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Talk to an Expert

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Everest Base Camp Hike - 17 Days

17 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1490
per person, for 2 to 3 people

Made on 27 November 2026

https://dev.discoveryworldtrekking.com/trips/everest-base-camp-hike







This trek is a complete package for those who want to reach the Everest Base Camp and, in addition, experience the richness of Kathmandu Valley - a microcosm of Nepal. Your trek in the Everest region will let you experience the Himalayan terrain, its climate, flora, fauna, ethnic villages, monasteries, and snow-capped mountains as you visit Everest Base Camp.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Three Star Hotel in Kathmandu, Tea house/ Lodge during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Everest Treks
Max. altitude	5,555m at Kalapatthar
Activity per day	Approximately 4-6 hrs walking
Meals included	Breakfast at hotel in Kathmandu, All full-board meals (Breakfast, Lunch, Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1490

per person, for 2 to 3 people

The full price is US$ 1700. You save US$ 210 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1490
4 to 7	US$ 1450
8 to 13	US$ 1400
14 to 25	US$ 1350

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights

- UNESCO World Heritage sites in Kathmandu - Pashupatinath, Swayambhunath, Boudhanath, Durbar Square
- UNESCO World Heritage site in the Everest region - Sagarmatha National Park
- One of the world's highest airports in Syangboche
- Culture and lifestyles of the local Sherpas
- Khumjung monastery - that is said to house a yeti scalp
- The exquisiteness of the world's highest peak, Mt. Everest (8,848m)
- Mt. Everest (8,848m), Mt. Lhotse(8,516m), Cho Oyu(8,201m) and Mt.Makalu (8,463m)
- Prayer wheels, colorful flags, mani stones, high suspension bridges
- The wide range of flora and fauna
- Ancient monastery in Tengboche
- High altitude wildlife like musk deer, colorful pheasants, snow leopard, and Himalayan tahr
- Highest glacier on Earth- Khumbu Glacier (4900m)
- Amazing panoramic views from Kala Patthar (5,555m)

Everest Base Camp Hike Overview

The Everest Base Camp Hike is a comprehensive journey that allows you to fully immerse yourself in the Khumbu region, balancing achievement with cultural exploration and optimal acclimatization. Unlike rushed itineraries, this extended trek ensures gradual altitude adaptation, providing time to absorb the beauty of Sherpa villages, monasteries, and the Himalayan landscapes before reaching the iconic Everest Base Camp (5,364 m).

The adventure begins with sightseeing in Kathmandu, followed by a scenic flight to Lukla—the gateway to Everest Region. The classic trail unfolds through Phakding and Namche Bazaar, where you spend extra time acclimatizing while exploring local Sherpa culture. The trek continues through Tengboche, Dingboche, and Lobuche, passing sacred monasteries, glacial valleys, and towering peaks.

At Everest Base Camp, you stand at the foot of the world's highest mountain, witnessing the majestic icefalls and surrounding Himalayan giants. A sunrise ascent to Kala Patthar (5,555 m) provides a breathtaking panoramic view of Everest, Nuptse, and Lhotse, making it one of the most memorable highlights of the journey.

The return trek offers new perspectives, with varied overnight stops in Pheriche, Tengboche, and Phakding, ensuring a more scenic descent before the final flight from Lukla to Kathmandu.

This 17-day experience offers the perfect balance of challenge, exploration, and altitude management, making it an ideal trek if you seek a deeper Himalayan connection beyond the physical achievement of reaching Everest Base Camp.

Day to Day Short Itinerary

Day 1 Arrival to Kathmandu (Tribhuvan International Airport) (1,350m), transfer to hotel

Day 2 Full-day Kathmandu Valley sightseeing & trek preparation

Day 3 Flight from Kathmandu/Manthali to Lukla. Flight time: Approx 40 min from KTM/20 min from Manthali. Trek to Phakding (2,650 m). Trek time: Approx. 3 hrs.

Day 4 Trek from Phakding to Namche Bazaar (3,440 m). Trek time: Approx. 6 hrs.

Day 5 Rest day and acclimatization at Namche Bazaar.

Day 6 Trek from Namche to Tengboche/ Deboche (3,855 m). Trek time: Approx. 6-7 hours.

Day 7 Trek from Tengboche to Dingboche (4,360 m). Trek time: Approx. 5 hrs.

Day 8 Rest day and acclimatization at Dingboche.

Day 9 Trek from Dingboche to Lobuche (4,930 m). Trek time: Approx. 5 hrs.

Day 10 Trek from Lobuche to EBC (5,364 m) and back to Gorak Shep (5,185 m). Trek time: Approx. 6-8 hrs.

Day 11 Hike to Kala Patthar (5,555 m) viewpoint, trek to Gorak Shep, then to Pheriche (4,250 m). Trek time: Approx. 5 hrs.

Day 12 Trek from Pheriche to Tengboche (3,855 m). Trek time: Approx. 4-5 hrs.

Day 13 Trek from Tengboche to Namche Bazaar (3,440 m). Trek time: Approx. 5 hrs.

Day 14 Trek from Namche Bazaar to Phakding (2,650 m). Trek time: Approx. 4-5 hrs.

