Everest Base Camp Luxury Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**16 Days**
DIFFICULTY	**Easy**
MAX ALTITUDE	**5545m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,000 per person**

Trip overview

The Everest Base Camp Luxury Trek is a premium Himalayan adventure designed for travelers who want to experience the world's most iconic trekking route with maximum comfort, safety, and personalized service. This carefully crafted journey combines the legendary Everest Base Camp trail with high-end lodges, luxury hotels in lower elevations, and professionally managed logistics throughout the entire itinerary.

The trek begins with a warm welcome in Kathmandu, followed by a scenic flight to Lukla, the gateway to the Everest region. From here, the trail passes through traditional Sherpa villages, ancient monasteries, alpine forests, and dramatic high-altitude landscapes leading all the way to Everest Base Camp (5,364 m). Along the way, trekkers enjoy carefully selected luxury and premium accommodations in key locations such as Namche Bazaar, Deboche, Dingboche, Lobuche, and Gorakshep.

This luxury itinerary is designed with proper acclimatization days, experienced guides, and full support services to ensure safety and comfort at high altitude. The return journey follows the classic Everest route, ending with a smooth descent back to Lukla and a flight to Kathmandu.

Ideal for discerning travelers, this trek offers a perfect blend of adventure, cultural immersion, and high-end Himalayan hospitality.

Geography and Landscape

The Everest Base Camp Luxury Trek lies within the Khumbu region of northeastern Nepal, inside the protected boundaries of Sagarmatha National Park, a UNESCO World Heritage Site known for its dramatic alpine scenery and towering Himalayan peaks.

The journey begins in Lukla and follows the Dudh Koshi River valley through lush forests of pine and rhododendron. As the trail ascends, the landscape transforms into deep valleys, suspension bridges, traditional Sherpa settlements, and eventually into stark alpine terrain and glacial moraine.

Key villages along the route include Phakding, Namche Bazaar, Tengboche, Deboche, Dingboche, Lobuche, and Gorakshep. Each offers unique mountain perspectives and cultural experiences.

At higher elevations, trekkers approach the Khumbu Glacier and Everest Base Camp, surrounded by iconic peaks such as Mount Everest, Lhotse, Nuptse, Ama Dablam, and Pumori. The region offers one

of the most dramatic and inspiring mountain landscapes on Earth.

Climate and Best Time to Trek

The best time for the Everest Base Camp Luxury Trek is during spring (March–May) and autumn (September–November).

Spring offers stable weather, warmer temperatures, and blooming rhododendron forests, making the trail especially scenic. It also coincides with Everest climbing expeditions, adding a vibrant atmosphere in the region.

Autumn is considered the most favorable season due to clear skies, excellent visibility, and stable weather conditions following the monsoon.

Winter (December–February) provides quieter trails and crystal-clear views but extremely cold temperatures at higher elevations. The monsoon season (June–August) is less suitable due to rainfall, cloud cover, and flight delays.

People and Culture

The Everest region is home to the Sherpa community, globally respected for their mountaineering expertise, resilience, and hospitality. Their culture is deeply rooted in Tibetan Buddhism, visible throughout the journey in prayer flags, mani walls, stupas, and monasteries.

Villages such as Namche Bazaar, Tengboche, and Pangboche provide authentic cultural encounters, where travelers can observe traditional lifestyles and spiritual practices.

Tengboche Monastery, one of the most significant religious sites in the Khumbu region, offers a peaceful spiritual atmosphere surrounded by breathtaking Himalayan views.

The combination of Sherpa culture and high mountain landscapes makes this journey both spiritually enriching and visually unforgettable.

Highlights

- Scenic flight between Kathmandu and Lukla
- Luxury hotel stay in Kathmandu and Lukla
- Premium lodges throughout key trekking destinations
- Explore Namche Bazaar, the Sherpa capital of Everest
- Visit Tengboche Monastery with panoramic mountain views
- Proper acclimatization in Namche and Dingboche
- Reach Everest Base Camp (5,364 m)
- Optional sunrise hike to Kala Patthar (5,545 m)
- Comfortable trekking with professional support team
- Return via scenic descent through Sherpa villages
- Perfect balance of luxury, culture, and adventure

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400 m

Stay: Luxury Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, you will be warmly welcomed by our representative and transferred to a carefully selected luxury hotel in Kathmandu.

After check-in, you will have time to rest and recover from your journey. In the evening, a detailed trek briefing will be conducted by your guide, covering the route, altitude plan, safety protocols, and final preparation checklist.

