

Everest Base Camp Trek

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Everest Base Camp Trek

URL: <https://ascendhikes.com/package/everest-base-camp-trek-2026-2027/>

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu to Kathmandu

Duration

12

Region

Everest Region Treks

Max. Altitude

5,545 m

Nature Of Trek

Lodge to Lodge

Best Season

March to May, or mid September to November

Activity Per Day

5-7 hrs

Transportation

flight and taxi

Per Person From

USD 1,075

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

Everest Base Camp Trek

The Everest Base camp trek, beginning in Kathmandu and ending with a scenic flight to Lukla, the entrance to the Everest region, the Everest Base Camp Trek in Nepal provides enthusiasts with an experience they won't soon forget. The path meanders alongside the Dudh Koshi River, past Sherpa villages, terraced fields, and thick forests of pine and rhododendron.

Stunning views of snow-capped peaks like Mount Everest, Lhotse, and Ama Dablam can be seen from the trail. In addition, the trek offers a chance to experience the unique Sherpa culture, which includes stone carvings, monasteries, and prayer flags. A temporary home for mountaineers trying to reach the summit of Mount Everest is offered by the Everest Base Camp Trek in Kala Patthar, which is located 5,364 meters above sea level.

What to Aspect from the EBC Trek:

The Everest Base Camp Trek is a thrilling adventure that takes trekkers through the stunning Khumbu region of Nepal, culminating at an altitude of approximately 5,364 meters. The trek offers breathtaking scenery, including majestic peaks, glacial rivers, Sherpa villages, and Buddhist monasteries. The trek involves gradual ascents, rocky trails, and high-altitude conditions, making proper acclimatization crucial. The typical itinerary includes a 12-day journey from Kathmandu to Lukla, followed by a trek to Phakding, Namche Bazaar, Tengboche, Dingboche, and Lobuche. Highlights include Namche Bazaar, Tengboche Monastery, Gorak Shep, and Kala Patthar. The best time to trek is in Autumn and spring.

Itinerary for the EBC

Day 01: Arrival in Kathmandu

Upon your arrival at Kathmandu's Tribhuvan International Airport, you'll be greeted by a representative from the Ascend Hikes, who will transfer you to your hotel. You can spend the rest of the day exploring the vibrant streets of Kathmandu and preparing for the trek.

Drive Distance

5-6 km

Drive Duration

30 minutes

Meals:

BB

Place:

Kathmandu

Accommodation:

Comfortable Hotel

Day 02: Flight to Lukla and Trek to Phakding (2,610m/8,562ft)

After an early morning flight from Kathmandu, you'll land at the Tenzing-Hillary Airport in Lukla. From there, you'll begin your trek to Phakding, a small village situated alongside the Dudh Koshi River. The trail offers glimpses of picturesque landscapes and Sherpa settlements.

Trek Distance:

9 km

Trek Duration

3-4 hours

Drive Distance

4-5 km

Drive Duration

1 hours

Highest Altitude:

2,610m

Flight Hours:

30 minutes

Meals:

BLD

Attraction of the Day:

Lukla flight

Place:

Phakding

Accommodation:

Guest house

Day 03: Trek to Namche Bazaar (3,440m/11,286ft)

The trail continues along the Dudh Koshi River, crossing suspension bridges and ascending through dense forests. After a challenging climb, you'll reach Namche Bazaar, a bustling town and the main trading center of the Everest region.

Trek Distance:

11

Trek Duration

5-6 hours

Highest Altitude:

3,440m

Meals:

BLD

Place:

Namche Bazar

Accommodation:

Guest house

Day 04: Acclimatization

Day in Namche Bazaar This day is set aside for acclimatization. You can explore Namche Bazaar and hike to Everest View Hotel or the Khumjung village to enjoy panoramic views of Everest, Ama Dablam, and other peaks. You'll also have the opportunity to visit the Sherpa Culture Museum and learn about the local traditions. there are every Saturday has a local market; many people bring selling things from the lower part of the solukhumbu where you can test local organic product directly from the down villages.

