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Everest Base Camp Trek

URL: https://www.nepalriverrunner.com/river/everest-base-camp-trek/

Starting Point
Kathmandu

Duration
14

Difficulty
Moderately to Challenging

Distance
130 km/ 80 miles in a round trip

Best Seasons
Spring and Autumn

Activity
Trekking

Ending Point
Kathmandu

What Makes the Everest Base Camp Trek so Special?

- Step your foot to the base of the world's highest peak, Mount Everest (8848.86 m).
- You'll enjoy the captivating aerial views of the Himalayas on the flight to Tenzing-Hillary Airport in Lukla.
- You'll trek alongside the Khumbu Glacier, the world's deepest glacier, hearing it creak and crack as it shifts.
- Experience a peaceful morning at the Tengboche monastery as monks chant, offering a spiritual thrill.
- You'll feel your body respond and adapt to the high altitude. Hike to the vantage point of Kalapatthar before sunrise and enjoy the mesmerizing sunrise.
- Share your evening with fellow trekkers and locals in traditional tea houses, accompanied by a warm cup of tea in a communal dining area.
- Walk inside Sagarmatha National Park, home to endangered species
- like the snow leopard, the Himalayan tahr, and the blood pheasant, along with centuries-old rhododendron forests.
- You'll witness a whole amphitheater of mountain peaks from Mount Everest to Lhotse, Ama Dablam, Thamserku, Island Peak, Pumori, and many others throughout the trek.

Everest Base Camp Trek Overview

Located in the lap of the mighty Himalayas, **Mt. Everest**, the Everest Base Camp trek is one of the most popular and iconic trekking destinations in the **Khumbu region of Nepal.** It is a journey through ancient monasteries, Sherpa villages, glaciers, and a UNESCO World Heritage site, Sagarmatha National Park. From landing at Lukla to gazing out with a majestic view from Kalapatthar, every moment on the

trek provides a sense of accomplishment and self-discovery. Thus, the trip is more than just about reaching the base camp of Everest, but also about everything trekkers feel, see, and experience along the route.

This 14-day Everest Base Camp Trek begins and ends in **Lukla** and takes you in the footsteps of Sir Edmund Hillary and Tenzing Norgay, who reached the summit on their epic ascent in 1953. Passing through the Sherpa villages of Phakding, Namche, Dingboche, Thengboche, Lobuche, and Gorakshep, the trek takes you to the highest elevation of 5,555 m above sea level at Kalapatthar. Similarly, Everest Base Camp, situated at an altitude of 5,364 meters, is the second-highest point on the trek.

Furthermore, the majestic view of Mount Everest, Lhotse, Nuptse, Pumori, Ama Dablam, Thamserku, Kangtega, Cho Oyu, and Makalu is a prominent highlight of the trek. Similarly, a visit to the Tengboche monastery is the spiritual highlight of the trek. Additionally, passing through Sherpa villages like Namche Bazaar, the trading hub of the region, and others, offers a unique opportunity to experience the warm Sherpa hospitality and culture, adding to the cultural charm of the 14-day EBC Trek.

Is this an Adventurous Trip for you?

Whether the adventurous trip is for you depends on various factors. The trip is for you if you are open to being uncomfortable both physically and emotionally, as the trek takes you to some of the toughest sections of the journey. Similarly, the trip is for you if you are curious about the people who live in the Khumbu Valley and want to learn about why they are called the **brave Sherpas.**

In contrast, the adventure might not be for you if you are looking for a trip that's fast, easy, or luxurious. Likewise, if you have heart or lung problems, are unable to handle high altitudes, or prefer basic accommodations, the trek may not be suitable for you.

Everest Base Camp Trek Itinerary

Day 1: Flight from Kathmandu to Lukla, trek to Phakding (2,650 m), or drive to Manthali and Flight from Manthali to Lukla.