Day 15 Trek from Phakding to Lukla (2,850 m). Trek time: Approx. 3-4 hrs.

Day 16 Fly back to Kathmandu/ Manthali from Lukla. Flight time: Approx. 40 min for KTM/20 min for Manthali. Drive time: Approx. 5 hrs from Manthali to KTM

Day 17 Transfer to Tribhuvan International Airport (TIA) for departure

Everest Base Camp Hike Itinerary

DAY 1

Arrival to Kathmandu (Tribhuvan International Airport) (1,350m / 4,450ft), transfer to hotel

Upon your arrival at **Tribhuvan International Airport (TIA)**, a friendly representative from Discovery World Trekking will be there to welcome you. Look out for a pamphlet bearing your name. As a warm gesture of hospitality, you'll be greeted with a traditional garland before being escorted to your hotel in a comfortable private vehicle.

Overnight stay at International Guest House

DAY 2

Full-day Kathmandu Valley sightseeing & trek preparation

This day you will take part in a guided tour around some of the most historical and spiritual attractions in Kathmandu. We will be visiting several **UNESCO** World Heritage sites like **Pashupatinath, Swayambhunath** (the Monkey temple), **Boudhanath,** and the historic **Durbar Square.**

As you relish these attractions, you can get brief insights into these places from our tour guide. After spending an entire day exploring in and around Kathmandu, we prepare for the following day's trek in the evening. We will be rechecking your equipment and gear to ensure that you are not missing anything. You will also meet other trekkers that will be joining this trek.

Overnight stay at International Guest House
Included standard meal (Breakfast)

DAY 3

Flight from Kathmandu/Manthali to Lukla Trek to Phakding (2650m / 8562ft)

Trek Distance 6.2km / 3.8miles Flight hours 40/20 minutes Highest Altitude 2,850m / 9,350ft
Trek Duration 3 hours

In peak trekking seasons (March, April, May, September, October, and November), due to traffic congestion at Tribhuvan International Airport (TIA) in Kathmandu, **the flights to Lukla can be rerouted from Manthali.** To catch the early morning Lukla flight from Manthali, we'll pick you up from your hotel around 12:30 am for a 5-hour drive to Manthali Airport. The subsequent 20-minute flight from Manthali will take you to Lukla.

By opting for a **helicopter from Kathmandu to Lukla,** you can bypass the Kathmandu-Manthali-Lukla route. The cost is approximately 550 USD per person when five individuals share the helicopter expenses.

During December, January, February, June, July, or August, your flight from Kathmandu to Lukla will be a direct one. After breakfast, we'll take you to Tribhuvan International Airport (TIA) for a 40-minute flight to Tenzing Hillary Airport in Lukla. The flight will be exceptional as you will fly above the Himalayan ranges. After reaching Lukla, the trek to Phakding (2,650m) starts.

We descend to Dudh Koshi River and cross a suspension bridge embellished with prayer flags. From here, you can catch breathtaking views of Mount Kusum Kanguru (6,367m). Then comes the Chaurikharka Village, and little ahead lies Phakding. As a starting point for most Everest region treks, Phakding offers a wide range of restaurants, cafes, and shops. Today's hike will be short, as you will be acclimatizing.

Overnight stay at Khumbu Travel Lodge (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 7.4km / 4.6miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

This will be the first day of **full-day trekking**. We will be continuing our trek along the banks of **Dudh Koshi River** - traversing several suspension bridges. The lively and vibrant color of the prayer flags all along the trail will, without a doubt, make the trek remarkably exciting. After a few hours of walking, we reach **Monjo Village,** from where the **Sagarmatha National Park** starts. We get our permits registered at Sagarmatha National Park and follow a trail passing through dense forest. As you climb up, you will see the face of **Mount Everest (8,848m)** emerging.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Rest day and acclimatization at Namche Bazaar

Namche Bazaar, the **gateway to Everest,** is a throbbing marketplace full of hotels, restaurants, souvenirs, and gift shops. Though it is a rest and acclimatizing day, there are many attractions that you should not miss.

You can hike to the **Khumjung** and visit the Sagarmatha National Park visitor center. **Hillary School** and other old monasteries lie on the way to Khumjung. We certainly want you to visit **Khumjung Monastery,** which people believe houses a **yeti-scalp**. You can also visit one of the highest airports in the world - **Syangboche Airport.** If you want to see Everest some more, you need to get to the **Everest Hotel** premises.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Namche (3,440m / 11,285ft) to Tengboche/Deboche (3,855m / 12,850ft)

Trek Distance 9.2km / 5.7 miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 to 7 hours

After a rest day at Namche, we move ahead to reach Tengboche. The trail goes up and down, making it challenging. But with the brilliant views of the Himalayas and occasional wildlife spotting, we will complete the path without realizing it. As you trek ahead, you can observe diverse floras and faunas. The hike takes us to **Phunki Tenga**, from where you can get panoramic views of the mountains like **Everest (8,848m), Ama Dablam (6,812m), Lhotse (8,516m), Nuptse (7,861m), and Thamserku (6,623m).** Then comes **Tengboche Monastery,** also known as the Monastery on the top of the hill. We will loosen up here for a while and continue our journey until we reach **Deboche.**