Meals:

BLD

Place:

Namche bazar

Accommodation:

Guest house

Day 05: Trek to Tengboche (3,870m/12,694ft)

The trail ascends through rhododendron forests and offers mesmerizing views of the Everest and Ama Dablam peaks. You'll reach Tengboche, home to the famous Tengboche Monastery, one of the largest monasteries in the Khumbu region. historically this mountain is very famous for the region and the Buddhist people.

Trek Distance:

10 km

Trek Duration

5-6 hours

Highest Altitude:

3,870m

Meals:

BLD

Place:

Tengboche

Accommodation:

Guest house

Day 06: Trek to Dingboche

As you trek towards Dingboche, the landscape becomes more rugged and barren. You'll pass through Pangboche village, known for its ancient monastery and panoramic views of the Himalayan range. Dingboche offers stunning views of Lhotse, Island Peak, and other peaks.

Trek Distance:

9 km

Trek Duration

5-6 hours

Highest Altitude:

4,360m

Meals:

BLD

Place:

Dingboche

Accommodation:

Guest house

Day 07: Trek to Lobuche (4,940m/16,207ft)

The trail gradually ascends towards Lobuche, passing through the scenic Khumbu Khola Valley. The terrain becomes more rugged and rocky as you approach Lobuche, offering a taste of the high-altitude

landscapes.

Trek Distance:

9 km

Trek Duration

6 hours

Highest Altitude:

4,940m

Meals:

BLD

Place:

Lobuche

Accommodation:

Guest house

Day 08: Trek to Everest Base Camp (5,364m/17,598ft) and Gorak Shep (5,140m/16,863ft)

This is the most challenging and rewarding day of the trek. You'll hike to Everest Base Camp, following the Khumbu Glacier. After reaching the base camp, you'll explore the area and soak in the incredible surroundings Glasser and beautiful mountains ranges. From there, you'll descend to Gorak Shep for an overnight stay, because in the Everest Base Camp there are not possible to stay overnight.

Trek Distance:

10 km

Trek Duration

5-6 hours

Highest Altitude:

5,364m

Meals:

BLD

Place:

Gorakshep

Accommodation:

Guest house

Day 09: Hike to Kala Patthar (5,545m/18,192ft) and Trek to Pheriche (4,280m/14,042ft)

In the early morning, you'll hike to the famous beautiful viewpoint of Kala Patthar 5550meters altitude from the sea level., which offers breathtaking views of Mount Everest and the surrounding peaks. After descending from KalaPatthar, you'll have a breakfast in Gorapshep and trek continue to Pheriche, passing through Lobuche once again.

Trek Distance:

15-16 km

Trek Duration

7-8 hours

Highest Altitude:

5,545m

Meals:

BLD

Place:

Pheriche

Accommodation:

Guest house

Day 10: Trek to Namche Bazaar

You'll retrace your steps and descend through Tengboche and Namche Bazaar. The descending trail allows you to enjoy different perspectives of the mountains and landscapes you encountered during the ascent.

Trek Distance:

17-18 Km

Trek Duration

6-7 hours

Meals:

BLD

Place:

Namche Bazar

Accommodation:

Guest house

Day 11: Trek to Lukla

This is the day of last of our trek. quite long distance but just easy steep downhill and already you became strong enough for this trail. On the final day of the trek, you'll make your way back to Lukla, where you'll spend the night, celebrating the completion of your Everest Base Camp adventure. you have last chance to talk and eat together with your porter until next you're hiking or trekking. it is easy to talk with porter, they are shy because not often using English. in the morning give your Porter will take your bags to the Lukla airport and you will fly back to Kathmandu.

Trek Distance:

17 km

Trek Duration

6-7 hours

Meals:

BLD

Place:

Lukla

Accommodation:

Guest house

Day 12: Flight from Lukla to Kathmandu

In the morning, you'll take a scenic flight from Lukla to Kathmandu. Upon reaching Kathmandu, you'll be transferred to your hotel. You can spend the rest of the day relaxing, exploring the city, or souvenir shopping.