Your journey to Everest Base Camp begins with a flight to Lukla, either from Kathmandu or Manthali. While it takes 45 minutes to fly from Kathmandu to Lukla, it takes 25 minutes from Ramechhap's Manthali airport. As you get to Lukla, you'll take a moment to soak in the area's majesty and start your trek towards Phakding. The route gently descends through stone villages, terraced fields, and fluttering prayer flags. You'll pass through suspension bridges over the Dudh Koshi River. A 3- to 4-hour trek from Lukla takes you to Phakding, covering an approximate distance of 7.5 to 8 km. Your day is spent overnight and dinner at the lodge in Phakding.

Lukla flight information: *The flight between Kathmandu and Lukla can be delayed due to weather and high air traffic congestion at Tribhuvan International Airport, especially during peak season. Thus, you may have to take a flight to Lukla from Ramechhap's Manthali airport. However, you must travel by jeep for approximately 5 to 6 hours to reach the Ramchhap airport from Kathmandu. Similarly, the congested traffic in the Airport, unmanaged runway, and topographical difficulties caused the flight delay to Lukla. Thus, it is advisable to add at least two extra days to your trip to avoid missing your international flight.*

Day 2: Trek from Phakding to Namche Bazaar (3,440 m)

Good morning on the first day of waking up in the Himalayas. Have a sip of a cup of tea and a warm morning meal while enjoying the beauty of Phakding, and pack your backpack for your day's walk. The day begins with a crossing of the Dudhkoshi River, which involves several suspension bridges. Today, you'll enter the **Sagarmatha National Park**, where you must verify the park's permit at **Monjo village**, the entry point of the national park. Entering the National Park, you'll get to Jorsalle (2,740 m/ 8,989 ft), a perfect stop for a rejuvenating lunch.

After lunch, you'll resume your walk following a gradual ascent section. Continuing the walk, you'll reach the iconic Hillary suspension bridge. The first view of Everest on the way will energize you, and the view of Thamserku will accompany you. A 5-6 hour trek from Phakding takes you to Namche Bazaar, covering a distance of 12.3 km. Overnight and dinner at Namche Bazaar.

Day 3: Acclimatization Day at Namche Bazaar

Trekking above **2,500 m** poses the risk of altitude sickness, and trekking without proper acclimatization can lead to serious problems. As you are already above 3,000 m, acclimatization is crucial for you. Thus, day three is for you and your body to adapt to the changed temperature and become accustomed to high altitude. After breakfast at Namche Bazaar, you'll go for a short hike near the village.

Everest View Hotel and **Khumjung Village** are two hiking points that offer the opportunity for acclimatization and provide an amazing view of the surrounding mountain peaks. Similarly, Sagarmatha National Park Museum, Everest Photo Gallery, and Syangboche Airport are optional side visit spots on this day.

At an elevation of **3,880 m (12,730 ft)**, the Everest View Hotel is the world's highest and one of the best viewpoints of the Everest region. The Hotel is located 5.4 km away from Namche Bazaar, requiring a 2-3 hour hike. View of Mt Everest, Lhotse, Nuptse, Lhotse Sar, Peak 38, Amadablam, Thamserku, Khumbila, Khangthegu, Cholatse, Taboche, Phortse Peak, Kusum Khangkaru, and Kongde is jaw-dropping from the Hotel. Along with Everest View Hotel, you'll visit Khumjung village and its popular landmarks, experiencing the area's culture. After a pleasant day hike, you'll return to Namche Bazaar for your overnight stay.

Day 4: Trek from Namche to Tengboche (3,855 m)

Enjoy your warm breakfast in Namche Bazaar and start your day towards Tengboche with fresh energy after an acclimatization day. The pathway begins with a gradual ascent with a stunning view of Ama Dablam, Lhotse, and Everest. The route descends steeply through pine and rhododendron forests to Phunki Tenga, where you'll cross a suspension bridge over the Dudh Koshi River. There, you'll stop to have lunch and rest for a while.

Continuing the trek after lunch, the trek leads up through forested paths. The section is quite challenging but rewards you with incredible views. The memorial stupa for Tenzing Norgay on the trail is one of the highlights of the route. After walking for 6-7 hours, covering a distance of 9-10 km, you'll get to Tengboche, your overnight and dinner point.

