Everest Base Camp Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**15 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5364m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,850 per person**

Day-by-day itinerary

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

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arriving at Tribhuvan International Airport, you'll be warmly welcomed by one of our representatives from Nord Extreme and transferred to your hotel in Kathmandu. After check-in, you can relax and recover from your journey or explore the lively streets of Thamel, famous for its cafes, restaurants, and trekking shops.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to trek preparation and permit arrangements before beginning your Himalayan adventure. You will meet your trekking guide and team for a detailed briefing about the route, safety procedures, altitude sickness prevention, and trekking essentials. This day also provides time to organize and check your trekking equipment, complete the necessary permits, and purchase any last-minute gear if needed. In the evening, you can enjoy the vibrant atmosphere of Kathmandu and prepare for the journey ahead.

Day 3 : Fly Kathmandu -> Lukla (2,840m), Trek to Phakding (2,610m)

Altitude: 1400m - 2840m - 2610m

Walk: 3-4 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Your adventure begins with a breathtaking mountain flight from Kathmandu to Lukla, one of the most thrilling airstrips in the world. During the flight, enjoy spectacular views of snow-capped Himalayan peaks and deep valleys below. After landing in Lukla, meet your guides and porters before beginning the trek through pine forests, Sherpa villages, and scenic trails alongside the Dudh Koshi River. The gentle descent toward Phakding provides a comfortable introduction to trekking in the Everest region.

Day 4 : Acclimatization Day in Namche Bazaar

Altitude: 3440m - 3880m - 3440m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This important acclimatization day helps your body adjust to the increasing altitude while allowing you to explore the vibrant Sherpa town of Namche Bazaar. You may take a short hike to the Everest View Hotel for panoramic views of Everest, Lhotse, Ama Dablam, and surrounding peaks or visit the traditional village of Khumjung and its historic monastery. The day offers both cultural experiences and stunning Himalayan scenery while preparing you for higher elevations ahead.

Day 5 : Trek to Tengboche (3,860m)

Altitude: 3440m - 3860m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leaving Namche, the trail follows scenic ridges with breathtaking views of Everest, Nuptse, and Ama Dablam before descending through rhododendron and fir forests. After crossing rivers and climbing mountain paths, you will arrive at Tengboche, home to one of the most important monasteries in the Everest region. Surrounded by dramatic Himalayan peaks, Tengboche Monastery offers a peaceful spiritual atmosphere and unforgettable mountain scenery.

Day 6 : Trek to Dingboche (4,410m)

Altitude: 3860m - 4410m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail continues through alpine landscapes, passing Pangboche village and ancient Buddhist monasteries before crossing the Imja River. As you gain elevation, the terrain becomes more open with yak pastures, stone walls, and spectacular views of Ama Dablam and Island Peak. Dingboche is a peaceful mountain village surrounded by towering Himalayan peaks and serves as an important acclimatization stop.

Day 7 : Acclimatization Hike to Nangkartshang Peak (~5,083m)

Altitude: 4410m - 5083m - 4410m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today is dedicated to acclimatization with a challenging yet rewarding hike to Nangkartshang Peak. The steep ascent offers incredible panoramic views of Makalu, Lhotse, Ama Dablam, Everest, and surrounding Himalayan ranges. Moving slowly at high altitude helps your body adapt while allowing you to fully enjoy the breathtaking mountain scenery before descending back to Dingboche for rest.

Day 8 : Trek to Lobuche (4,940m)

Altitude: 4410m - 4940m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leaving Dingboche behind, the trail becomes increasingly rugged as you approach the Khumbu Glacier. Along the route, you will pass memorials dedicated to climbers who lost their lives on Everest, offering a meaningful reminder of the mountain’s challenges and history. Upon reaching Lobuche, enjoy incredible views of towering Himalayan peaks and the dramatic alpine environment.

Day 9 : Trek to Everest Base Camp (5,364m), Overnight at Gorak Shep (5,164m)

Altitude: 4940m - 5164m - 5364m - 5164m

Walk: 7-8 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today is one of the highlights of the entire journey. Trek across glacial moraines and rocky high-altitude terrain toward Gorak Shep before continuing to the legendary Everest Base Camp. Witness the

dramatic Khumbu Icefall, colorful expedition tents, and the incredible surroundings beneath the world's highest mountain. After spending time at Base Camp, return to Gorak Shep for an overnight stay in the heart of the Himalayas.

