prayers. Walking time 5-6 hours. Overnight in Tengboche.

Day 06 Tengboche to Dingboche (4,410 m)

The day starts with a gentle descent through birch, fir and rhododendron forest to Deboche, followed by a crossing of the Imja Khola and a steady climb past the long mani walls of Pangboche. Above the tree line the valley opens out into stone-walled yak pastures, with Ama Dablam towering to the south. The trail follows the Imja valley to Dingboche, a village of potato fields and teahouses with views of the Nuptse-Lhotse wall. Walking time 5-6 hours. Overnight in Dingboche.

Day 07 Acclimatisation Day in Dingboche

A second rest day before going higher is essential. After breakfast you hike slowly up the ridge behind the village towards Nangkartshang Peak, reaching a viewpoint at about 5,083 m. From here Makalu, Lhotse, Island Peak, Ama Dablam and the length of the Imja valley spread out around you. You return to Dingboche for lunch and a restful afternoon, with time to read, wash clothes or chat with fellow trekkers. Walking time 3-4 hours. Overnight in Dingboche.

Day 08 Dingboche to Lobuche (4,940 m)

The trail climbs gently above Pheriche along a broad, open valley before crossing a stream to Thukla (4,620 m) for lunch. Next comes a steep climb up the terminal moraine of the Khumbu Glacier to Thukla Pass, where stone memorials remember climbers and Sherpas who lost their lives on Everest. The gradient then eases as you follow the edge of the glacier to Lobuche, with Pumori and Nuptse ahead. Walking time 5-6 hours. Overnight in Lobuche.

Day 09 Lobuche to Gorak Shep (5,164 m) and Everest Base Camp (5,364 m)

An early start takes you along the lateral moraine of the Khumbu Glacier over rocky ground to Gorak Shep, about 2-3 hours away, where you stop for lunch. In the afternoon you continue along the moraine and the edge of the glacier to Everest Base Camp, with the Khumbu Icefall spilling down from the Western Cwm. In spring the camp is busy with expedition tents. You return to Gorak Shep for the night. Total walking time 7-8 hours. Overnight in Gorak Shep.

Day 10 Gorak Shep to Kala Patthar (5,545 m), Descend to Pheriche (4,240 m)

A pre-dawn start brings you up the steep, sandy slopes of Kala Patthar in around 2 hours. From the top, the first light falls on Everest, Nuptse, Changtse and Pumori, with the Khumbu Glacier and Icefall below you: the finest view of the trek. After breakfast back at Gorak Shep, the long descent begins, past Lobuche and Thukla to Pheriche, where the lower altitude helps you sleep well. Total walking time 7-8 hours. Overnight in Pheriche.

Day 11 Pheriche to Namche Bazaar (3,440 m)

With more oxygen in the air, the walking feels much easier. The trail descends to Pangboche and Deboche, crosses the Imja Khola and climbs briefly to Tengboche, where you can stop for tea with a final close view of Ama Dablam. From there it drops steeply to Phunki Thenga before the last climb and the long, scenic traverse back to Namche Bazaar. Walking time 6-7 hours. Overnight in Namche.

Day 12 Namche Bazaar to Lukla (2,860 m)

Descend the long Namche hill with care to the Hillary Suspension Bridge and retrace your route along the Dudh Koshi through Jorsale, Monjo and Phakding. The final hour is a gradual climb back up to Lukla. This is your last evening on the trail, a good moment to celebrate with your guide and porters and to thank the team who made the trek possible. Walking time 6-7 hours. Overnight in Lukla.

Day 13 Fly Lukla to Ramechhap and Drive to Kathmandu

Mountain flights operate early in the day when the winds are calm, so you head to the airstrip soon after breakfast for the flight to Ramechhap and the drive back to Kathmandu, or a direct flight to Kathmandu when available. Weather in the mountains can delay flights, so a little patience may be needed. The rest of the day is free to rest, shop in Thamel or visit Boudhanath Stupa. Overnight in Kathmandu.

Day 14 Departure

Your Everest adventure ends today. Depending on the time of your flight, you may have a few hours for last-minute shopping or a final visit to one of Kathmandu's heritage sites. A Nima Adventure representative will transfer you to Tribhuvan International Airport in good time for your international departure. If your schedule allows, we recommend booking your onward flight with a spare day or two after the trek in case Lukla flights are delayed by weather.