Day 5: Trek from Tengboche to Dingboche (4,410 m)

This morning, you can explore the Tengboche monastery, participate in worship, and gain spiritual experience. Your trek begins after breakfast with a gradual descent that winds through alpine forests and crosses the Imja River on a suspension bridge. The path is beautiful, and if you are lucky, you may spot Himalayan monals or musk deer. You'll pass through Pangboche, the oldest Sherpa settlement in the region. You'll have your lunch in the village.

After lunch, the pathway ascends through alpine scrub and yak pastures. The majestic peak of Ama Dablam remains your companion all along. Within 5-6 hours of Tengboche, you'll get to Dingboche, covering a distance of 9-10 km. Overnight and dinner at Dingboche.

Day 6: Acclimatization Day at Dingboche

You are constantly walking at high altitudes, so you need to rest and acclimatize regularly. Thus, day six is another acclimatization day on the Everest Base Camp route. Similarly, it is the last acclimatization point before you reach Everest Base Camp. On this day, you'll go for a light hike to Nagarjun Hill, aka Nangkartshang Peak, at 5,100m.

It takes 4-5 hours on a round trip from Dingboche to **Nangkartshang Peak** and back. The highlight of the Hill is a panoramic view of Ama Dablam, Lhotse, Makalu, and Cho Oyu. After the hike, you'll return to Dingboche and spend the day resting, hydrating, and eating. Overnight and dinner at Dingboche.

Day 7: Trek from Dingboche to Lobuche (4,930 m)

You'll leave Dingboche after the morning meal and head towards Lobuche. The day begins with a gentle, steady climb, following the route above the Pheriche Valley. After 2 to 2 and a half hours of trek, you'll reach Thukla, a small settlement with a few teahouses. We pause at Thukla for a warm lunch. After lunch, the trek continues and reaches the steepest part of **Thukla Pass (Dugla Pass)**. After the pass, the route becomes more gentle but crosses a rocky and uneven section alongside the Khumbu Glacier. Within 5-6 hours of trek from Dingboche, you'll get to Lobuche. Overnight and dinner at Dingboche.

Day 8: Trek from Lobuche to Everest Base Camp (5,364 m), back to Gorak Shep (5,185 m)

Day eight is one of the most iconic and rewarding days you've been waiting for. You start your day early, trekking slowly along the edge of Khumbu Glacier. The route is mostly flat but uneven and rocky, with a low oxygen level adding to the challenges. After **2-3 hours** of trek from Lobuche, you'll reach Gorakshep. There, you'll take a short break and leave your backpack in the teahouse of Gorakshep, and you'll hike to Everest Base Camp, your ultimate destination.

From Gorakshep, you'll follow the route along the lateral moraines of the Khumbu glacier. The section is physically and mentally challenging due to the thin air and rocky sections. Upon arrival at the **EBC**, you'll see prayer flags, stone cairns, and dozens of expedition tents in the climbing season. While Everest's summit is not visible from the base camp, the view of Khumbu Icefall, Nuptse, and Pumori is awe-inspiring, making your challenges worthwhile. After soaking in the moments at EBC, you'll return along

the same route to Gorakshep for the night stay.

Day 9: Hike to Kala Patthar (5,555 m), trek to Pheriche (4,250 m)

Are you ready for another remarkable adventure? Today, you'll hike to the highest point of the trek, a vantage point, Kalapatthar (5,555 m). You'll begin your day early as you must catch the sunrise. Thus, you'll start your hike before dawn with a headlamp. The ascent to Kalapatthar from Gorakshep takes about one and a half to **2 hours and a distance of 1.5 km.** The best part of the vantage point is that you can see the sunrise lighting up the snow-capped peaks of Mount Everest, Nuptse, Lhotse, Pumori, Ama Dablam, and other surrounding mountains. Similarly, the vast Khumbu Glacier and icefall are also awe-inspiring from the location.

After enjoying the view from the vantage point and clicking photos, you'll descend back to Gorakshep, which takes around 30-45 minutes. Have a morning meal at Ghorakshep and make your way towards the descent to Pheriche. The pathways retrace through Lobuche and Thukla Pass. It takes approximately 5 hours to descend, covering a distance of 12 kilometers. Your day's night stay and dinner are at the cozy teahouse in Pheriche.

