Everest Base Camp Luxury Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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