Cost includes

- Airport pick up and drop by a private vehicle.
- 2 nights hotel accommodation in 3-star hotel in Kathmandu (BB plan) on twin sharing basis.
- Schedule flight from Ramechhap - Lukla - Ramechhap.

Cost excludes

- International airfare from/to your country.
- Nepal entry visa fee.
- Extra nights' accommodation in Kathmandu due to early arrival/late departure or flight cancellations.

- Jeep from Kathmandu - Ramechhap - Kathmandu.
- Accommodation in a comfortable tea house while trekking.
- Breakfast, lunch & dinner in lodges during the trek.
- 1 government license holder guide and porter on sharing basis.
- Daily wages, equipment, transportation, and food for guide and porter.
- Medical & emergency rescue insurance for involved Nepalese staffs.
- Trekking permit (TIMS).
- Sagarmatha National Park fee.
- Pasang Lhamu VDC entrance fee.
- Nima Adventure's duffel bag for the trek.
- Sleeping bag and down jacket during the trek.
- Tea, coffee, hot water, etc. during the trek.
- Welcome or Farewell dinner in Kathmandu.
- Agency service charge.
- 13% government tax.
- Lunch and dinner during stay in Kathmandu.
- Personal insurance (travel, accident, medical, emergency evacuation, lost luggage) - *Mandatory*.
- Expenses of personal nature (soft drinks, mineral water, laundry, internet, hot showers, etc.).
- Changes in itinerary requested by the client.
- Extra charge if additional staff added.
- Tips for Nepalese staffs.
- Personal trekking equipments and medical kits.
- Anything not mentioned in the "Package Includes" section.

Frequently asked questions

How difficult is the Everest Base Camp Trek?

It is a non-technical trek graded moderate, but the altitude makes it more demanding than the daily distances suggest. Most days involve 5-7 hours of walking on rocky, uneven trails with long climbs, and the days above 5,000 m feel slow and tiring. Anyone in good health who prepares with regular hill walks, stair sessions or long hikes carrying a light pack can complete it.

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

You need two permits: the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit. Nima Adventure arranges both on your behalf, and they are checked at points along the trail, including the national park entrance at Monjo. Carry your passport throughout the trek. You will also need a Nepal visa, which most nationalities can obtain on arrival at Kathmandu airport.

How do you manage the risk of altitude sickness?

The itinerary includes acclimatisation days in Namche Bazaar and Dingboche and gains height gradually. Your guide checks on everyone each day and watches for symptoms such as persistent headache, nausea, loss of appetite or breathlessness at rest. Mild symptoms often settle with rest and fluids, but if they persist or worsen the answer is to descend, and your guide will arrange this. Serious cases can be evacuated by helicopter through your insurer.

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

Spring (March to May) and autumn (late September to November) bring the most stable weather and the clearest views. Spring is a little warmer, with rhododendrons flowering lower down and expedition tents at base camp. Autumn offers crisp, clear skies after the monsoon. Winter is quieter and possible for well-equipped trekkers, though nights are very cold, while the summer monsoon brings cloud, rain and frequent flight disruption.

What is the accommodation like on the trek?

In Kathmandu you stay in a hotel on a bed and breakfast basis. On the trail you stay in teahouses: family-run lodges with simple twin rooms, foam mattresses and a communal dining room warmed by a stove. Lower villages often have attached bathrooms, while higher up rooms are more basic and toilets are usually shared. Hot showers, battery charging and Wi-Fi are widely available for an extra charge.

Do I need travel insurance?

Yes, comprehensive travel insurance is mandatory. Your policy must cover trekking up to at least 5,600 m, including emergency helicopter evacuation, medical treatment and repatriation. Many standard policies stop at lower altitudes, so check the small print carefully. We ask for your policy number and the insurer's emergency contact before the trek, so that we can act quickly on your behalf if an evacuation is ever needed.

What happens if flights to or from Lukla are delayed?

Lukla flights depend on clear weather in the mountains, and delays of a day or more can happen in any season. If your flight is postponed, we rebook you on the next available flight and adjust the itinerary wherever possible. We strongly recommend leaving one or two spare days at the end of your trip. When delays are prolonged, a helicopter charter may be possible at additional cost.

Itineraries can change with weather, flight schedules and local conditions; your guide always puts safety first. Questions? WhatsApp +977-9851114058 or email info@nimaadventure.com. <http://localhost/nima-adventure/trip/everest-base-camp-trek/>