

Best time for Everest Base Camp Trek

ascendhikes@gmail.com
[+977 9803667776](tel:+9779803667776)



Best time for Everest Base Camp Trek

URL: <https://ascendhikes.com/package/best-time-for-everest-base-camp-trek/>

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Duration

12

Region

Everest Region Treks

Max. Altitude

5550m

Nature Of Trek

Lodge to Lodge

Best Season

Spring and Autumn

Activity Per Day

5-8 hours

Transportation

flight to Lukla

Trip Route

Everest region trek

Per Person From

USD 1,099

Group Size

1 - 14

Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

Best time for Everest Base Camp trek

One of the most popular trekking destinations in the world. The Everest base camp trekking in Nepal. Everyone has dream to see top of the world. Mt Everest (8848 meters) is the highest mountain in the world. Even very difficult to choose the best time for Everest base camp trek. There are two basecamps for expedition this mountain. One is from Tibet side, and another one is from Nepal. Why so popular Everest base camp from Nepal side? Because easy to get visa, cheaper than China, there are only tour from Tibet side, from Nepal side minimum 11 days challenging trekking. The reason why it is most popular dream destination Everest Base Camp Trek from Nepal.

There is different season to trek Everest base camp. Now a days the weather is changing unexpected, because of the global warming which makes challenging for the trek to EBC. Even the spring and autumn season is the best time to trekking Everest Base-camp trek Nepal.

Details Itinerary for Everest Basecamp Trek

Day 01: Arrival Kathmandu and Transfer to Hotel 1300m

Arrival in Kathmandu Nepal international airport and transfer to you in hotel where you stay overnight.

Drive Distance

6-7 km

Drive Duration

1hrs

Highest Altitude:

1300m

Meals:

BLD

Attraction of the Day:

Kathmandu city

Place:

Thamel

Accommodation:

Hotels

Day 02: Early in the morning flight to Lukla 2840m and trek to Phakding 2610m

This is your second day in Nepal, you have to wake up early in the morning to fly Lukla. You are starting your day to explore Nepal. Lukla flight is most challenging and wonderful experience. Just 25 minutes fly to Lukla and your trekking start towards Everest Base Camp.

About 3-4 hours (depending on your walking speed) to Phakding. Stay overnight in Phakding for the day.

Trek Distance:

9km

Trek Duration

3-4 hrs

Highest Altitude:

2610m

Flight Hours:

30min

Meals:

BLD

Attraction of the Day:

Khumbu valley

Place:

Phakding

Accommodation:

Guest house

Day 03: Trek to Namche Bazar 3440m

After breakfast your second days trek start to Namche bazar. It's about 5-6 hours walking to Namche.

Trek Distance:

12 km

Trek Duration

5-6 hours

Highest Altitude:

3440m

Meals:

BLD

Accommodation:

Guest house

Day 04: acclimatization day in Namche 3440m

A day spent in Namche Bazaar The purpose of this day is acclimatization. For sweeping views of Everest, Ama Dablam, and other peaks, you can stroll through Namche Bazaar and hike to the Everest View Hotel or the Khumjung village. Additionally, you will have the chance to visit the Sherpa Culture Museum and discover the customs of the area. You can sample local organic products straight from the down villages at the Saturday local market, where many vendors bring their wares from the lower part of Solukhumbu.

Trek Distance:

13km

Trek Duration

5-7hrs

Highest Altitude:

3440m

Meals:

BLD

Attraction of the Day:

Everest view hotel

Place:

Khumjung

Accommodation:

Guest house

Day 05: Trek to Diboche/ Pangboche

The trail provides breathtaking views of the Ama Dablam and Everest peaks as it climbs through rhododendron forests. You will arrive in Tengboche, which is home to one of the biggest monasteries in the Khumbu region, the well-known Tengboche Monastery. This mountain has long been well-known in the area and among Buddhists.

Trek Distance:

10km

Trek Duration

5-6 hrs

Highest Altitude:

3860m

Meals:

BLD

Attraction of the Day:

Tengboche monastery

Accommodation:

Guest house

Day 06: Trek to Dingboche

The terrain grows rockier and more desolate as you hike toward Dingboche. Pangboche village, which is well-known for its historic monastery and expansive views of the Himalayan range, will be on your route. Beautiful views of Island Peak, Lhotse, and other peaks can be seen from Dingboche.