You may also enjoy a relaxed walk around Thamel or dine at a premium restaurant.

Day 2 : Trek Preparation & Kathmandu Valley Leisure

Altitude: 1,400 m

Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final preparation for the Everest Base Camp journey.

Your guide will assist with:

- Permit finalization (Sagarmatha National Park, local permits)
- Equipment inspection and fitting
- Altitude safety briefing
- Packing optimization for porters

If time allows, optional sightseeing in Kathmandu Valley can be arranged, including UNESCO World Heritage Sites such as Boudhanath Stupa or Pashupatinath Temple.

This day ensures you are fully prepared physically and mentally for the trek.

Day 3 : Fly to Lukla (2,860 m) – Trek to Phakding (2,610 m)

Altitude: 2,610 m

Walk: 3–4 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Early morning transfer to the domestic airport for a scenic flight to Lukla, one of the most thrilling mountain airstrips in the world.

Upon arrival, you will meet your trekking crew and begin the first gentle walk of the journey. The trail descends gradually through pine forests, small Sherpa settlements, prayer wheels, and suspension bridges over the Dudh Koshi River.

The walk is easy and designed for acclimatization.

Day 4 : Trek to Namche Bazaar (3,440 m)

Altitude: 3,440 m

Walk: 5–6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today is a significant ascent day as you enter the heart of the Everest region.

The trail passes through Monjo and enters Sagarmatha National Park (UNESCO World Heritage Site). You will cross multiple suspension bridges, including the famous Hillary Bridge.

After Jorsalle, the trail becomes steep as you climb through pine forests toward Namche Bazaar.

On clear days, your first glimpse of Mount Everest may appear.

Day 5 : Acclimatization Day in Namche Bazaar (3,440 m)

Altitude: 3,440 m

Walk: 3–4 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This is a crucial acclimatization day to adjust to altitude.

A guided hike is taken to:

Everest View Hotel (3,880 m)

Khumjung village or Sherpa Museum viewpoint

From here, panoramic views of Everest, Lhotse, Ama Dablam, and Thamserku are visible.

Later, you return to Namche for rest and exploration of its vibrant marketplace, bakeries, cafes, and Sherpa culture center.

Day 6 : Trek to Deboche (3,820 m) via Tengboche

Altitude: 3,820 m

Walk: 5–6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail follows a scenic ridgeline with breathtaking Himalayan views throughout the day.

You descend briefly to the Dudh Koshi River and then ascend toward Tengboche Monastery, the spiritual heart of the Khumbu region.

After visiting the monastery, the trail continues downhill through rhododendron forests to Deboche, a quiet and peaceful settlement.

Day 7 : Trek to Dingboche (4,410 m)

Altitude: 4,410 m

Walk: 5–6 hours · Stay: Premium Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today you enter higher alpine terrain with dramatic landscape changes.

The trail passes Pangboche village, the oldest Sherpa settlement in the region. As you ascend, vegetation becomes sparse and views of Ama Dablam dominate the skyline.

Stone-walled fields and wide valleys mark your arrival in Dingboche.

Day 8 : Acclimatization Day in Dingboche

Altitude: 4,410 m

Walk: 3–4 hours · Stay: Premium Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A second acclimatization day is essential for safe altitude progression.

A guided hike is taken to Nagarjun Hill (approx. 5,100 m), offering panoramic views of:

- Makalu
- Lhotse
- Island Peak
- Ama Dablam

After the hike, return to Dingboche for rest and recovery.

Day 9 : Trek to Lobuche (4,910 m)

Altitude: 4,910 m

Walk: 5–6 hours · Stay: Premium Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The landscape becomes more rugged and dramatic as you approach the high Himalayas.

You pass through Dughla (Thukla), where memorials are built for climbers who lost their lives on Everest expeditions. From here, the trail climbs steeply toward the alpine zone.

Lobuche sits beneath towering peaks and glacial terrain.

Day 10 : Trek to Gorakshep (5,164 m) – Everest Base Camp (5,364 m)

Altitude: 5,364 m

Walk: 7–8 hours · Stay: Premium Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This is the most important day of the trek.

You follow the Khumbu Glacier moraine toward Gorakshep, the last settlement before Everest Base Camp.

After a short rest, you continue to Everest Base Camp. The terrain is rocky, glacial, and challenging, but the reward is unmatched.

At Base Camp, you stand at the foot of the world's highest mountain.

Return to Gorakshep for overnight stay.

