

Everest Base Camp Trek

Quick Facts

Duration:	16
Max Altitude:	5364
Best Season:	Sept - Nov & March - May
Group Size:	10
Accommodation:	4 Star hotel and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Moderate

Trip Overview

The Everest Base Camp Trek in Nepal is one of the most iconic journeys you can take on the mountains, with the breathtaking adventure that takes you through the heart of the mighty Himalayas in Nepal. Whether you're an experienced hiker chasing the thrill of high-altitude trails or a passionate traveler looking for a once-in-a-lifetime expedition, this legendary hike delivers an unmatched experience from the very first step.

The classic route starts off from Lukla, winding through charming Sherpa villages, ancient monasteries, and jaw-dropping mountain landscapes as you make your way up to 5,364 meters above sea level.

Along the way, you'll pass through iconic stops like Namche Bazaar, Tengboche, Dingboche, and Gorakshep, each one offering its own unique slice of culture, scenery, and raw Himalayan beauty that simply cannot be found anywhere else on Earth.

What makes this trail so special isn't just the destination; it's everything that happens along the way. As you walk through rhododendron forests, cross suspension bridges over roaring glacial rivers, and acclimatize in high-altitude settlements, you begin to understand why adventurers from every corner of the world travel to Nepal specifically for this experience.

The route rewards you with jaw-dropping panoramic views of some of the world's highest peaks, including Lhotse, Nuptse, Ama Dablam, and, of course, the mighty Mount Everest itself, standing tall at 8,849 meters. This roughly 130-kilometer round-trip excursion typically takes 16 days to complete, making it a serious but absolutely achievable adventure for anyone with a reasonable fitness level, the right preparation, and an unquenchable hunger for the extraordinary.



Why Should You Do the Everest Base Camp Trek in Nepal?

Honestly, if there's one adventure that genuinely deserves a spot on every serious trekker's bucket list, it's this EBC. The journey to Everest Base Camp isn't just a hike; it's a full sensory experience that pushes you, humbles you, and rewards you in equal measure.

You're not just walking toward the foot of the world's highest mountain; you're immersing yourself in a living, breathing landscape shaped by ancient Sherpa culture, raw Himalayan wilderness, and some of the most dramatic scenery on Earth. From the moment your plane touches down in Lukla to the second you stand at Base Camp looking up at the Khumbu Icefall, every single step of this expedition feels meaningful.

Beyond the physical challenge, the trail connects you with warm local communities, centuries-old monasteries, and fellow adventurers from every corner of the globe, making it as much a journey of the soul as it is of the body.

Is the Everest Base Camp Trek Worth It?

Yes, the Everest base camp trek is absolutely worth it, as this adventure is worth every blister, every breathless climb, and every cold teahouse morning you'll experience along the way. People who have completed this iconic hike consistently describe it as one of the most transformative things they've ever done in their lives.

You don't need to be a professional mountaineer or an elite athlete to make it happen. What you do need is determination, a reasonable level of fitness, and a genuine love for the outdoors. The views of Everest, Lhotse, Ama Dablam, and Nuptse alone are worth making the journey for but it's the culture, the camaraderie on the trail, and the deep personal satisfaction of reaching 5,364 meters that truly make this excursion unforgettable. If you've ever felt the pull of the mountains, this trek will answer that call in the most powerful way imaginable.

How Long Is the Trek to Everest Base Camp?

The classic Everest Base Camp route covers approximately 130 kilometers (80 miles) round-trip and takes most trekkers between 14 and 16 days to complete comfortably. That said, the total length of your trip from Kathmandu will typically range from 14 to 16 days once you factor in your arrival, pre-trek preparation, and the flight to Lukla. The standard itinerary begins in Lukla and passes through Phakding, Namche Bazaar, Tengboche, Dingboche, Lobuche, and Gorakshap before finally reaching Base Camp. Acclimatization days are built into the schedule, usually at Namche Bazaar and Dingboche and these rest days are absolutely non-negotiable if you want to avoid altitude sickness and actually enjoy the walk.