Overnight stay at Paradise Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Tengboche (3,855m / 12,850ft) to Dingboche (4,360m / 14,290ft)

Trek Distance 12km / 7.45miles Highest Altitude 4,360m / 14,290ft Trek Duration 5 hours

We head towards **Pangboche (3,985m)** village passing through many stupas, mani walls, and small villages. We enjoy the up-close magical views of **Ama Dablam (6,812m)** from Pangboche. The trek becomes lighter as we enter the Imja Valley - following the Lobuche River. We descend to the river and climb a steep uphill to reach **Dingboche (4,360m).**

The route is quite challenging due to higher elevation and decreasing oxygen levels in the air. Dingboche, also known as the summer valley of Khumbu, consists of fields enclosed by **stone walls** that protect crops like barley, buckwheat, and potatoes from cold and wild animals.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Rest day and acclimatization at Dingboche

We have allocated one more day for acclimatizing at **Dingboche** to adjust to thethinning air. However, we will not stay idle but explore places in and around Dingboche. You will be hiking up the ridge above Dingboche and enjoy the panoramic close-up views of **Mount Lhotse (8,516m/27,940ft),** the back view of **AmaDablam (6,812m)**, and **Island peak(6,189 m).** While our body **acclimatizes,** we calm our minds with stunning views of the untouched mountain beauty.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Trek from Dingboche (4,360m / 14,290ft) to Lobuche (4,930m / 16,175ft)

Trek Distance 8.5km / 5.2miles Highest Altitude 4,930m /16,175ft Trek Duration 5 hours

The path to **Lobuche** is outstanding as you can enjoy dazzling mountain views throughout the entire trek. We proceed through the moraine left by **Khumbu Glacier (4,900m).** As we climb higher, you will be able to see intimate views of the stunning mountains. The trail becomes steeper as we advance to **Thukla**.

The mesmerizingly beautiful trails will help us forget the challenging trek to **Lobuche**. You will also be passing through a memorial dedicated to climbers who could not succeed in this harsh terrain. We will take short breaks throughout the journey to enjoy the mind-boggling scenery. We conclude our day with an overnight stay at **Lobuche**.

Overnight stay at Himalayan Eco Resort
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Lobuche (4,930m / 16,175ft) to Everest Base Camp (5,364m / 17,598ft) and back to Gorak shep (5,185m / 17,010ft)

Trek Distance 15km / 9.32miles Highest Altitude 5,364m / 17,598ft Trek Duration 6-8 hours

This is the day you will be setting **your foot on Everest Base Camp (EBC).** But the trek begins from Lobuche early in the morning, and we will be passing many glaciers, including the famous **Khumbu Glacier.** You can also see **Khumbu Icefall (5,486m)** behind the Khumbu Glacier. On your way, you will also see the Army Mountaineers Memorials.

We continue our trek until we reach **Gorakshep,** where we leave our luggage and then climb to Everest Base Camp. The final ascent to Everest Base Camp (5,364m) is a little challenging due to rocky dune, moraine, and unconsolidated glacial debris.

By reaching the Everest Base Camp, you will have fulfilled your dream to see Everest. As you sit surrounded by snow-capped mountains, you might be overwhelmed with emotion. Unless you plan to climb Everest, this is the nearest you will get to Everest. After enjoying the views from EBC, we will descend to Gorakshep (5,185m) and spend the remaining day there.

Overnight stay at Buddha Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Hike to Kala Patthar (5,555m / 18,208ft) Viewpoint, trek to Gorak Shep to Pheriche (4,250m / 13,945ft)

Trek Distance 9.6km / 6miles Highest Altitude 5,555m / 18,208ft Trek Duration 5 hours

Kala Patthar (5,555m) is a short **optional hike from Gorakshep.** We highly recommend this trek as Kala Patthar is the best viewpoint to see Everest and other surrounding peaks. Please keep in mind, we cannot see Everest from the Everest Base Camp as **Mount Lhotse (8,516m)** stands right in front.

We will hike very early to Kala Patthar to view the sunrise on Mount Everest and other peaks. Kala Patthar is also the highest point during this trek. After spending a good hour at Kala Patthar, we trek down to **Gorak Shep** for breakfast. Then our return begins. We will descend to **Pheriche (4,250m)** for this day. The trail will be quite enjoyable as it passes through forests and meadows.