Day 11 : Kala Patthar Sunrise – Trek to Pheriche

Altitude: 5,545 m (Kala Patthar)

Walk: 6–7 hours · Stay: Premium Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Early morning hike to Kala Patthar (5,545 m), the best viewpoint for Mount Everest sunrise.

From here, you see:

Everest glowing at sunrise

Nuptse wall

Khumbu Glacier

After breakfast, descend to Pheriche through alpine valleys.

Day 12 : Trek to Namche Bazaar

Altitude: 3,440 m

Walk: 6–7 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A long but rewarding descent through Pangboche, Tengboche, and Phunki Tenga.

As oxygen levels increase, walking becomes easier. You return to the comfort of Namche Bazaar.

Enjoy bakery cafes, warm showers, and celebration atmosphere.

Day 13 : Trek to Monjo

Altitude: 2,835 m

Walk: 4–5 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A gradual descent through forests and suspension bridges leads you back into the lower Everest region.

You exit Sagarmatha National Park and stay in Monjo village.

Day 14 : Trek to Lukla

Altitude: 2,860 m

Walk: 5–6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final trekking day of the journey.

You follow the Dudh Koshi River back to Lukla, where a farewell dinner is hosted with your trekking crew.

This is a celebration night marking the completion of your Everest journey.

Day 15 : Flight to Kathmandu

Altitude: 1,400 m

Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Morning scenic flight back to Kathmandu.

Upon arrival, transfer to your luxury hotel. The rest of the day is free for relaxation, spa treatment, shopping, or sightseeing.

Day 16 : Departure

Altitude: 1,400 m

Meals: Breakfast

Transfer to Tribhuvan International Airport for final departure.

Experience: Farewell and airport assistance.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Trek Preparation & Kathmandu Valley Leisure · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly to Lukla – Trek to Phakding · 2,610 m · day 15°C / night 3°C
- Day 4 · Trek to Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 5 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 6 · Trek to Deboche via Tengboche · 3,820 m · day 9°C / night -4°C
- Day 7 · Trek to Dingboche · 4,410 m · day 6°C / night -8°C
- Day 8 · Acclimatization Day in Dingboche · 4,410 m · day 6°C / night -8°C
- Day 9 · Trek to Lobuche · 4,910 m · day 3°C / night -12°C
- Day 10 · Trek to Gorakshep – Everest Base Camp · 5,364 m · day 1°C / night -15°C
- Day 11 · Kala Patthar Sunrise – Trek to Pheriche · 5,545 m · day 0°C / night -16°C
- Day 12 · Trek to Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 13 · Trek to Monjo · 2,835 m · day 14°C / night 2°C
- Day 14 · Trek to Lukla · 2,860 m · day 13°C / night 2°C
- Day 15 · Flight to Kathmandu · 1,400 m · day 21°C / night 11°C

- Day 16 · Departure · 1,400 m · day 21°C / night 11°C

What's included

Transportation

- Private tourist vehicles for airport pick-up and drop-off in Kathmandu
- All required ground transfers as per itinerary
- Scheduled domestic flights: Kathmandu – Lukla – Kathmandu
- Helicopter transfer from Everest region (Gorakshep/Lobuche area) to Lukla as per itinerary (if included in package)

Accommodation & Meals

- 3 nights luxury hotel accommodation in Kathmandu (bed & breakfast)
- Premium luxury lodges / high-standard teahouses during trekking period
- Full board meals (Breakfast, Lunch & Dinner) during trek
- Tea & coffee during trekking days

Permits & Entry Fees

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Permit
- TIMS Card (if required)

Guide & Staff Services

- Experienced licensed English-speaking trekking guide
- Porter service (1 porter for 2 trekkers basis)
- Guide and porter salary, insurance, meals, and equipment
- First aid medical kit carried by guide
- Emergency coordination and evacuation support assistance

Not included

International Flights

- Airfare from home country to Nepal (Kathmandu)
- Return international flight from Nepal to home country

Visa Fees

- Nepal entry visa fee (payable on arrival or embassy)

Travel Insurance (Mandatory)

- High-altitude trekking coverage up to 6,000 m
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation, delays, and unforeseen events

Personal Expenses

- Personal trekking equipment (boots, clothing, sleeping bag, down jacket, etc.)
- Tips for guide and porter
- Wi-Fi, hot showers, charging, and laundry services during trek
- Personal snacks, bottled water, soft drinks, and beverages
- Souvenirs and personal shopping