Some trekkers choose a faster 10 to 12-day schedule, but rushing this journey significantly increases your health risks at high altitude. Taking your time, soaking in the scenery, and letting your body adjust is always the smarter and more enjoyable approach.

Is It Safe to Trek to Everest Base Camp?

Yes, it is safe to trek to Mount Everest base camp in Nepal with the right preparation, the right team, and a healthy respect for the mountains, walking to EBC is considered safe for most healthy adults. The biggest risk on this trail isn't wild animals or difficult terrain; it's Acute Mountain Sickness (AMS), which can affect anyone at high altitude regardless of their fitness level. This is exactly why following a proper acclimatization schedule, staying well hydrated, and never ignoring warning symptoms is so critical on this hike. Hiring an experienced, licensed guide from us



dramatically improves your safety on the route.

Our guides know the trail, understand altitude-related health risks, and can make fast, informed decisions if something goes wrong. Travel insurance that covers high-altitude trekking and emergency helicopter evacuation is also a must, not an optional extra. Thousands of trekkers complete this journey safely every year, and with solid preparation and a sensible pace, you can absolutely be one of them.

Everest Base Camp Trek Elevation Profile

Understanding the elevation profile of this journey is key to preparing both your body and your mindset for what's ahead. The trek begins in Lukla at 2,860 meters, which already puts you well above sea level from day one. From there, the trail gradually climbs through the Khumbu Valley, dipping slightly at Phakding before rising steeply to Namche Bazaar at 3,440 meters, one of the most challenging early climbs on the route.

After acclimatizing in Namche, the path continues upward through Tengboche (3,860m), Dingboche (4,410m), and Lobuche (4,940m) before reaching Gorakshep at 5,164 meters the last stop before Base Camp. The trail then makes a final push to Everest Base Camp at 5,364 meters, with many trekkers also hiking up to Kala Patthar at 5,545 meters for the most iconic panoramic view of Everest.

The elevation gain is gradual by design, but the altitude accumulates quickly, which is why rest days and slow ascent are absolutely essential throughout the entire excursion.

What Is the Mount Everest Base Camp Trek in Nepal?

The Mount Everest Base Camp Trek in Nepal is a high-altitude trekking route in the Khumbu region of northeastern Nepal that leads adventurers to the base of Mount Everest, the highest mountain on Earth at 8,849 meters.

It's not a technical mountaineering climb; rather, it's a long-distance hiking trail accessible to fit and determined travelers without any specialist climbing equipment or experience. The route passes through Sagarmatha National Park, a UNESCO World Heritage Site, and takes you through a stunning mix of glacial valleys, high-altitude terrain, traditional Sherpa villages, and ancient Buddhist monasteries.

Along the way, trekkers get up-close views of some of the world's most famous peaks, Ama Dablam, Lhotse, Nuptse, Pumori, and Everest itself. The trail has been walked by hundreds of thousands of adventurers over the decades and remains one of the most celebrated trekking destinations in the world, drawing hikers, photographers, mountaineers, and travel enthusiasts from virtually every country on the planet.

Where Can I Hire an Everest Base Camp Trekking Guide?

Finding a reliable, experienced guide for your journey is one of the most important decisions you'll make before hitting the trail. The best and safest option is to book through a licensed, registered trekking agency in Nepal, such as Summit 8000, ideally one based in Kathmandu with verified reviews, proper certifications, and a track record of leading successful high-altitude expeditions.

You can find reputable agencies through platforms like TripAdvisor, Google Reviews, and recognized industry bodies like the Trekking Agencies' Association of Nepal (TAAN). Always make sure your guide holds a valid Nepal Tourism Board (NTB) license and has specific experience on the Everest trail, not just general trekking knowledge.