Meals:

BB

Place:

Kathmandu

Accommodation:

Guest house

Day 13: Final Departure

After all, complete your dream adventure Everest base camp trek, our team will manage you to drop Trivuvan international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and Nepalese cultures. Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Cost Includes for Everest Base Camp Trek

- Airport Pick up and drop.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- All the official expenses and paperwork.
- All the domestic Flights and tickets (Ktm - Lukla - Ktm).
- 15 kg per person luggage weight in lukla flights.
- 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 Excludes for Everest Base Camp Trek:

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and other expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- All the accommodation and food before and after Trekking.
- Excess Baggage charge.
- Personal expenses: wi-fi, Battery charge etc....
- Staff tips
- All other things are Exclude which is not in the list of Include.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,675

No. of Persons	Price per Person
2 - 2	USD 1,275
3 - 3	USD 1,075
4 - 4	USD 1,055
5 - 5	USD 1,045
6 - 6	USD 999

Trip Information

Equipment list for Everest Base Camp Trek

Here is some information about the things that what you should pack for your EBC trek, it's just an idea:

- **Trekking backpack:** Choose a durable and comfortable backpack
- **Trekking boots:** Invest in sturdy and waterproof trekking boots with ankle support. Opt for boots that are well broken-in and provide good traction on different terrains.
- **Trekking socks:** Choose moisture-wicking and cushioned trekking socks that provide comfort, prevent blisters, and keep your feet dry throughout the trek.
- **Trekking pants:** Look for lightweight and quick-drying trekking pants made of breathable and durable materials. Convertible pants that can be zipped off into shorts are a versatile option.

Moisture-wicking T-shirts:

- Select moisture-wicking T-shirts made of breathable fabrics like polyester or merino wool to keep you cool and dry during the trek.
- **Long-sleeved shirts:** Pack lightweight, long-sleeved shirts that offer sun protection and can be layered for warmth. Look for shirts with UPF (Ultraviolet Protection Factor) for added sun protection.
- **Insulated jacket:** Bring a warm and insulated jacket or down jacket to keep you cozy during colder temperatures at higher altitudes. Look for lightweight and packable options.
- **Waterproof jacket:** Choose a waterproof and windproof jacket or shell to protect you from rain, snow, and wind. Look for features like sealed seams and a hood for added protection.
- **Waterproof pants:** Pack waterproof and breathable pants that can be worn over your trekking pants to keep your legs dry during rain or snowfall.
- **Base layers:** Bring thermal or synthetic base layers (top and bottom) to provide extra warmth in colder temperatures. These layers should be moisture-wicking and quick-drying.

- **Fleece or soft-shell jacket:** Carry a mid-layer jacket like a fleece or soft-shell jacket for additional warmth during colder evenings or when layering is needed.

Warm hat or beanie:

- Pack a warm hat or beanie made of wool or fleece to protect your head from the cold.
- **Gloves:** Bring lightweight and warm gloves to protect your hands from the cold and wind. Consider having a waterproof pair if there's a chance of rain or snow.
- **Sunglasses:** Choose UV-protective sunglasses to shield your eyes from the sun's glare at higher altitudes. Look for sunglasses with good coverage and polarized lenses.
- **Sunscreen:** Carry a high SPF sunscreen to protect your skin from harmful UV rays, even at high altitudes. Look for a broad-spectrum sunscreen that is water-resistant.
- **Headlamp:** Bring a lightweight headlamp with extra batteries for visibility during early morning hikes, nighttime activities, or in case of emergencies.
- **Trekking poles:** Consider using adjustable trekking poles to provide stability and support, especially during descents and on uneven terrain. Look for collapsible poles for easy packing.
- **Sleeping bag:** Bring a warm and comfortable sleeping bag suitable for colder temperatures encountered during the trek. Look for a lightweight and compact option.