Meals & Beverages (Outside Trek Package)

- Lunch and dinner in Kathmandu (unless included in package plan)
- Alcoholic drinks, energy drinks, and extra snacks not included in set meals

Dates & prices

- 02 Mar 2027 – 17 Mar 2027 · USD 1,000 · Available
- 16 Mar 2027 – 31 Mar 2027 · USD 1,000 · Available
- 06 Apr 2027 – 21 Apr 2027 · USD 1,000 · Available
- 20 Apr 2027 – 05 May 2027 · USD 1,000 · Available
- 04 May 2027 – 19 May 2027 · USD 1,000 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles

- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in a combination of luxury hotels in Kathmandu and premium mountain lodges during the trekking period.

Lower regions such as Lukla, Phakding, and Namche Bazaar offer comfortable rooms with better facilities, while higher-altitude settlements like Dingboche, Lobuche, and Gorakshep provide clean, warm, and well-managed trekking lodges suitable for high-altitude conditions.

Meals

A full-board meal plan (Breakfast, Lunch, and Dinner) is provided during the trekking period.

Typical menu includes:

- Traditional Nepali Dal Bhat set
- Soups, noodles, pasta, fried rice
- Potatoes, eggs, bread, pancakes
- Seasonal vegetables and local organic dishes
- Tea, coffee, and hot beverages

Meals are freshly prepared daily to maintain energy and altitude performance.

Difficulty & Physical Requirements

This trek is considered moderate to challenging and is suitable for trekkers with good fitness levels.

Daily walking time ranges from 5 to 8 hours depending on terrain and altitude. The highest overnight point is Gorakshep (5,164 m), and the maximum elevation reached is Everest Base Camp (5,364 m).

Proper acclimatization and steady walking pace are essential for safety and success.

Permits

Required permits include:

- Sagarmatha National Park Permit
- Khumbu Pasang Lhamu Rural Municipality Permit
- TIMS Card (if applicable)

All permits are arranged before the trek begins.

Best Season

- Spring (March–May): Clear weather, blooming rhododendrons
- Autumn (September–November): Best visibility and stable conditions
- Winter (December–February): Cold but fewer crowds
- Monsoon (June–August): Rainy season, limited visibility, flight delays possible

Transportation & Access

The journey begins with a scenic flight from Kathmandu to Lukla.

Route:

Kathmandu -> Lukla -> Phakding -> Namche Bazaar -> Tengboche -> Dingboche -> Lobuche -> Gorakshep -> Everest Base Camp

Return journey includes trekking descent or optional helicopter return to Lukla, followed by a flight to Kathmandu.

Safety & Acclimatization

The itinerary includes well-planned acclimatization days in Namche Bazaar and Dingboche to reduce altitude sickness risk.

Experienced guides continuously monitor health conditions, ensure proper pacing, and coordinate emergency evacuation if required.

Travel Insurance

Mandatory insurance must cover:

- High-altitude trekking up to 6,000 m
- Helicopter evacuation coverage
- Medical treatment and emergency hospitalization
- Trip interruption or cancellation

Guide & Porter Services

Professional licensed guides accompany the trek, ensuring safety, navigation, and cultural interpretation.

Porters assist with luggage carrying, allowing trekkers to enjoy the journey with a light daypack.

Essential Equipment

Recommended items:

- Trekking boots
- Warm layered clothing
- Down jacket

- Waterproof jacket & pants
- Gloves, hat, sunglasses
- Trekking poles
- Headlamp
- Personal first aid kit
- Daypack & reusable water bottle

Communication & Connectivity

Mobile networks are available in lower regions, while Wi-Fi is accessible in most lodges at an additional cost.

Connectivity becomes limited at higher altitudes but remains available in key villages like Namche and Dingboche.

Why Choose Everest Base Camp Luxury Trek?

- Combination of adventure and luxury comfort
- Premium lodges in key trekking points
- Carefully designed acclimatization schedule
- Experienced professional guides and support team
- Safe and well-managed high-altitude journey
- Option of helicopter return for time-saving
- Stunning Himalayan scenery throughout the route
- One of the world’s most iconic trekking experiences

Frequently asked questions

How difficult is the Everest Base Camp Luxury Trek?

The Everest Base Camp Luxury Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Everest Base Camp Luxury Trek?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Everest Base Camp Luxury Trek?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Everest Base Camp Luxury Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Everest Base Camp Luxury Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Everest Base Camp Luxury Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Everest Base Camp Luxury Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-base-camp-luxury-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com