Everest Expedition

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

DURATION	**50 Days**
DIFFICULTY	**Challenging**
MAX ALTITUDE	**8848.86m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 45,000 per person**

Day-by-day itinerary

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

Altitude: 1,400m

Walk: Arrival Day / 1–2 Hours Transfer · Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrival at Tribhuvan International Airport. Meet expedition representative and transfer to hotel. Rest after long international travel. Evening briefing introduces the Everest South route, summit strategy, oxygen system basics, and safety protocols for extreme altitude climbing.

Day 2 : Expedition Briefing & Gear Check (1,400m)

Altitude: 1,400m

Walk: 6–8 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Full technical inspection of all climbing equipment including boots, crampons, harness, helmet, ice axe, down suit, sleeping bag, and oxygen system. Missing gear is arranged in Kathmandu. Permit processing begins and emergency evacuation procedures are explained in detail.

Day 3 : Final Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 5–7 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Final team coordination, medical readiness check, insurance verification, and packing preparation. Expedition leader finalizes logistics for flight and trekking phase.

Day 4 : Flight to Lukla (2,860m) – Trek to Phakding (2,610m)

Altitude: 1,400m – 2,860m – 2,610m

Walk: 3–4 Hours Trek + 35-Minute Flight · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Scenic mountain flight to Lukla followed by a gentle trek through Sherpa villages, forests, and suspension bridges. First overnight stay in Everest region begins acclimatization.

Day 5 : Trek to Namche Bazaar (3,440m)

Altitude: 2,610m – 3,440m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trail ascends through Sagarmatha National Park with steep climbs and river crossings. Arrival at Namche Bazaar, the main Sherpa trading hub and acclimatization center.

Day 6 : Acclimatization in Namche Bazaar (3,440m)

Altitude: 3,440m – 3,880m

Walk: 3–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Short hike to Everest View Hotel (3,880m) for first views of Everest, Lhotse, and Ama Dablam. Rest and oxygen adaptation.

Day 7 : Trek to Tengboche (3,860m)

Altitude: 3,440m – 3,860m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek through rhododendron forests and alpine ridges. Visit Tengboche Monastery, a spiritual highlight of the Khumbu region.

Day 8 : Trek to Dingboche (4,410m)

Altitude: 3,860m – 4,410m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Gradual ascent into high alpine terrain. Vegetation decreases and altitude effects become more noticeable.

Day 9 : Acclimatization in Dingboche (4,410m)

Altitude: 4,410m – 5,100m

Walk: 4–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Hike to Nangkartshang Peak (5,100m) for altitude adaptation. Body adjusts to low oxygen levels.

Day 10 : Trek to Lobuche (4,940m)

Altitude: 4,410m – 4,940m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trail becomes rocky and glacial. Climbers enter Everest glacier system environment.

Day 11 : Trek to Everest Base Camp (5,364m)

Altitude: 4,940m – 5,364m

Walk: 7–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Arrival at Base Camp. Expedition setup begins including tents, kitchen, communication systems, and medical station.

Day 12–14 : Base Camp Establishment (5,364m)

Altitude: 5,364m

Walk: 3 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Full Base Camp operations established. Climbers undergo medical checks, oxygen baseline testing, and route preparation for Khumbu Icefall.

Day 15–16 : Icefall Training (5,364m)

Altitude: 5,364m – 5,800m

Walk: 2 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Technical training in Khumbu Icefall including ladder crossing, fixed rope climbing, and crevasse safety procedures under Sherpa guidance.

Day 17–19 : Rotation 1 – Camp I (6,065m)

Altitude: 5,364m – 6,065m

Walk: 3 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Climbers cross Khumbu Icefall into Western Cwm and establish Camp I. Short acclimatization stay followed by controlled descent to Base Camp for recovery.

Day 20–22 : Rotation 2 – Camp II (6,400m)

Altitude: 5,364m – 6,400m

Walk: 3 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Second rotation to Camp II in Western Cwm. Climbers experience extreme cold and altitude exposure before returning to Base Camp for rest.