Trek Distance:

10km

Trek Duration

6-7hrs

Highest Altitude:

4410m

Meals:

BLD

Attraction of the Day:

Dingboche village

Accommodation:

Guest house

Day 07: Trek to Labuche

The trail winds through the picturesque Khumbu Khola Valley as it progressively climbs towards Lobuche. As you get closer to Lobuche, the terrain gets rougher and stonier, giving you a glimpse of the high-altitude scenery.

Trek Distance:

8km

Trek Duration

5-6 hrs

Highest Altitude:

4910m

Meals:

BLD

Attraction of the Day:

Thukla pass

Accommodation:

Guest house

Day 08: Trek to Gorakshep-Basecamp 5310m-Gorakshep5130m

The trek's most demanding and fruitful day is this one. You will trek along the Khumbu Glacier to Everest Base Camp. You will explore the area and take in the breathtaking views of the Glasser and stunning mountain ranges after arriving at the base camp. Since overnight stays are not permitted at the Everest Base Camp, you will descend to Gorak Shep from there.

Trek Distance:

5km

Trek Duration

3 hrs

Highest Altitude:

5130m

Meals:

BLD

Attraction of the Day:

Everest Base Camp

Accommodation:

Guest house

Day 09: Hike to Kalapathar 5550m and Trek back to Pheriche

You will hike in the early morning to Kala Patthar, a well-known and stunning viewpoint that is 5550 meters above sea level and provides stunning views of Mount Everest and the neighboring peaks. You will eat breakfast in Gorapshep after descending from Kala Patthar, and then continue your journey to Pheriche, passing through Lobuche once more.

Trek Distance:

13 km

Trek Duration

6-8 hrs

Highest Altitude:

5550m

Meals:

BLD

Attraction of the Day:

Kalapathar 5550m

Accommodation:

Guest house

Day 10: Trek back to Namche

You'll go back and descend Namche Bazaar. You can take in various viewpoints of the mountains and scenery you saw during the ascent by following the descending trail.

Trek Distance:

20 km

Trek Duration

6-7 hrs

Highest Altitude:

3440m

Meals:

BLD

Attraction of the Day:

Namche bazar

Accommodation:

Guest house

Day 11: Trek back to Lukla

Today marks the end of our journey. Quite a distance, but it's only a gentle, steep descent, and you're already strong enough for this trail. In order to celebrate the completion of your Everest Base Camp adventure, you will return to Lukla on the last day of the trek and spend the night there. This is your final opportunity to chat and eat with your porter before you go hiking or trekking again. Porters are shy because they don't use English very often, but it's easy to talk to them. Your porter will deliver your luggage to the Lukla airport in the morning, after which you will take a flight back to Kathmandu.

Trek Distance:

17 - 18 km

Trek Duration

7hrs

Highest Altitude:

2860m

Meals:

BLD

Attraction of the Day:

Lukla airport

Accommodation:

Guest house

Day 12: Fly back Kathmandu

You'll take a picturesque flight from Lukla to Kathmandu in the morning. You will be taken to your hotel when you arrive in Kathmandu. The remainder of the day can be spent relaxing sightseeing, or shopping for trinkets.

Highest Altitude:

1400m

Flight Hours:

30 min

Meals:

BLD

Attraction of the Day:

Kathmandu city

Accommodation:

Guest house

Day 13: Final departure

Our Ascend Hikes representative will drop you off at the airport so you can make your final flight back home. We hope to see you again for more adventures in the Himalayas of Nepal.

Cost Including

- **All the domestic flight, Kathmandu - Lukla round trip.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**
- **All the official expenses and paperwork, Permits and necessities documents.**
- **Government license holder Ascend Hikes Experience English speaking Guide.**
- **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- **All the Government Taxes.**
- **All the Insurance of Guide and Porters.**
- **Farwell dinner in Kathmandu.**

Cost Exclude

- **Travel Insurance and Entry visa fees.**
- **Hotel and food in Kathmandu.**
- **International Flight tickets.**
- **All trekking gear and others expenses.**
- **Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- **Food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: Wi-Fi, Battery charge etc...**
- **Staff (guides and Porters) tips.**

All other things are excluded which is not in the list of Include.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,399
2 - 2	USD 1,199
3 - 3	USD 1,099
4 - 4	USD 999
5 - 5	USD 949
6+	USD 899

Trip Addons

The Everest Base camp trek details,

Kathmandu - flight Lukla - Phakding - Namche - Everest view hotel - Khumjung - Tengboche - Pangboche - Dingboche - Tukla - Lobuche - Gorakshep - Everest Base Camp - Kalapathar - Pheriche - Namche - Lukla - flight back Kathmandu and final departure.

