Everest Base Camp Trek 14 Days

Trip Facts

Duration: 14 days
Trekking Destination: Everest Base Camp, Nepal
Maximum Altitude: 5,364m/17,594ft
Group Size: 2 People Above
Mode Of Trekking Tour: Tea House/Lodge
Trekking Hour: Approx 5-7 Hours
Best Season: March/April/May/Sept/Oct/Nov
USD Price: 1500
INR Price: 87450

Everest Base Camp Trek Highlights

- Walk to the base of **Mount Everest (5,364m)**
- Experience authentic **Sherpa culture and hospitality**
- Visit **Tengboche Monastery**, the spiritual heart of the Khumbu
- Cross iconic Himalayan **suspension bridges**
- Enjoy panoramic views of Everest, Lhotse, Nuptse & Ama Dablam
- Carefully designed **acclimatization for safety and success**
- Guided by experienced local professionals
- A true **once-in-a-lifetime Himalayan experience**

Everest Base Camp Trek – 14 Days Life-Changing Himalayan Journey

The **Everest Base Camp Experience** is more than a trek — it is a personal achievement, a physical challenge, and an emotional journey to the foot of the world's highest mountain.

This guided Himalayan journey takes you through legendary Sherpa villages, ancient monasteries, dramatic suspension bridges, and breathtaking alpine landscapes. With carefully planned acclimatization and experienced local guides, this journey is designed for **ordinary people seeking an extraordinary life experience**.

P O Box 4612, Sukedhara, Kathmandu, Nepal
Mobile: +977-9851197848 / 47 / 46
WhatsApp: +977 9851197848 / 9851197846
Email: info@explore-vacation.com, sales.explorevacation@gmail.com

Standing at Everest Base Camp at 5,364 meters is not about conquering a mountain — it’s about discovering your own strength.

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Day to Day Itinerary

Day 1:Arrival in Kathmandu City

After a thrilling flight experience through the Himalayas, observing magnificent views of snow-topped peaks, you land in this beautiful and culturally rich city of Kathmandu. Our representative holding the play card with 'Explore Vacation' written in it will welcome you. We will take you to your subscribed hotel where you can check-in and refresh. We will then have a briefing session of your trip later in the evening. Overnight stay at Hotel

Day 2:Fly, Kathmandu - Lukla & Trek to Phakding (2,652m/8,700ft): 3 - 4 hrs Trek

Our journey to one of the iconic mountain trails in Everest Base Camp starts after we land in Lukla Airport through the steep mountain runway. A dramatic landing in this Airport after witnessing the breathtaking landscapes would probably be the most adventurous and adrenaline filled 40 minutes flight. After the landing, we start our trek from the village of Lukla (2850 m) and head up to Dudh Koshi valley on trail to Phakding with our full crew. You will only have a short hike today in order to assist in acclimatization. However, if you are interested you can have a side trip to a nearby monastery. Overnight stay at Lodge.

Day 3:Trek, Phakding - Namche bazer (3440 m/11,280 ft): 5 - 6 hrs Trek

A true sense of trekking begins this day as you hike across nature's finest creations along the Dudh Koshi River. Experience into a number of suspension bridges, one of which is the famous Hillary Suspension Bridge, gives you a different dimension of trekking. Today, you will catch the first stunning view of Mt. Thamserku (6618 m) after trekking through the local settlements of Chumoa, Benkar & Monjo. We lead to the local check post & to the entrance of Sagarmatha National Park. The continued trails now climbs through forests & bridges to reach the confluence of Dudh Koshi & Bhote Koshi rivers. A final steep ascent of 2 hours leads us to witness the first glorious sight of Mt. Everest that rake through the Lhoptse-Nuptse ridge. We rest for a moment at Chautara and rejoice the bounties of nature's abundance. After a short hike of 1.5 hrs, we reach Namche Bazaar – gateway to Mt. Everest – also a main trading village in the Khumbu. Overnight Stay at Lodge

Day 4:Acclimatization Day - Namche Bazaar (3,440m/11,284ft)

This is the first 'Rest' day of the entire trekking. The main purpose of this break is to acclimatize to the new altitude, before heading towards the higher altitude, towards Tengboche. It is recommended by the health experts to remain active during this day. Namche Bazar is an ideal place to spend a rest day because of an abundance of lodges, teashops, souvenir shops etc. In order to acclimatize, you can visit Khunde Hospital, which was set-up by Sir Edmund Hillary. You can take up a one-hour walk up to the Everest View Hotel as well. You can experience a gorgeous sunset view of various mountains, Ama Dablam, Nuptse, Lhotse and Everest from here. Overnight Stay at Lodge.