Day 10: Trek from Pheriche to Tengboche (3,855 m)

From the tenth day, you'll continue your descent as you've completed the trek to EBC and Kalpatthar. The day begins after breakfast, passing through alpine meadows and stone walls. After 2 hours of trek from Pheriche, you'll reach Pangboche, where you can take a short break and have lunch.

From Pangboche, the walkway continues downhill through pine forests and rhododendron groves, heading towards the Imja Khola River. Crossing the suspension bridges over the river, you'll reach Tengboche, your overnight stay and dinner point. It takes 4-5 hours to get to Tengboche from Pheriche, covering a distance of **9-10 km.**

Day 11: Trek from Tengboche to Namche Bazaar (3,440 m)

After breakfast at Tengboche, you'll start to descend through rhododendron, pine, and juniper forests to Phunki Tenga. The route is rocky and can be slippery, so you must use trekking poles for balance. Along the way, you'll cross a suspension bridge over the Dudh Koshu River.

After crossing the river, you'll face a steep uphill stretch to Kyangjuma, where you can rest and have lunch. From Kyangjuma, the walkway gently descends to reach Namche Bazaar, your overnight destination. It takes **4-5 hours** to descend from Tengboche to Namche Bazaar.

Day 12: Trek from Namche Bazaar to Phakding (2,650 m)

The trek from Namche Bazaar descends steeply through rhododendrons and pine forests after breakfast. After days of walking in the alpine zone, you'll finally walk through a green forested area. The most thrilling part of the trek is crossing the Hillary suspension bridge over the Dudh Koshi River.

You'll pass through Monjo villages, where you'll exit the Sagarmatha National Park. At Manjo, you'll rest and have lunch. After Monjo, you'll get to the day's destination, Phakding, taking **4-6 hours** from Namche Bazaar. Your overnight stay and dinner will be at Phakding.

Day 13: Trek from Phakding to Lukla (2,850 m)

Day thirteen marks the final day of Everest Base Camp trek 14 days. You'll leave Phakding after finishing your breakfast. The day begins by crossing the suspension bridge over the Dudh Koshi River. You'll pass the villages of Ghat and Thaso Koshi. Similarly, the pathway winds through rhododendron and pine forests, offering a refreshing walk with the sound of chirping birds and a flowing river. It takes 3-4 hours to descend from Phakding to Lukla. Overnight and dinner at Phakding.

Day 14: Flight from Lukla to Kathmandu

On the fourteenth day, you'll fly back to Kathmandu as your Everest region trek ends. Due to unpredictable weather, we'll manage an early morning flight. You'll either fly to Manthali airport or directly to Kathmandu airport, whichever is possible. If you land at Manthali airport, you must take a drive to Kathmandu, which takes approximately 4-5 hours. However, if you take a direct flight to Kathmandu, you'll have more time to explore the city. Overnight at Kathmandu's hotel.

What's Included

- Pickup & drop-off in Kathmandu
- Flight from Kathmandu to Lukla and back
- Sagarmatha National Park entry permit
- Experienced English-speaking trekking guide
- Porters (for carrying luggage) – one porter for two trekkersAccommodation in teahouses/lodges during the trek & BB plan for 2 nights at Kathmandu
- Meals (Breakfast, Lunch, and Dinner) during the trek
- First aid kit with basic medicines
- All government taxes and service charges

What's Not Included

- International flights to/from Nepal
- Nepal Visa Fees
- Travel insurance (must cover high-altitude trekking & emergency evacuation)
- Personal expenses (laundry, Wi-Fi, phone charging, snacks, etc.)
- Extra beverages like alcoholic drinks, soft drinks, and bottled water

- Tips for guides and porters
- Emergency evacuation or rescue if required
- Additional nights in Kathmandu due to early arrival, late departure, or trek completion before schedule

From Sherpa Traditions to Everest Peak

Trekking to Everest Base Camp is more than just a journey through the Himalayas' varied terrain, but also a great combination where ancient Sherpa culture meets mighty peaks. From the moment you land at the gateway of the Everest region utill returning, you will be pleased by the Sherpa people and their hospitality. Sherpas aren't just the region's residents, guides, or porters; they are the soul of Khumbu. As you ascend through the villages of **Namche Bazaar**, Tengboche, and Dingboche, you'll step into the homeland of the Sherpa communities.