Essential info

Travel tips:

What to pack for Everest base camp trek?

Here are the must necessities equipment recommended to pack for the trekking to Everest base camp trek to avoid weather disaster.

Travel Documents to carry.

Valid Passport (in case some place you need it).

Debit/Credit Cards (For your own safety).

PP Size Photo (2 Pieces) (need for the permits).

Insurance paper and contact address (need for the rescues).

Family members / company's contact address.

Medical/First Aid.

Small First Aid Kit - Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.

Medications and prescriptions - Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

Head wear.

- **Sun Cap:** To protect sun, burn during the day trip.
- **Warm Hat:** Need for the high altitude to avoid cold.
- **Neck Gaiter (Scarf):** Protect your neck to keep warm.
- **Head lamps:** Remote area, most needed.

Foot wear.

- **Normal Socks (3-4Pairs)**
- **Warm Socks (2-3Pairs)**
- **Trekking Shoes:** Comfortable to hikes/ Trekking.
- **Sports Shoes:** For the evening in the guest house.

Eye care.

- **Sunglasses:** Important to protect your eye.
- **Eye drop:** Better to have one sometimes need it.

Hand Wear.

- **Thin Fleece glove a pair:** Keep your hand warm.
- **Wind Stopper glove a pair:** Useful for day
- **Walking Stick:** Its helps a lot on the trekking while walking.

Bag Packs.

- **Day Bag** Maximum 35L for during the day hike.
- **Duffle Bag** 40 L -60 L waterproof would be better.

Toilet and daily used things.

- **Hand sanitizer:** To clean your hand fast way.
- **Toilet Paper& Wet Tissue:** It needed each day.
- **Toothbrush:** It is daily used things to care teeth.
- **Soap and Shampoos:** You need every day in the mountain.
- **Towel:** Important daily used things.

Budy Weare.

- Thermal Top Base Layer (2-3 pieces).
- **Fleece Jacket**(1 Piece).
- **Gore Tex/ windproof Jacket**(1 Piece).
- **Warm Jacket (1Piece).**
- **Insulated Down Jacket (1 Piece).**
- **Cotton T-Shirt (2-4 Pieces).**
- **T-shirt - Sport- quick dry and breathable (2-3/2-3Pieces).**

Lower part of Body wear.

- **Thermal Layer (2Pieces)**
- **Fleece Trouser (2pieces)**
- **Light Trekking Pant (2-3pieces)**
- **Quick dry Trekking Pants (2-3Pairs)**
- **Half pants(2 Piece)**
- **Under Wear (3-4pieces)**

Miscellaneous.

- **Pocket Knife (Swiss):** Travelling knife is must important.
- **Umbrella / Raincoat:** If it is rain would be useful.
- **Nail Cutter:** In the mountain most useful.
- **Altimeter Watch:** To discover altitude.
- **Power Bank:** In the remote area, must needed,
- **Camera:** Your future memories.

Water Drinking bottle.

Sleeping Bag

Travel Insurance:

Trekking to Everest Base Camp trek from Salleri 2025 is challenging trail, because of the remote area, long duration and altitude. In such a case it is very important to have travel insurance with emergency rescue and Helicopter coverage from above 5000m for your secure trekking in Nepal Himalaya.

Altitude sickness and precaution:

Anytime anyone can affect altitude sickness above the elevation of 3000m. There are no medicine to recover altitude sickness. So only the best idea how to prevention. Here are some tips to avoid altitude sickness:

- walk slowly above the 3000m altitude.
- Eat and drink plenty.
- Stop smoking and alcohol.
- Eat hygienic food instead of junk food.
- Take a proper acclimatization.
- Walk high altitude and sleep at low elevation.
- Don't sleep at the daytime.
- Use more side hikes after the arriving place.
- Pack a Diamox for the emergency case.

Weather information.

Spring: Spring (March - May) are one of the best seasons for the Everest base camp trek starting from Salleri. In the spring time the Rhododendrons & wild flowers bloom blossom everywhere. The moderate temperature with pleasant weather, occasional snow at high passes but normally stable and clear weather in this season.