Overnight stay at Himalayan Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Trek from Pheriche (4,250m / 13,945ft) to Tengboche (3,855m / 12,850ft)

Trek Distance 8.5km / 5.2miles Highest Altitude 4,250m / 13,945ft Trek Duration 4-5 hours

Our descent from Pheriche continues. We descend through the rhododendron forest to reach **Tengboche** hilltop village. The trail is easy with a steady downhill followed by a gentle uphill. We cross the beautiful bridge over Imja Khola and head into the Juniper forest to reach Tengboche. Tengboche has a few famous monasteries, and it also provides panoramic views of several mountains.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Trek from Tengboche (3,855m / 12,850ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 9.2km / 5.7miles Flight hours 5 hours Highest Altitude 3,855m / 12,850ft

The path from **Tengboche to Namche Bazaar is downhill** and should be an easy one. It will be no surprise if you keep wondering how you climbed all those steps. With the vibrant colored prayer flags, elegant Stupas, the tip of Mount Everest, and the back of **Mount Lhotse**, this path offers stunning views that you will treasure. We halt at Namche Bazaar for the day.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

Trek from Namche Bazaar (3,440m / 11,285ft) to Phakding (2,650m / 8,690ft)

Trek Distance 7.4km / 4.5miles Highest Altitude 3,440m / 11,285ft Trek Duration 4-5 hours

We head back to the small village of Phakding. **The trail is mostly downhill.** The trail provides you with final up-close views of majestic mountains on the horizon. Once again as we return, we pass through small villages, narrow forests, and thrilling suspension bridges. We reach **Phakding** after a mild walk through Benkar. You will have adequate time to relax and enjoy the rest of the day with good food and a serene ambiance.

Overnight stay at Khumbu Travel Lodge (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 15

Trek from Phakding (2,650m / 8,690ft) to Lukla (2,850m / 9,350ft)

Trek Distance 6.2km / 3.8miles Highest Altitude 2,850m / 9,350ft Trek Duration 3-4 hours

We conclude the walk in the Everest region this day. We hike back to Lukla - following a mild uphill and then downhill. As we trek to **Lukla**, we cross a small village called **Toktok**. The views of the mountains from Toktok are very different and unique. We hike ahead while enjoying the views until we reach Lukla. It is an excellent day to spoil yourself with all the luxury Lukla offers.

Overnight stay at Hikers Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 16

Fly back to Kathmandu/Manthali from Lukla (2,850m / 9,350ft)

Flight hours 40/20 minutes

At the end of the trek, from Lukla, you will **fly to Manthali or Kathmandu,** based on the trekking season. If your trek is in March, April, May, September, October, or November, you'll board a flight to Manthali and proceed with a five-hour drive to Kathmandu. Conversely, for December, January, February, June, July, and August, you'll fly from Lukla to Kathmandu directly.

If you choose not to follow the Lukla-Manthali-Kathmandu route, **you can charter a helicopter. I**t will cost approximately 550 USD extra per person, considering five persons split the cost.

We hope your return to Kathmandu will be relaxing. Chances are, you will be flooded with the memories you created during the trek. The returning flight from Lukla, one of the most extreme airports in the world, should be memorable.

With a heart filled with pleasant memories, your trek concludes at Kathmandu. We will take you back to your hotel. In the remaining free time, you can wander the alleys of Kathmandu - enjoying the typical delicacies or appreciating the architecture.

Overnight stay at International Guest House
Included standard meal (Breakfast)

DAY 17

Transfer to Tribhuvan International Airport (TIA) for departure

On your departure date back home, our representative will pick you up from your hotel and take you to the Tribhuvan International Airport. We hope you enjoyed your adventure holiday in Nepal, and we look forward to serving you again.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Round-trip flight tickets for Kathmandu/Manthali and Lukla (Kathmandu–Manthali–Kathmandu travel via shared vehicle)
- Private transportation to and from Kathmandu Airport and your hotel
- Full day Kathmandu Valley sightseeing with a tour guide in private transport, entrance fees to world heritage sites

Accommodations

- Three nights' accommodations with breakfast at a three-star hotel in Kathmandu
- Total: 13 nights in trek regions. Six nights at Lukla, Phakding (2N), and Namche (3N) room with private attached bathroom. Seven nights in standard rooms at Tengboche (2N), Dingboche (2N), Lobuche, Gorakshep, and Pheriche (twin sharing room)

Food

- Standard full-board meals (Total: 13 Lunches, 13 Dinners, and 13 Breakfasts) with one main course per meal in trek regions
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Government licensed English speaking Discovery World Trekking experienced trek lead. One assistant for a group of 12 or more. One porter for two trekkers. Per trekker, the luggage limit is 9 kg.
- Guides and porter costs - their meals, insurance, salary, lodging, transportation, flight, and other necessary equipment

Trek Permits and Expenses

- Sagarmatha National Park entry permit fee
- Khumbu Pashang Lhamu Rural Municipality fees
- All government, local taxes, and official expenses

Medical Assistance

- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes
- Rescue operation arrangements in case of complicated health conditions (funded by travel insurance)

Souvenir

- Souvenir - a company's t-shirt & cap

Farewell

- Discovery World Trekking trek appreciation certificate after the successful trek
- Farewell dinner in Kathmandu at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodations

- Extra night accommodations in Kathmandu due to early arrival or late departure, early return from the trek

Food

- Extra night meals in Kathmandu due to early arrival or late departure, early return from the trek

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fees

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory

Personal Expenses

- Personal expenses (shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

We recommend you bring only the **basic clothing** and **accessories for the trek**. Though everyone has their preferences, here is a packing list to help you pack the items. We assign porters to carry your luggage, but per trekker luggage weight limit is 9 kg. We recommend you find a fellow trek partner and pack your luggage together in a duffle bag with a capacity of over 60 kg.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