Avoid hiring guides through unverified street contacts or last-minute arrangements in Thamel, as this increases your risk significantly. A good guide doesn't just show you the way; they manage your safety, help with acclimatization



decisions, bridge the cultural gap, and make the entire adventure far richer and more rewarding than going it alone.

Everest Base Camp Trek Cost in Nepal

One of the first questions every aspiring trekker asks is how much is this actually going to cost me? The honest answer is that it depends on how you choose to do it, but here's a realistic breakdown. Most trekkers spend anywhere between \$1,200 and \$2,500 USD in total for a fully guided Everest Base Camp experience.

That typically covers your flight to and from Lukla, teahouse accommodation along the trail, three meals a day, a licensed guide, and a porter. On top of that, you'll need to budget for the Sagarmatha National Park entry permit (around \$30) and the Khumbu Pasang Lhamu Rural Municipality fee (around \$20).

If you're flying in from Kathmandu, a round-trip mountain flight or helicopter adds another layer to your budget. Those traveling on a tighter budget can do the walk more independently and bring costs down to around \$800-\$1,000, though hiring at least a guide is always strongly recommended for safety and navigation on this high-altitude trail.

Everest Base Camp Trekking Itinerary - 16 Days

The 16-day Everest Base Camp Trekking itinerary is widely considered the most balanced and rewarding way to experience this legendary Himalayan journey, giving trekkers the perfect combination of steady acclimatization, cultural immersion, and breathtaking high-altitude adventure without ever feeling rushed or overwhelmed. Starting with a scenic mountain flight into Lukla at 2,860 meters, this well-paced itinerary winds through iconic Sherpa settlements like Namche Bazaar, Tengboche, Dingboche, and Lobuche before delivering you to the ultimate destination, Everest Base Camp at 5,364 meters, with enough time and energy to actually savor the moment. Built-in rest days at key elevations keep altitude sickness at bay, while the extra buffer days give you the flexibility to handle unexpected weather, explore hidden trails, and connect deeply with the rich Sherpa culture that makes this walk through the Khumbu Valley so much more than just a physical challenge. Whether you're a passionate hiker chasing once-in-a-lifetime views or a curious traveler stepping into the Himalayas for the very first time, this 16-day expedition strikes the ideal balance between comfort, safety, and sheer unforgettable adventure.

Why Trek to Everest Base Camp with Summit 8000?

When it comes to choosing who guides your Everest Base Camp adventure, experience and trust matter more than anything else, and that's exactly what Summit 8000 brings to every single expedition. With years of expertise leading trekkers through the Khumbu region, Summit 8000 combines deep local knowledge, professionally trained guides, and a genuine passion for making your Himalayan journey as safe, comfortable, and unforgettable as possible. From the moment you arrive in Kathmandu to the moment you stand at Base Camp with the world's highest peak towering above you, the Our team handles every detail, permits, accommodation, logistics, acclimatization planning, and more, so you can focus entirely on soaking in the experience.

Whether you're a first-time trekker nervous about the altitude or a seasoned hiker looking for a well-organized, premium trail experience, We tailor every journey to suit your pace, your goals, and your comfort level. When you choose us, you're not just booking a trek, you're investing in an experience led by people who love these mountains as much as you're about to.



Detailed Itinerary

Day 1: Arrive in Kathmandu

Land in Kathmandu, meet your guide, and settle into your hotel in Thamel. The evening is yours to explore the vibrant streets, try your first dal bhat, and run final gear checks before the adventure begins.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Permits & Preparation Day

Collect your Sagarmatha National Park permit and Khumbu Pasang Lhamu Rural Municipality card. Your guide will brief you on the route, altitude safety, and what to expect at teahouses along the trail.

Accommodation: 1400

Meals: Breakfast

Day 3: Fly from Kathmandu to Lukla, trek to Phakding

Board the iconic mountain flight into Lukla, one of the world's most thrilling landings, then hit the trail immediately, descending through pine forest to the riverside village of Phakding (2,610 m).