The Temperature: At low elevation the temperature is 10°C - 15°C and high elevation drop down -5°C to 5°C.

Monsoon: The monsoon (June - August) is not the special season for trekking to Everest base camp trek starting from Salleri. This season is Heavy rainfall, the rivers can swell and more chances of landslides, difficult to drive off-road and less visibility, but less crowded, greenery and sometimes become a wonderful experience during the beginning of the June to Everest base camp trek.

The Temperature: Normally this season the temperature in low elevation is 15°C - 20°C and at high elevation is -2°C to 5°C.

Autumn: Autumn (September - November) is another one of the best season for Everest base camp trek starting from Salleri. This season is best visibility, dry trails, clear weather and it is ideal for photography and best clear with suitable temperature.

The temperature: Normally this season, the temperature is in low elevation 10°C - 15°C and in at high elevation is -5°C to 5°C.

Winter: The winter (December - February) season is not comfortable for Everest base camp trek because of the cold and freezing paths. But if you are well-preparation then possible for experienced and well- trained trekkers with proper gears for cold-weather and licensed guide to assist you.

Temperature: Normally this season the temperature is in low elevation 0°C to -5°C and in high elevation is -20°C to -15°C.

Summary about weather:

Trekking to Everest base camp adventures best time is autumn and spring, normally this season is stable and clear weather with suitable temperature. Monsoon, raining and make it more challenging, similarly winter is cold and freezing trails make it more complicated and challenging, but if you are well-preperd then less crowded and hire a guide is most required.

Mountain ranges:

Mountain ranges on the trails from Salleri to Everest base camp trek.

- Numbur Himalayan range fro Salleri.
- Khumbu Himalayan range, Thamserku, Kantenga & Kongde peak, Amadablam.
- Mahalangur Himalayan range: Top of the world Mt. Everest, Lotse, Nuptse, Makalu, Cho Oyu, Pumori, Island peak, Cholatse and Taboche, Loboche peak etc are the main mountain along the way from Salleri to Everest base camp trek from Sdalleri.

Views from the point:

Dhap village: long himalayan ranges, Everest to Gaurishanker and Numbur Himal.

Surke - Namche: Thamsherku, Kantenga, Amadablam, Kongde peak etc.

Namche - Tengboche - Dingboch: Everest, lotse, Amadablam, Nuptse, Cholatse, Taboche, Island peak etc.

Dingboche - Loboche - Gorakshep - EBC - kalapathar: Lotse, Nuptse, Pumori, Lobuche peak,

Changtse, it self Mt. Everest, the top of the world.

Everest base camp trek from Salleri is more chance to explore mid-hills to high Himalayas both culture and gradual mountain instead of flying to Lukla.

Flora and fauna:

Flora (plants): along the way to Everest Base Camp trek from Salleri:

Lower part around 2400m - 3500m, Salleri - Lukla - Namche part: Rhododendron, oak-tree, pine forest, bamboos, etc

And upper part (alpine zone): above 4000m, Pangboche - Dingboche - Gorakshep are alpine shrubs and moss, juniper bushes, Edelweiss, grass, and small bushes.

Fauna (animals): Along the way to Everest Base Camp trek from Salleri:

Lower part around 2400m - 3500m, Salleri - Lukla - Namche part found such a animals: Himalayan thar, Musk deer, Langure, Monkey, different types of birds, black bear, leopard and etc.

And upper part (alpine zone): Above 4000m, Pangboche - Dingboche - Gorakshep are himalayan monal, blue ships, butterflies, musk deer, snow leopard etc are found.

Accommodations:

Accommodations types along the Everest base camp trek from Salleri latest information 2025.

Lower part of Everest region: Salleri - Phaplu - Surke area is basic twin-sharing rooms with simple pillows and blankets.

Middle part of Everest region: Phakding - Manjo - Namche - Dingboche possible to choose basic or comfortable rooms depending your budget. Cheap to expansive luxury rooms are available in this places.

Upper part of the Everest region: Tengboche - Diboche - Thukla - Lobuche - Gorakshep, these place are offering a twin sharing rooms with basic pillows and blankets with shared bathrooms.

Dinning Hall: In the Everest base camp trek, in high elevation normally above Namche bazar, the dining is communal with heated by yak-dungs in the evening.

Wi-Fi services: during these Everest base camp trek from Salleri, mostly every stops provide poor wi-fi with charged. Upper part is possible to buy Everest link card and can connect in internet.