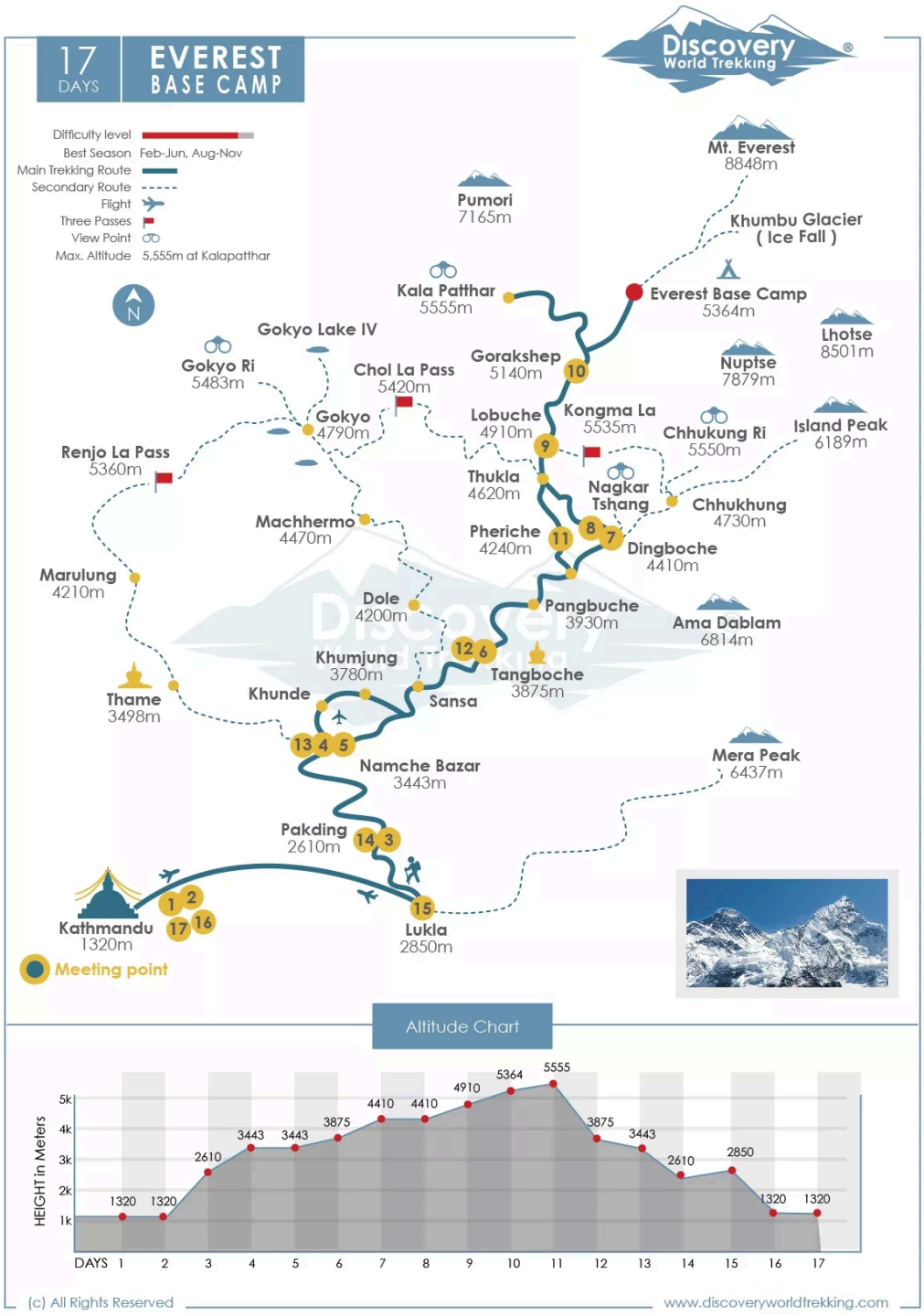
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own

Everest Base Camp Hike Map



Trip Notes

Arrival, Welcome, and Trek Start

Upon arrival in Kathmandu, our representative will receive you at Tribhuvan International Airport, holding a sign with your name. As part of the welcome gesture, they will present you with a traditional garland. Afterward, they will take you to your hotel in a private vehicle. On the second day, we will take you on a guided tour around Kathmandu.

On the third day, we will fly you to Lukla. During the busy trekking months (March, April, May, September, October, and November), flights to Lukla are often redirected from Tribhuvan International Airport (TIA) in Kathmandu to Manthali Airport because of heavy air traffic. During these months, our guide will pick you up from your hotel around 12:30 AM for a five-hour drive to Manthali, followed by a 20-minute flight to Lukla.

In the quieter months (December, January, February, June, July, and August), flights to Lukla operate directly from Kathmandu. On these days, we'll take you to Kathmandu Airport early in the morning for a 40-minute flight to Lukla.

Accommodations

In Kathmandu, your package includes three nights of stay at a three-star hotel in twin sharing rooms.

Throughout the trek, we arrange comfortable accommodation in the best available lodges. In the lower regions like Lukla, Phakding, and Namche, you'll stay in rooms with private attached bathrooms while higher up in places like Tengboche, Dingboche, Lobuche, Gorakshep, and Pheriche, you will stay in standard rooms.