Day 23–27 : Base Camp Rest & Recovery (5,364m)

Altitude: 5,364m

Walk: 5 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Critical recovery phase with medical monitoring, oxygen saturation checks, weather analysis, and equipment adjustments.

Day 28–32 : Rotation 3 – Camp III (7,200m)

Altitude: 5,364m – 7,200m

Walk: 5 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final acclimatization climb through Lhotse Face using fixed ropes. Camp III established. Climbers test oxygen systems before descending back to Base Camp.

Day 33–35 : Summit Preparation Phase (5,364m)

Altitude: 5,364m

Walk: 3 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Weather window monitoring begins. Final gear sorting, oxygen preparation, and summit strategy briefing conducted by expedition leader and Sherpa team.

Day 36–39 : Summit Push (Everest Summit – 8,849m)

Altitude: 5,364m – 6,400m – 7,200m – 7,900m – 8,849m

Walk: 4 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Climbers ascend to Camp II, then Camp III, and finally South Col (7,900m). From midnight summit push begins through Balcony, South Summit, and Hillary Step to reach Everest Summit (8,849m). After a short stay, descent begins immediately.

Day 40–42 : Descent to Base Camp (5,364m)

Altitude: 8,849m – 5,364m

Walk: 3 Days · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Careful descent through high camps back to Base Camp. Recovery begins immediately upon arrival.

Day 43–45 : Trek Back to Namche Bazaar (3,440m)

Altitude: 5,364m – 3,440m

Walk: 3 Days · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Gradual descent through Pheriche and Tengboche villages back to Namche Bazaar.

Day 46 : Trek to Lukla (2,860m)

Altitude: 3,440m – 2,860m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final trekking day through the Khumbu valley.

Day 47 : Flight Lukla – Kathmandu (1,400m)

Altitude: 2,860m – 1,400m

Walk: 35-Minute Flight + Transfers · Stay: Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Return flight to Kathmandu. Transfer to hotel.

Day 48–49 : Rest in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 2 Days · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Full recovery, gear return, and celebration dinner.

Day 50 : Departure from Kathmandu (1,400m)

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for international flight.

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 · Expedition Briefing & Gear Check · 1,400 m · day 21°C / night 11°C
- Day 3 · Final Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 4 · Flight to Lukla – Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 5 · Trek to Namche Bazaar · 2,610 m · day 15°C / night 3°C
- Day 6 · Acclimatization in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 7 · Trek to Tengboche · 3,440 m · day 11°C / night -2°C
- Day 8 · Trek to Dingboche · 3,860 m · day 8°C / night -5°C
- Day 9 · Acclimatization in Dingboche · 4,410 m · day 6°C / night -8°C
- Day 10 · Trek to Lobuche · 4,410 m · day 6°C / night -8°C
- Day 11 · Trek to Everest Base Camp · 4,940 m · day 3°C / night -12°C
- Day 12 · Base Camp Establishment · 5,364 m · day 1°C / night -15°C
- Day 15 · Icefall Training · 5,364 m · day 1°C / night -15°C
- Day 17 · Rotation 1 – Camp I · 5,364 m · day 1°C / night -15°C
- Day 20 · Rotation 2 – Camp II · 5,364 m · day 1°C / night -15°C
- Day 23 · Base Camp Rest & Recovery · 5,364 m · day 1°C / night -15°C

- Day 28 · Rotation 3 – Camp III · 5,364 m · day 1°C / night -15°C
- Day 33 · Summit Preparation Phase · 5,364 m · day 1°C / night -15°C
- Day 36 · Summit Push · 5,364 m · day 1°C / night -15°C
- Day 40 · Descent to Base Camp · 8,849 m · day -17°C / night -37°C
- Day 43 · Trek Back to Namche Bazaar · 5,364 m · day 1°C / night -15°C
- Day 46 · Trek to Lukla · 3,440 m · day 11°C / night -2°C
- Day 47 · Flight Lukla – Kathmandu · 2,860 m · day 13°C / night 2°C
- Day 48 · Rest in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 50 · Departure from Kathmandu · 1,400 m · day 21°C / night 11°C