Similarly, the path to Everest Base Camp passes through some of the awe-inspiring mountains on Earth. From your very first glimpse of the world's highest peak, Mount Everest, to iconic peaks like Ama Dablam. Lhotse and Nuptse, every step brings you closer to nature's majesty and its mighty peaks. Overall, the EBC trek is an epic adventure due to the perfect blend of the majesty of the mighty peaks with the spirit of the Sherpa people.

Rules and Regulations to Follow in the Everest Region

Permits and Documentation

- Trekkers are required to obtain specific permits, including the Sagarmatha National Park Permit and the Khumbu Pasang Lhamu Rural Municipality Permit, which is mandatory for all trekkers.

Respect Local Culture

- Respect the Sherpa people's traditions, religious beliefs, and practices. Always ask for permission before taking photos of sacred objects in monasteries.
- While trekking and visiting monasteries, it is advisable to avoid wearing revealing clothing, as modesty is highly appreciated in the region.

Environmental Protection

- Trekkers must carry out all waste, including toilet paper, wrappers, and food scraps.
- Use eco-friendly products and dispose of waste responsibly.
- Do not pollute the rivers or streams by throwing waste there.
- On high-altitude treks (where toilet facilities are not available), trekkers are expected to use special "poo bags" to pack out human waste.

Respect for Wildlife and the Environment

- While trekking within Sagarmatha National Park, please refrain from disturbing or engaging in

activities that harm or poach wildlife.
- Do not pick flowers or plants, as they are rare and endangered. Also, some people claim that the wildflowers of high altitude carry a risk of altitude sickness.

Respect for Local Authority

- Follow the instructions of local authorities, the Nepal Tourism Board, and your guide to ensure the trek is conducted smoothly and in accordance with regulations.

How Much Does the Everest Base Camp Trek Cost in 2025?

The Everest Base Camp Trek costs range from **USD 1,500 to 2,435 per person** in 2025. The major factor that affects the cost and makes changes to the price is the group size; the greater the group size, the more likely you are to get a discount. Besides, the level of preferred luxury, customization of the trip, any special requirements, trekking season, choice of accommodation and food, and whether to hire a guide and porter.

However, your trip cost covers most of the services required for the trek, including all ground transportation, a domestic flight ticket, a guide, a porter, meals, accommodations, and all government taxes. Also, we recommend that you go through the cost inclusion and exclusion section for more details on the cost.

Here is the costing table for Everest Base Camp in 2025:

Group Size	Cost Per Person (USD)
1 Pax	2,435
2-5 Pax	1,820
6-10 Pax	1,560
10+ Pax	1,500

EBC Trek cost in other seasons:

Group Size	Cost Per Person (USD)
1 Pax	2,365
2-5 Pax	1,840
6-10 Pax	1,660
10+ Pax	1,600

Acclimatization Days on the Everest Trek – Why They Matter?

While trekking to Everest Base Camp, the altitude is a major concern and the biggest challenge trekkers face. The higher you move, the lower the oxygen level in the air becomes, making it harder for anyone’s

body to function normally. The risk of altitude sickness starts as you get above an elevation of 2,500 m, and the challenges increase as the elevation increases. The trek to the Everest region is more challenging because the journey begins above **2,500 m;** therefore, adding acclimatization days to the **Everest trek is crucial.**

On the Everest Base Camp trek, Namche Bazaar and Dingboche are the two primary acclimatization stops. Both locations are ideal for acclimatization and provide trekkers a chance to adapt to the changed temperature. On the acclimatization day, trekkers don't stay idle; instead, they go for a short hike located near the villages. Similarly, they follow the classic Himalayan rule, "Climb high, sleep low".