While most lodges provide Wi-Fi, electricity for charging your devices, and hot showers, they come with an additional cost.

Meals

Meals during the trek are carefully planned to provide the necessary nutrition for high-altitude conditions. You will enjoy full-board meals (main course), including 13 lunches, 13 dinners, and 13 breakfasts. Nutritious options are available, including Tibetan bread, noodles, Sherpa stew, and a selection of soups and vegetables.

The menu includes both local and international dishes, but options become more limited as the trek progresses. Drinks (cold/hot/alcoholic) are excluded from this package.

We recommend consuming fluids such as ginger/green/lemon tea and garlic soup to boost energy and aid in acclimatization. We suggest avoiding alcohol, caffeinated drinks, and dairy products for hygiene and health reasons.

Luggage

Porters will carry your luggage during the trek, with a weight limit of 9 kg per trekker. We assign one porter for every two trekkers and recommend packing your belongings together with a fellow traveler in a duffle bag with a capacity of over 60 liters. Keep your items such as documents and valuables in a smaller daypack, which you will carry. You can store your excess luggage at your hotel or our office store in Kathmandu, free of charge.

Facilities and Essentials

- **Water**

Staying hydrated is essential, especially at high altitudes. You can purchase bottled mineral water from local lodges and shops along the route. Alternatively, you may refill your water bottle with boiled water at teahouses for an extra cost. This is an eco-friendly option. Use water purification pills before drinking. Do not drink directly from rivers, taps, or wells.

- **Communication**

You may purchase a local SIM card in Kathmandu, but the signal quality may not always be reliable in remote areas. We maintain contact with the trek leaders daily to monitor the trek's progress and ensure your safety on the phone. Moreover, we are always on standby to tackle any problems.

Travel Essentials

- **Visa**

All foreign nationals, except Indian citizens, require a visa to enter Nepal. You can obtain an on-arrival visa at Tribhuvan International Airport in Kathmandu. The visa application requires a passport with at least six months of validity, a passport-size photo, and a visa fee (USD 50 for a 30-day visa). For details, please visit https://www.immigration.gov.np/en.

- **Travel Insurance**

Travel insurance is mandatory. Your insurance policy should cover medical treatment and emergency helicopter rescue up to the highest trek altitude (5,500 m). We recommend contacting your insurance provider to ensure your policy covers emergency helicopter rescue.

- **Currency Exchange**

The legal currency of Nepal is the Nepalese Rupee (NPR). One USD is almost equal to NPR 138. You can change your major currency (USD, EURO, GBP) to NPR at banks or money exchanges in Kathmandu. We recommend exchanging cash for Nepali Rupees as the trek regions do not have currency exchange facilities. While you may withdraw cash from ATMs, be mindful of the processing fees. Ensure to bring clean, new bills for exchange, as banks in Nepal only accept new currency notes.

- **Extra Expenses**

While the trekking package covers major expenses, additional costs for items not included, such as meals in Kathmandu, personal snacks, Wi-Fi usage, drinks (alcoholic and non-alcoholic), extra meal courses, souvenirs, and tips for your trekking crew. You will need around USD 20 per trek day to cover miscellaneous expenses.

Trek Season and Weather Conditions

The best times for Everest Base Camp trekking are spring (March-May) and autumn (September-November). During these seasons, the skies are clear, and the temperatures are moderate, providing stunning views of the Himalayas. Winter (December-February) is very cold, with heavy snow, while summer (June-August) sees heavy monsoon rains that can cause disruptions. Daily temperatures at high altitudes can range from 15 to -15°C during winter, 18°C to -12°C during spring, 25°C to 5°C during summer, and 20°C to -5°C during autumn.

- **Flight Delays**

Flights to and from Lukla are subject to weather conditions, which can lead to delays. We will do everything possible to accommodate these changes, but it's essential to remain flexible, as flights may be rescheduled or canceled due to poor weather. We recommend arriving in Kathmandu a day or two earlier to accommodate potential delays.

Typical Day

Each day on the Everest Base Camp trek starts early, with a hot drink followed by breakfast before setting off around 7-8 AM. After trekking for a few hours, we serve lunch along the way, around midday, and an hour of rest. The afternoon involves another 2-3 hours of trekking, then free time to explore local villages or relax in the lodge. We serve dinner around 6-7 PM, followed by a briefing for the next day, from your guide. In the evenings, you can play games, socialize, or relax before bed.

Trip Conclusion

- **Farewell Dinner**

Upon completing the Everest Base Camp trek, we will host a farewell dinner in Kathmandu to celebrate the successful completion of your journey. The dinner provides an excellent opportunity to share feedback about your experience. Later, we will present you with a trek achievement certificate.

- **Departure**

After your trek, we will provide free airport transfer. Hence, it is essential to share your hotel name, room number, departure date, and time. We hope you will return to Nepal for some more treks.

Trek Bookings

- **Private Treks**

We conduct private treks providing flexibility in the schedule and an exclusive experience. We can handle all group sizes and provide discounts according to your group size. Moreover, we will add an assistant guide for a group of 12 or more.