Showers: Along the trails hot gas showers are available with share basis in the extra cost. Each lodge and tea house provide showers even if the don't have possible to take hot bucket shower all the trails.

Note: in the peak season is always crowed and fully bookd in some places, so reserve accommodations at advance during the peak season spring and autumn.

Conclusion:

The Everest Base Camp Trek in 2025, offering not only the reaching the world most beautiful base camp but also the chance to experience of trans Himalaya, mid hills to the high mountains. Alternative flight to Lukla, better acclimatization, authentic Sherpa culture and Khaling culture with beautiful panoramic views of the mountains ranges make more enjoyable your dream adventure journey to Everest base

camp, a true adventure of a lifetime in Nepal Himalaya.

CTAs

Discover the beauty of the Everest region beyond Lukla, Start from Salleri. Take the road less traveled, planed the Trek to Everest Base Camp via Salleri, if you need more information and booking feel free to enquiry, we are always available in,

Contact Person: Niru Magar.

Email: guideniru@gmail.com

Email: ascendhikes@gmail.com

Phone Number: +977 - 98512 32566

WhatsApp: +977 - 9803 667 776

Kapan - 12, Kathmandu Nepal.

For more: www.ascendhikes.com

Best time for Everest Base Camp trek

Spring season (March - May):

Why spring is the best season for the Everest Base camp Trek?

Spring brings to you:

Pleasant weather:

The temperature is moderate, which making your trek comfortable in the Himalaya.

Blooming wildflowers blossom:

Mostly Rhododendron are blossom blooming everywhere, Primula, swastika, orchid and may other wildflowers be blooming. Which make your journey more interesting.

Clear blue skies:

Normally the weather is stable during the spring. Clear weather will bring beautiful views. What you are looking for.

Longer Day starting:

This season is becoming a long day. Where you have enough time to explore the Himalaya.

Temperature during the spring season:

During the Day time:

9°C to 17° C temperature increase on the daytime which is the best temperature in the mountain area.

During the nighttime:

It is about 5°C to -12° -12°C at the elevations of 5140-meter Gorakshep the last guest house in the Everest base camp trek.

This is why the spring is the best time for Everest base-camp trek.

Autumn Season (September - November):

Why autumn is the best time for Everest base camp trek?

Here is the weather and temperature conditions during the autumn season in Everest route.

Crystal clear weather:

After the long and heavy monsoon, the skies are clear. When the clear weather you will have a great chance to capture beautiful panoramic views.

Festivals vibes:

This season is the greatest Hindus festival like Tihar (Dipawali) and Dasain celebration time, so you will have a big chance to discover the festivals how local celebrate.

Stable weather:

During the autumn season the weather is stable with sunshine and blue skies, what your journey makes memorable.

It is peak season even every trekker sharing their memorable experience to each other.

Temperature during the autumn season:

How is the temperature during the autumn season?

During the daytime:

The temperature is 1°C to 15°C at lower elevation. And colder as you go higher altitude. Gorakshep (last village in EBC) the temperature is during the day 7°C to -2°

During the nighttime:

The temperature can drop to -9°C to -15° C at Gorakshep village. But in the lower village are warm temperature.

Best for the Photographer:

if you are doing the First-time trekking, then this is the ideal photographers, and cultural devotees.

The reason why autumn is the best trekking to the Everest Base Camp.

In Nepal there are 4 seasons, we are only described 2 (autumn and spring) seasons. The other 2 season (monsoon and winter) are not recommended from us. In the monsoon heavy rain and more chance to

have flooding and land sliding, winter is almost frozen all the trails in high elevation, so both are more challenging season. If you are planning trek in this season, we are highly recommended to you hire experience guide and Porters with proper gears.

Why Everest Base Camp trek so popular?

The reason is:

- **World highest peak Mt. Everest**
- **Beautiful Khumbu valley, one and another.**
- **Oldest monasteries with full of Tibetan Buddhism.**
- **Most popular Namche village.**
- **Views of Many high peaks, (Everest, Makalu, Lothse, choyu, Nupse, Amadablam) and many long Himalayan ranges.**
- **A dangerous airport Lukla flight.**
- **Discover wildlife and**
- **Sagarmatha national park.**

This is the reason what Everest Base camp trek is famous and popular among the trekkers.

Address

Ascend Hikes PVt Ltd.

Address: [Budhanilkantha-12, Kathmandu Nepal](#)