Here is why acclimatization days matter:

- It helps your body adjust to low oxygen levels, reducing the risk of AMS (Acute Mountain Sickness), HAPE (High-Altitude Pulmonary Edema), and HACE (High-Altitude Cerebral Edema).
- It allows your lungs and heart to adapt by increasing the production of red blood cells and enhancing oxygen efficiency.
- Increases the chances of safely reaching Everest Base Camp without health issues.
- Avoid overexertion and fatigue by maintaining a steady trekking pace.
- Provide time to recharge and mentally prepare for the tougher days.

Everest Base Camp Altitude Profile

Location	Altitude (meters)	Altitude (feet)	Remarks
Kathmandu	1,400	4,593	Starting point for international travelers
Lukla	2,840	9,318	Flight from Kathmandu or Manthali lands here
Phakding	2,650	8,694	First night's point on the journey
Namche Bazaar	3,440	11,286	Major acclimatization point and tourist hub
Tengboche	3,855	12,647	Monastery village with great views
Dingboche	4,410	14,468	Acclimatization stop, scenic valley
Lobuche	4,930	16,174	Rocky terrain, thinning air
Gorakshep	5,185	17,011	Last settlement before EBC
Everest Base Camp	5,364	17,598	Ultimate destination with no permanent settlement
Kala Patthar	5,555	18,225	The highest point and best viewpoint for Mount Everest

FAQs About Everest Base Camp Trek

What are the major attractions of the Everest Base Camp trek?

Stunning mountain views, unique cultural experiences, varied terrain, and spiritual landmarks are the major attractions of the Mount Everest Base Camp trek. However, each step of the trek is amazing and attracts the attention of trekkers.

What are the necessary permits to trek to Everest Base Camp?

The Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Entry Permit are the required permits for trekking to Everest Base Camp. You can obtain the permit at the Nepal Tourism Board office in Kathmandu or from the authorized trekking agencies.

How High do we reach during the EBC Trek?

During the EBC Trek, you'll reach an elevation of 5,643 m at Kalapathhar. You'll begin your trek above 2,500 m, which means altitude-related risks are a concern throughout the journey. Therefore, we recommend that you remain aware of the altitude-related risks and take proper precautions.

When should I avoid trekking to Everest Base Camp?

You should avoid trekking to Everest Base Camp during the off-season, such as winter (December, January, and February) and the monsoon (June, July, and August). The season comes with challenges that affect your overall trekking condition while also minimizing the chances of completing the trek.

What types of food and accommodations are available along the EBC trek route?

Along the EBC trek route, you can expect to find teahouses for accommodation and local food. However, in locations like Lukla and Namche Bazaar, you can expect to find more comfortable food and lodging options, including hotels with attached bathrooms and international cuisine.

How fit do I need to be for the Everest Base Camp Trek?

To complete the Everest Base Camp Trek, you need to have a moderate to good level of physical fitness. Cardiovascular endurance and muscular strength are highly recommended. Similarly, regular exercise and stamina for long walks are essential.

How to avoid altitude sickness in the Everest Base Camp Trek?

To avoid altitude sickness in the Everest Base Camp Trek, you must prioritize acclimatization, ascend gradually, stay hydrated, and avoid alcohol and smoking. Similarly, you should listen to your body and avoid pushing it too hard.

Will I regret not adding Kala Patthar if I’m already tired by Gorakshep?

Whether you regret not adding Kala Patthar depends on what matters most to you at that moment. Still, you won’t regret protecting your health. But if you feel just moderately tired, it might be worth pushing yourself a little more. Additionally, you can take a rest one day and then hike to Kalapatthar the next, so you won’t regret it.

Is it normal to feel emotional when you first see Everest?

Yes, it’s very normal and expected to feel emotional when you first see Mount Everest. Many trekkers and climbers feel amazed, proud, or even tearful when they catch their first glimpse of Mt. Everest, as seeing it can feel like a dream come true after a long journey. Also, it is a special moment that touches the heart.

Did reaching Base Camp feel like an ending or just the start of something bigger?

It can be both an ending and a beginning, reaching Everest Base Camp, depending on what you are seeking. However, it is definitely the end of the physical journey to Base Camp and the beginning of a more profound personal transformation, as well as a thirst for something bigger.

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