- **Safe Trek Bookings**

We are a government-licensed and bonded trekking company in service for over 12 years. Further, we are also members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). We require 10 percent of the trek cost as an advance to confirm booking. You can pay using bank transfer, credit card, Wise, or Western Union. The rest of the amount is due when you arrive in Kathmandu. In Kathmandu, you can also pay in cash. We will also email you payment details. Please send us other essential documents such as a passport photocopy within a week of confirming your booking.

- **Last-Minute Bookings**

Although booking in advance is better, we understand that plans may arise spontenously. Hence, we have a last-minute booking provision. In last-minute booking provisions, we accommodate travelers who pay the entire tour cost 24 hours before departure. In last-minute booking, you cannot hold us responsible for delays due to external factors such as flight unavailability.

- **Flexible Schedule**

Our treks have fixed departure dates. If trek departure dates do not suit you, inform us so we can reschedule your trek on a date convenient for you.

- **Trip Extension**

For those looking to extend their stay in Nepal, we offer exciting activities such as sightseeing, jungle safari in Chitwan, or other treks.

DWT Family

At Discovery World Trekking, we view our team as a family. Our guides come from remote Himalayas. They are experienced, have Nepal government-issued guide licenses, and completed wilderness first aid training. We treat our guides, porters, and staff members with respect, and provide them fair wages, insurance, and medical care. Our staff members are integral to the success of your trek, and their well-being is our top priority.

Ecotourism Practices

We are committed to eco-friendly travel and sustainability. Partnering with the Kathmandu Environmental Education Project (KEEP), we ensure that our trekking practices confirm responsible tourism. This includes minimizing waste, protecting local ecosystems, and promoting conservation efforts in the trekking regions.

Tipping Culture

Tipping is a customary practice in Nepal. We advise you to tip based on the level of service received, trek cost, and length. We recommend tipping as a group at the end of the trek to ensure fairness and avoid confusion.

FAQs For Everest Base Camp Hike

GENERAL INFORMATION

Where is the Everest Base Camp Hike located?

The Everest Base Camp Hike is located in the Khumbu region of Nepal. Starting in Kathmandu, you will take a flight to Lukla, the gateway to the Everest region, and trek through the traditional Sherpa villages of Phakding, Namche Bazaar, Tengboche, Dingboche, and Lobuche before reaching the Everest Base Camp at 5,364m.

How long does it take to complete the Everest Base Camp Hike?

The Everest Base Camp Hike typically takes 17 days, including acclimatization days.

What are the main highlights of the Everest Base Camp Hike?

The trek's highlights include reaching Everest Base Camp, standing at Kala Patthar (5,555 m) for sunrise views of Everest, crossing the iconic Hillary Suspension Bridge, and passing through vibrant Sherpa villages. Along the way, you'll enjoy views of towering peaks like Ama Dablam, Lhotse, and Nuptse as well as exploring the Khumbu Glacier.

Is the Everest Base Camp Hike suitable for beginners?

Though challenging due to altitude and steep ascents, the Everest Base Camp Hike is suitable for beginners with a good fitness level and strong determination. Acclimatization days at Namche Bazaar and Dingboche help trekkers adjust to the altitude.

What is the difference between the Everest Base Camp Hike and other treks in the region?

This Everest Base Camp Hike incorporates Kathmandu Valley sightseeing which is not included in most other Everest treks. Moreover, other Everest treks such as the Gokyo Lakes or Everest High Passes Trek, explore more remote valleys and offer different vantage points of Everest.

Is a private Everest Base Camp Hike available?

Yes, a private Everest Base Camp Hike is available.

PREPARATION & FITNESS

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

Normal physical fitness is essential for the Everest Base Camp Hike. You'll be trekking for several hours each day at high altitudes. Cardiovascular fitness, endurance, and leg strength will help you manage the demands of this trek. Training beforehand will be helpful if you are not already in a good physical condition.

Can first-time hikers undertake the Everest Base Camp Hike?

Yes, first-time hikers can attempt the Everest Base Camp Hike, though previous high-altitude trekking experience is beneficial. The trail can be challenging, especially at high altitudes, so first-timers should be well-prepared physically and mentally.

What kind of physical preparation is recommended for this hike?

Cardiovascular training, such as running, hiking, or cycling, will build your stamina. Strength training for your legs and core, combined with practice hikes with a loaded backpack, can help you adapt to the physical challenges.

PERMITS

What permits are required for the Everest Base Camp Hike?

You will need a Sagarmatha National Park Entry Permit and a Khumbu Pasang Lhamu Rural Municipality Permit.

Are the permits included in the hike package?

Yes, the permits are included in our package.

Where can I obtain the necessary permits for the Everest Base Camp Hike?

You can obtain the permits in Kathmandu or at the entry points to the Sagarmatha National Park. If you book with us, we will handle the permit arrangements.

INSURANCE & VISA

Is travel insurance mandatory for the Everest Base Camp Hike?

Yes, travel insurance is required for the hike. Your insurance should cover emergency helicopter evacuation as well as health care costs.

What should my insurance cover during the hike?

Insurance should cover treatment costs and helicopter evacuation up to 5,550 m. Confirm with your insurer that helicopter rescue is included in your coverage.