Accommodation: 2610

Meals: B, L, & D

Day 4: Walk from Phakding to Namche Bazaar

Cross suspension bridges over the roaring Dudh Koshi river, enter Sagarmatha National Park at Monjo, and tackle the steep two-hour climb up to Namche the bustling gateway to the Khumbu. Your first views of Everest may appear on the ascent.

Accommodation: 3440

Meals: B, L, & D

Day 5: Acclimatization day at Namche Bazaar

A mandatory rest day to help your body adjust to altitude. Hike up to the Everest View Hotel for your first panoramic look at Everest, Lhotse, and Ama Dablam, then spend the afternoon exploring Namche's cafes, bakeries, and gear shops.

Accommodation: 3440

Meals: B, L, & D

Day 6: Trek from Namche Bazaar to Tengboche

The trail rolls through rhododendron forests with Ama Dablam towering overhead at every turn. Arrive at Tengboche monastery, the spiritual heart of the Khumbu, perched on a ridge with staggering views of Everest and Nuptse.



Accommodation: 3860

Meals: B, L, & D

Day 7: Hike from Tengboche to Dingboche

Descend to Pangboche village, home to the valley's oldest monastery, before climbing steadily up into the open, windswept terrain of the upper Khumbu. Dingboche sits in a wide bowl surrounded by giant peaks on three sides.

Accommodation: 4410

Meals: B, L, & D

Day 8: Acclimatization day at Dingboche

Second critical acclimatization day. Hike up to the Nangkartshang ridge (5,000+ m) for sweeping views of Makalu, Cho Oyu, and Island Peak, then descend and rest. Your appetite and sleep quality here are key indicators of how your body is adapting.

Accommodation: 4410

Meals: B, L, & D

Day 9: Trek from Dingboche to Lobuche

The landscape turns raw and glacial as you pass the Thukla memorial cairns a sobering tribute to Everest climbers lost on the mountain. Lobuche is a small, exposed cluster of teahouses where the cold bites hard after dark.

Accommodation: 4940

Meals: B, L, & D

Day 10: Lobuche from Gorakshep, visit EBC

Push on to Gorakshep the last stop before Base Camp then continue the final 3 km across the rocky Khumbu glacier moraine to reach Everest Base Camp at 5,364 m. Stand at the foot of the world's highest mountain and take it all in before returning to Gorakshep for the night.

Accommodation: 5364

Meals: B, L, & D

Day 11: Kala Patthar sunrise, descend to Pheriche

Rise before dawn and summit Kala Patthar (5,545 m) for the most iconic direct view of Everest available to trekkers the summit glows gold at sunrise. Descend all the way to Pheriche (4,288 m) to aid recovery at lower altitude.

Accommodation: 5545

Meals: B, L, & D

Day 12: Walk from Pheriche to Tengboche

The descent always feels faster and lighter your legs are strong, your lungs are full, and the views hit differently now that you know what's behind you. Return to Tengboche and enjoy a well-earned rest in the shadow of the monastery.

Accommodation: 3860



Meals: B, L, & D

Day 13: Tengboche to Namche Bazaar

Retrace the trail back through the rhododendron forest and across the high ridgeline, returning to Namche for a final night in the Khumbu's most lively settlement. Celebrate with a hot shower, a good meal, and stories with fellow trekkers.

Accommodation: 3440

Meals: B, L, & D

Day 14: Namche Bazaar to Lukla

One long, satisfying day back through Phakding and the lower Khumbu valleys to Lukla. The altitude drops with every step and the air grows noticeably thicker a welcome reward after two weeks at height.

Accommodation: 2860

Meals: B, L, & D

Day 15: Fly from Lukla to Kathmandu

Morning flight back to Kathmandu, weather permitting, with the entire Himalayan range spread below you one final time. The afternoon is free for shopping in Thamel, a massage, or a celebratory dinner with your team.

Accommodation: 1400

Meals: Farewell Dinner

Day 16: Departure

Your Everest Base Camp adventure comes to a close. Transfer to Tribhuvan International Airport for your onward flight leaving with sore legs, a full memory card, and a story you'll tell for the rest of your life.