Day 5:Trek Namche Bazaar to Tengboche (3,870m/12,694ft) - 5 - 6 hrs Trek

This hike marks the beginning of an awesome experience of having some stunning views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and a superb close of view of Thamserku. The hike is a composition of a few up

and down hill sections. You are accompanied by gorgeous views of Himalayas throughout. If luck favors you, you might spot the elusive Himalayan Thar or the musk dear. The trail finally converges at Sansa, the major trail junction to Gokyo valley and Everest Base Camp. Through pine forests and the bridge over the Dudh Koshi River, garlanded by the myriad prayer flags, you finally reach Phunki Thenga – a small yet beautiful settlement with a couple of teahouses and a small army post amidst the alpine woods. Lunch will be served here. After lunch, we get ready for a mildly tougher afternoon with a hike through the pine forests before finally reaching Tengboche. Tengboche is the place to witness the grandeur of some of the majestic peaks of the world. It offers fantastic close up views of Mt Ama Dablam, Mt Nuptse, and Mt Everest. One of the biggest Buddhist Monasteries of the Khumbu region is hosted here. We visit to the monastery in the afternoon and indulge ourselves into the spiritual grandness. Overnight Stay at Lodge.

Day 6:Trek Tengboche to Dingboche (4,360 m/14,300 ft): 5 - 6 hrs Trek

You start a beautiful day with the majestic snowy peaks accompanying you in the background. The upper trails give you better views and follow through to visit Pangboche village and its ancient Monastery. Lunch will be served with fantastic close-up views of Mt. Ama Dablam. An adventurous trail eventually climbs upto Shomare. You you will notice a dramatic change in the tree line here. The terrain changes dramatically. The pyramidal peal pf Mt. Pumori emerges ahead. After sometime, we reach the cold and windy settlement of Dingboche. We stop this beautiful place, overlooked by Chortens and prayer flags finally for the night's rest. Overnight Stay at Lodge.

Day 7:Trek Dingboche - Lobuche (4940m/16,207 ft): 6-7 hrs Trek

Surrounded by magnificent mountain views from all the sides, you continue your trail through Phulung Karpo. This is the campsite of the first successful Everest Expedition in 1953. The trail again leads us to amazing sights of Mt. Pumori, Mt. Cholatse and Mt. Thamserku. After the steep ascent, you pass slopes through Chupki Lhara, and reach a place filled with stone arrays with prayer flags – the memorials to Scott Fischer (American Mountaineer) and Babu Chiri Sherpa (Nepali mountain guide), who perished on a mission to climb Everest. You continue your trailto Khumbu Glacier to face several great peaks - Khumbutse, Lingtren, Pumori and Mahalangur Himal. Overnight Stay in Lodge.

Day 8:Trek Lobuche - Gorak Shep (5170 m) - Everest Base Bamp (5364 m/17,594ft) back to Gorak Shep: 8 hrs trek.

This day will be an exhilarating and thrilling one. Navigating the trail through Khumbu Glacier's lateral moraine, you pass through stunning views of the crest of north ridge of the Everest. Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Pumori, etc. At this place, you would not want to miss the heavenly 360 degree view of snow-peaked mountains. All you have to do is take an optional and small ascent of Thangma Riju. The first glimpse of Kalapatthar, a grey-green hummock beneath Mt. Pumori can be seen after an ascension of Changri Glacier. After reaching Gorak Shep, we will be surrounded by mighty snow-capped peaks, that includes the top of the world – Mt. Everest. We continue to take the trail to Everest Base Camp after a brief lunch and rest. The camp is filled with bright colored tents of a number of expeditions. From this place, Nuptse, Khumbuste and Pumori are directly in front of you. By this time, we have actually completed our purpose of the trip to reach the camp. You can not actually see Mt. Everest from here. It is strongly recommended for you to take an optional visit to Kala Patthar to witness majestic sunset views. Words can not

describe the view of the setting sun's rays strike the snow capped mountains. Note: For those opting for the hike to Kala Patthar, our Team leader will coordinate all arrangements for the amazing sunset view today rather than waiting until the next day. Overnight in Gorak Shep at a local lodge.

Day 9:Trek Gorak Shep - Kala Patthar (5545 m) - Pheriche (4280 m), 8 hrs trek

You do not want to miss the dramatic sunrise view from Kala Patthar to witness the very first rays from the rising sun shining on Mt. Everest today. The heavenly view of Everest revealing itself between the west shoulder crest and Nuptse is just indescribable. Familiar peaks - Lingtren, Khumbutse, Changtse tower to the east. You take short breaks for rest while ascending to Kala Patthar. You can contemplate on the nature's beauty during these small recessions. Do not forget to click some of the most amazing photographs of your holiday here. The magnificent views of hovering Himalayan Panorama around you are a complete bliss for a climax of your truly wonderful adventure. The Everest Base Camp hike takes around 4-5 hours longer than the Kala Patthar hike. So, the ones who plan to visit Everest Base Camp today, you will need to have an early breakfast to start early. From here, you return back to Gorak Shep where the group will have the afternoon lunch and then descend down to Pheriche for a good night's rest. Overnight at Lodge.