Day 10 : Early Hike to Kala Patthar (5,545m), Descend to Pheriche (4,280m)

Altitude: 5164m - 5545m - 4280m

Walk: 7-8 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Wake before sunrise for a memorable hike to Kala Patthar, one of the finest viewpoints in the Everest region. From the summit, enjoy breathtaking panoramic views of Everest, Lhotse, Nuptse, and Pumori glowing in the golden morning light. After descending from Kala Patthar, continue the trek downhill through alpine valleys and rugged mountain landscapes toward the peaceful village of Pheriche.

Day 11 : Trek to Tengboche (3,860m)

Altitude: 4280m - 3860m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The descent from Pheriche follows scenic alpine trails with magnificent views of Ama Dablam and surrounding Himalayan peaks. Passing through Pangboche village and peaceful forests, the trail gradually leads back to Tengboche. Along the way, you can enjoy the changing landscapes, Buddhist monasteries, prayer flags, and the peaceful atmosphere of the Khumbu region before arriving at the famous Tengboche Monastery.

Day 12 : Trek to Namche Bazaar (3,440m)

Altitude: 3860m - 3440m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today's trail descends through beautiful rhododendron and pine forests while crossing suspension bridges above rushing mountain rivers. The route offers spectacular views of Everest, Lhotse, and Ama Dablam as you return to Namche Bazaar, the lively Sherpa town known for its mountain culture, cafes, bakeries, and local markets.

Day 13 : Trek to Lukla (2,860m)

Altitude: 3440m - 2860m

Walk: 6-7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The final trekking day takes you through familiar Sherpa villages, riverside trails, and forests as you retrace your route toward Lukla. Crossing suspension bridges and passing traditional mountain settlements, you can reflect on the incredible Himalayan adventure and celebrate the successful completion of the Everest Base Camp Trek with your trekking team.

Day 14 : Fly Lukla -> Kathmandu (1,400m)

Altitude: 2860m - 1400m

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

Travel Duration - 35 minutes flight

Your Himalayan adventure concludes with a scenic mountain flight back to Kathmandu. During the flight, enjoy one final aerial view of the snow-capped Himalayas and deep valleys below. Upon arrival in Kathmandu, transfer to your hotel where you can relax, explore the city, or celebrate the successful completion of your trek.

Day 15 : Final Departure

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today marks the end of your unforgettable journey in Nepal. According to your flight schedule, one of our representatives from Nord Extreme will transfer you to Tribhuvan International Airport for your onward flight. We hope you had an incredible trekking experience in the Himalayas and wish you a safe journey ahead.

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 & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly Kathmandu -> Lukla, Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 4 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 5 · Trek to Tengboche · 3,440 m · day 11°C / night -2°C
- Day 6 · Trek to Dingboche · 3,860 m · day 8°C / night -5°C
- Day 7 · Acclimatization Hike to Nangkartshang Peak · 4,410 m · day 6°C / night -8°C
- Day 8 · Trek to Lobuche · 4,410 m · day 6°C / night -8°C
- Day 9 · Trek to Everest Base Camp, Overnight at Gorak Shep · 4,940 m · day 3°C / night -12°C
- Day 10 · Early Hike to Kala Patthar, Descend to Pheriche · 5,164 m · day 2°C / night -13°C
- Day 11 · Trek to Tengboche · 4,280 m · day 6°C / night -7°C
- Day 12 · Trek to Namche Bazaar · 3,860 m · day 8°C / night -5°C
- Day 13 · Trek to Lukla · 3,440 m · day 11°C / night -2°C
- Day 14 · Fly Lukla -> Kathmandu · 2,860 m · day 13°C / night 2°C
- Day 15 · Final Departure · 1,400 m · day 21°C / night 11°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Sagarmatha National Park Entry Permit. (Permit required for the Everest region)
- Local Government Entry Permit. (Khumbu Pasang Lhamu Rural Munacipality)
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment's & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

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

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