Accommodation: 1400

Meals:

Gears Lists

Clothing (Layering System)

Base Layers (Moisture-wicking)

- Thermal tops (2-3)
- Thermal bottoms (2)
- Quick-dry t-shirts (3-4)

Mid Layers (Insulation)



- Fleece jacket or pullover
- Lightweight down jacket

Outer Layers (Protection)

- Waterproof jacket (Gore-Tex or similar)
- Waterproof pants

Trekking Clothes

- Trekking pants (2-3 pairs)
- Hiking shorts (optional)
- Warm hat / beanie
- Sun hat or cap
- Buff or neck gaiter

Innerwear

- Underwear (5-7 pairs)
- Sports bras (if needed)

Heavy Insulation (Very Important)

- Thick down jacket (for cold nights & high altitude)
- Insulated gloves (waterproof)
- Inner gloves (liner)

Footwear

- Trekking boots (well broken-in)
- Camp shoes / sandals
- Warm wool socks (4-5 pairs)
- Liner socks (optional)
- Gaiters (optional, for snow)

Bags & Storage

- Duffel bag (for porter, ~60-70L)
- Daypack (20-30L)
- Waterproof backpack cover
- Dry bags / packing cubes



Sleeping Gear

- Sleeping bag (-10°C to -20°C recommended)
- Sleeping bag liner (adds warmth)

Toiletries & Personal Items

- Toothbrush & toothpaste
- Wet wipes / tissue paper
- Hand sanitizer
- Sunscreen (SPF 50+)
- Lip balm (with SPF)
- Small quick-dry towel
- Nail clipper

First Aid & Medications

- Personal medications
- Diamox (for altitude sickness)
- Paracetamol / Ibuprofen
- Blister kit (Compeed, tape)
- Band-aids
- Antiseptic cream
- ORS (hydration salts)

Accessories & Gear

- Trekking poles (highly recommended)
- Sunglasses (UV protection)
- Headlamp (with extra batteries)
- Water bottles (2L total)
- Thermos (for hot water)
- Power bank / solar charger
- Camera / phone

Snacks & Energy

- Energy bars
- Dry fruits & nuts
- Chocolate
- Electrolyte powder



Important Documents

- Passport
- Travel insurance (must cover high altitude trekking)
- Permits (Sagarmatha National Park & Khumbu Pasang Lhamu permit)
- Cash (Nepali rupees)

Optional but Useful

- Book / Kindle
- Cards / small games
- Notebook & pen
- Lightweight crampons (if trekking in winter)

Pro Packing Tips

- Pack light but smart (porter limit is usually 15kg)
- Use layers instead of bulky clothing.
- Keep essentials in your daypack.
- Avoid cotton (it stays wet and cold)

Cost Includes

1. Round-trip flight Kathmandu to Lukla and back
2. Teahouse accommodation throughout the trek
3. Three meals per day (breakfast, lunch, dinner) on trail
4. Licensed, experienced trekking guide
5. Porter to carry your luggage
6. Sagarmatha National Park entry permit (\$30)
7. Khumbu Pasang Lhamu Rural Municipality fee (\$20)
8. All permits, logistics and acclimatization planning (Summit 8000 package)
9. Pre-trek briefing and route preparation in Kathmandu

Cost Excludes

1. International flights to and from Kathmandu
2. Nepal visa fee (obtained on arrival)
3. Travel insurance covering high-altitude trekking and emergency helicopter evacuation
4. Personal trekking gear and equipment
5. Tips for guide and porter (customary)
6. Personal snacks, drinks, and extras at teahouses (hot drinks, charging fees, Wi-Fi)
7. Emergency helicopter evacuation costs (if not covered by insurance)



- 8.** Hotel accommodation in Kathmandu (before/after trek)
- 9.** Any costs arising from delays due to weather, flight cancellations, or illness