Day 10:Trek Pheriche-Pangboche-Tengboche-Namche (3,440 m): 6 hrs trek.

After a long ascending hikes, you take a relaxing descend to the lower altitudes to trace our trail back to Dughla. You can enjoy the scening beauty of wide valley of Khumbu Khola, trailing through some beautiful Sherpa villages – Pheriche, Orsho and Shomare. Alternatively, there is an option to take a different trail where you visit the Gompa in Upper Pangboche or take the regular trial to Pangboche. From Pangboche, we walk down through Imja Khola and through the forest to Debuche. Again, if you want to, you can visit nunnery of Debuche monastery, for some interesting insights in their way of culture, religion and life. During the full moon of November or December, the locals at Tengboche Monastery celebrate the Mani Rimdu Festival. So, if you are having your trip in this time, do not forget to witness and participate it. We stop for a relaxed lunch at Tengboche. After lunch, you trail down through some magnificent Rhododendron and Juniper trees. You further trail down through the Dudh Koshi River's bridge and again through pine forests to Sansa. While passing through this area, you can site some of the high altitude wildlife, such as Blue Sheep, Thar, Snow Leopards, colorful pheasants etc. You further trail down to Chorten, before finally descending to Namche Bazar. This is the last place to have your sights on Everest and Tengboche. Make sure to take pictures. And finally, you reach back to your lodge, for a relaxing hot shower after a truly awe-inspiring trip. Overnight Stay at Lodge.

Day 11:Trek Back Namche to Lukla (2,800m/9,186ft): 6-8 hrs trek.

For the most part of the day, today, you will be descending downhill to Lukla, following Dudh Koshi River. The downhill views are completely different. As always, the views of simplistic lifestyles of Sherpa villagers and their impressive faith in Buddhism are simply stunning. This is the last evening in the mountains. Hence, this is the ideal opportunity to throw a farewell party with your crew. You can celebrate this final night in the mountains with some 'Chang' (local beer - a favorite drink on the mountains), do a jig to some Sherpa music and rejoice the amazing trip you just had. Overnight Stay at the Tea House.

Day 12:Fly back to Kathmandu

Its time to say good bye to this beautiful place surrounded by jaw dropping beautiful mountains and amazing lifestyles of amazing people. You take an early morning flight back to Kathmandu. Today, we will take the relaxing day off, where you can simply enjoy the afternoon by resting or taking light sight seeing of the valley. You can talk with our trip leaders as well, you might as well enjoy some street festivals, if there would be any, in the evening. If you want to take an optional sight seeing tour, let us know. This evening, we will have a farewell dinner hosted by the 'Explore-Vacation' team and congratulate you on the completion of the trek. Overnight Stay at the Hotel.

Day 13:Rest Day in Kathmandu

Today we keep your day at leisure as spare day for unexpected situation. Sometimes the program may affect due to weather conditions so it would be safe to keep a buffer day in the program so that you may not miss any important sights or your international return flight. You can even utilize this day for shopping or relaxation on your own along with any sightseeing tour activities on your wish. Overnight at Hotel.

Day 14:Final Departure

And here it comes, the end of an incredible Himalayan holiday as you bid adieu to Nepal. We will drive you to the airport in time for your flight back home. We will make sure that you will cherish the incredible sojourn and an experience of a lifetime when you leave Nepal. Lastly, if you have time and want to continue the trip, we have other trips suitable for you, like the trips and tours in other parts of Nepal, India, Bhutan or Tibet.

Trip Cost Includes

- Arrival/Departure transfer in Kathmandu.
- Accommodation in Kathmandu twin sharing room with breakfast.
- Kathmandu sightseeing tour.
- Accommodation mountain lodge/Teahouse on trek with all meals(breakfast, lunch & dinner).
- Conservation fee / Everest Area National Park fee.
- All required supporting crews with experienced leader (guide), porters to carry luggage.
- Meals, salary, personal equipment, transport and Insurance for supporting teams.
- Kathmandu – Lukla – Kathmandu air tickets and Domestic airport tax.
- First Aid Kit.
- All applicable taxes and service charges.

Trip Cost Excludes

- Nepal entry visa fee.
- Meals in Kathmandu other than breakfast.
- Entry fees & Tour Guide for sightseeing
- Your travel insurance.
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle drinks, etc.)

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- Tips for Guide and porters.
- Any additional cost due to unforeseen circumstances.

Trip Overview

- **Trip Name:** Everest Base Camp Experience
- **Duration:** 13 Nights / 14 Days
- **Destination:** Everest Region, Nepal
- **Max Elevation:** 5,545m (Kala Patthar)
- **Activity:** Himalayan Walking Journey
- **Accommodation:** Teahouses during trek, hotel in Kathmandu
- **Best Season:** March–May | September–November
- **Difficulty:** Moderate (no technical climbing)

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