What’s included

Accommodation

- 3–4 nights hotel accommodation in Kathmandu (3-star or similar category)
- Teahouse/lodge accommodation during Everest Base Camp approach trek (twin-sharing basis)
- Fully supported tented accommodation at Everest Base Camp and higher camps (Camp I, II, III, IV)
- High-altitude expedition tents with mattresses and sleeping system at all camps

Meals

- Full-board meals (Breakfast, Lunch, Dinner) during trekking and climbing period
- High-calorie, carefully planned expedition meals prepared by experienced Base Camp kitchen team
- Hot drinks (tea/coffee/soup) during meal times at Base Camp
- Packed meals and high-energy summit food during rotation and summit push

Transportation

- Airport pick-up and drop-off in Kathmandu
- Domestic flight: Kathmandu – Lukla – Kathmandu
- All ground transportation as per itinerary
- Cargo transport of expedition equipment and logistics support to Base Camp

Permits & Fees

- Everest Climbing Permit (Government of Nepal)
- Sagarmatha National Park Entry Permit
- Khumbu Rural Municipality Permit
- Expedition liaison officer fee and related government charges

Guide & Staff

- Highly experienced Everest Climbing Sherpa guides (8,000m certified)
- Trekking guide for approach phase
- Required porters for trekking section
- Base Camp cook and kitchen crew
- Climbing Sherpa support for rotation, rope fixing, and summit push

- Staff insurance, wages, food, and accommodation

Climbing Support & Safety

- Full fixed rope system installation and maintenance on Everest route
- Technical training for Khumbu Icefall and high-altitude sections
- Group safety equipment (ropes, ladders, anchors, rescue gear)
- Oxygen system management support (bottles & regulators coordination)
- First aid kit and continuous health monitoring at Base Camp
- Emergency rescue coordination support

Base Camp Services

- Fully equipped Everest Base Camp setup (tents, dining hall, kitchen, communication hub)
- Satellite communication system and radio network
- Weather forecasting support and daily updates
- High-altitude medical support and oxygen monitoring
- Comfortable sleeping arrangements at Base Camp

Expedition Logistics

- Full expedition management and coordination team
- Summit window planning and rotation scheduling
- Weather analysis and risk assessment support
- Acclimatization strategy and oxygen usage planning
- Liaison officer coordination and official reporting

Not included

International Travel

- International flights to/from Nepal
- Nepal visa fee (USD 30–125 depending on duration)

Personal Climbing Equipment

- Mountaineering boots (double insulated high-altitude boots)
- Crampons, ice axe, helmet, harness, ascender
- Down suit (-30°C to -40°C required)
- Sleeping bag suitable for extreme altitude (-40°C recommended)
- Personal oxygen mask and regulator (if not provided in package)
- Personal clothing layers, gloves, goggles, and trekking gear
- Backpack and personal technical climbing equipment

Insurance (Mandatory)

- High-altitude travel insurance covering up to 9,000m
- Must include helicopter evacuation from Everest region
- Emergency medical treatment, accident, and repatriation coverage

Personal Expenses

- Drinks (soft drinks, bottled water, alcohol)
- Wi-Fi, hot showers, and charging fees during trek
- Snacks, chocolates, and personal food items
- Laundry and personal hygiene items

Kathmandu Expenses

- Extra hotel nights due to delays or early arrival
- Meals in Kathmandu (unless included in package)
- Personal shopping or equipment rental/purchase costs

Emergency & Unexpected Costs

- Helicopter evacuation (if required)
- Medical treatment or hospitalization costs
- Additional accommodation due to weather delays
- Extra logistics costs due to route or schedule changes

Tips & Miscellaneous

- Tips for guides, Sherpas, cooks, and porters
- Personal equipment damage or loss
- Any service not clearly mentioned in "Cost Includes" section

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-expedition/

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