Do I need a visa to visit Nepal, and how do I get one?

Yes, all foreigners (except Indians) need a visa to enter Nepal. You can obtain a visa on arrival at Tribhuvan International Airport in Kathmandu or apply in advance at a Nepalese embassy.

GUIDES & PORTERS

Is a guide included in the Everest Base Camp Hike package?

Yes, we include an experienced, licensed guide. The guide will lead the group, ensure safety, and share regional insights.

What is the role of the guide and support staff on this hike?

The guide leads the hike, provides information about the area, and ensures your safety. Support staff, including porters, carry luggage, set up accommodations, and handle logistics so that you can focus on the experience.

Can I hike to Everest Base Camp independently, without a guide?

No. Since April 2023, foreigners must have a licensed guide or porter while trekking in Nepali national parks and protected areas.

ACCOMMODATION

What type of accommodation is available during the Everest Base Camp Hike?

You'll stay in teahouses, which offer basic rooms, mostly on a twin-sharing basis. These teahouses provide a place to sleep, meals, and, in most cases, amenities like showers and Wi-Fi.

Are the lodges equipped with electricity and hot showers?

Most teahouses have electricity for charging devices, but there may be an extra fee. Hot showers are available at most locations, usually for a fee, though availability may be limited at higher altitudes.

Is Wi-Fi available during the hike?

Wi-Fi is available in many teahouses, but the connection can be slow and unreliable, especially at higher altitudes.

FOOD & DRINKS

What kind of meals are provided on the Everest Base Camp Hike?

The trek includes traditional Nepali meals like dal bhat (lentil soup with rice) and a variety of Western and Tibetan options, including noodles, pasta, soups, burgers, and pancakes. We provide breakfast, lunch, and dinner each day on the trail.

Are vegetarian or vegan meals available?

Yes, vegetarian and vegan meals can be arranged. Please specify your preference early.

Is it safe to drink water along the trail, or should I bring purification tablets?

Avoid drinking directly from local water sources. You can either bring water purification tablets or use a filtration system. Bottled water is available but becomes more expensive with altitude. It's recommended to fill a reusable bottle with boiled or filtered water from teahouses to minimize environmental impact.

WEATHER

What is the best time to do the Everest Base Camp Hike?

The best times are pre-monsoon (March-May) and post-monsoon (September-November), when the weather is clear, and views are best.

How does the weather affect the hiking conditions?

Weather can greatly impact trail conditions, particularly over high passes. Snow, ice, and high winds can make the hike challenging, so choosing the right season is crucial.

Can I hike during the monsoon or winter seasons?

While possible, both monsoon (June-August) and winter (December-February) seasons bring additional challenges. Monsoon rains make trails slippery, and bad weather may lead to fight cancellations, while winter brings cold and snow.

HEALTH & SAFETY

What health risks should I be aware of during the Everest Base Camp Hike?

Altitude sickness, dehydration, and cold-related illnesses are the main health risks. Proper acclimatization, hydration, and preparation for cold conditions are essential.

How do I prevent and manage altitude sickness on this hike?

Ascend gradually, take acclimatization days, stay hydrated, and avoid alcohol. If symptoms arise, descend immediately. Our guides will provide guidance to help reduce the risk of altitude sickness.

What emergency procedures are in place for health or safety concerns?

In emergencies, a helicopter will be deployed, for immediate evacuation in coordination with your insurer. Hence, it's essential to have insurance that covers helicopter evacuation.

PACKING & GEAR

What essential gear should I pack for the Everest Base Camp Hike?

Essential items include a good down jacket, trekking boots, thermal layers, gloves, a hat, a sleeping bag, a backpack, sunglasses, sunscreen, and a water purification system. For a detailed list, check our equipment section.

Do I need to bring a sleeping bag for the hike?

Yes, bring a warm sleeping bag rated for low temperatures for extra warmth.

Are trekking poles recommended for this hike?

Yes, trekking poles are helpful for stability on uneven and slippery terrain.

BOOKING & PAYMENTS

How early should I book the Everest Base Camp Hike?

We advise you to book at least one month in advance, especially during peak seasons. However, we also accept last-minute trek bookings.

What is the payment process for booking the hike?

We need a 10% trek cost as a deposit to confirm the booking. You can pay online via bank transfer, Wise, or Western Union. The remaining balance is due upon arrival in Kathmandu, with an extra option to pay in cash.

Are there cancellation or refund policies for this trek?

Yes, we have a cancellation and refund policy. Please visit our terms and conditions page for details.

TRANSPORTATION

How do I reach the starting point of the Everest Base Camp Hike?

The hike starts in Lukla accessible by a domestic flight from Kathmandu or Manthali, depending on the season.

Are domestic flights required for this hike?

Yes, a domestic flight from Kathmandu (or Manthali) to Lukla is required. Return flights from Lukla are also included.

What are the transportation options after completing the hike?

After the trek, you will fly from Lukla back to Kathmandu or Manthali, depending on the season and flight schedules. If flights are delayed, alternative transportation options, such as helicopters, may be available at an additional cost.

Discovery World Trekking

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