Water bottle or hydration system:

- Carry a reusable water bottle or a hydration system to stay hydrated throughout the trek. Look for options that are leak-proof and easy to use.
- **First aid kit:** Pack a well-stocked first aid kit with essential medications, bandages, blister treatment, antiseptic ointment, and any personal medications you may need.
- **Snacks:** Bring high-energy snacks such as trail mix, energy bars, or chocolate to keep you fueled and motivated during the trek. Choose lightweight and easily packable options.
- **Camera:** Carry a camera or smartphone to capture the stunning landscapes and memorable moments of your Manaslu Circuit Trek. Consider bringing extra batteries or a portable charger.
- **Portable charger:** Bring a portable charger to keep your electronic devices charged during the trek. Look for a lightweight and high-capacity option.

This are the main equipment list, please we don't mean this is enough or you have to do this, pack your things as you really needed during the trek and suitable to the weather and the temperature, and thank you.

Conditions of the Lukla flight

Conditions of the Tenzing-Hillary Airport or Lukla Airport are notorious for their peculiar circumstances,

including high cliffs and mountains, which can hinder visibility. These airports, surrounded by weather conditions, can cause flight delays or cancellations, in such a time please be flexible to all the conditions. Despite these challenges, Lukla Airport serves as a major gateway for trekkers to Everest Base Camp and other Khumbu region sections, offering an unforgettable experience.

Conditions of Lukla Airport are notorious for their peculiar circumstances, including high cliffs and mountains, which can hinder visibility. In this airport only trained pilots can land at Lukla, requiring accuracy and expertise. Despite these challenges, Lukla Airport serves as a major gateway for trekkers to Everest Base Camp and other Khumbu region sections, offering an unforgettable [experience](#).

Frequently Asked Questions

How long does the Everest Base Camp Trek usually take?

According to Ascend Hikes itinerary, The Everest Base Camp Trek typically takes around 12 to 14 days to complete. This duration includes trekking to Everest Base Camp and returning to Lukla.

What is the best time of year to do the Everest Base Camp Trek?

The best time to do the Everest Base Camp Trek is during the pre-monsoon season (March to May) and post-monsoon season (September to November). These months offer stable weather conditions, clear skies, and moderate temperatures.

Do I need prior trekking experience to do the Everest Base Camp Trek?

Prior trekking experience is not mandatory for the Everest Base Camp Trek, but it is recommended to have a reasonable level of physical fitness and some hiking experience. Training and preparation, including cardiovascular exercises and endurance training, can greatly enhance your trekking experience.

Is altitude sickness a concern during the trek?

Yes, altitude sickness can be a concern during the Everest Base Camp Trek due to the high elevations. Proper acclimatization is crucial to prevent altitude-related illnesses. The trek itinerary usually includes rest days and gradual ascent to allow your body to adjust to higher altitudes. It's important to stay hydrated, take it slow, and listen to your guide's advice.

Are permits required for the Everest Base Camp Trek?

Yes, you need two permits for the Everest Base Camp Trek: the Sagarmatha National Park Permit and the TIMS (Trekking Information Management System) Card. These permits are obtained through the trekking agency or the Nepal Tourism Board in Kathmandu.

Can I do the Everest Base Camp Trek independently or do I need a guide?

While it's possible to do the Everest Base Camp Trek independently, hiring a licensed guide is highly recommended. A guide not only provides navigation assistance but also ensures your safety, offers local insights, assists with logistics, and helps in case of any emergencies.

What kind of accommodation and food can I expect during the trek?

Along the trekking route, you'll find teahouses or guesthouses that provide basic accommodation with shared rooms and communal dining areas. The menu at these teahouses offers a variety of local and international dishes, including Nepali dal bhat (rice and lentils), pasta, soups, and snacks. It's advisable to stick to a balanced diet and stay hydrated.

What kind of physical fitness level is required for the Everest Base Camp Trek?

The Everest Base Camp Trek is a challenging endeavor that requires a good level of physical fitness. Regular exercise, cardiovascular workouts, and endurance training are recommended before the trek. It's advisable to consult with a healthcare professional before undertaking any strenuous physical activity.

Packages Information for Everest Base Camp Trek

Arrivals: Heartily welcome to Nepal, From the International airport, Ascend Hikes representative will pick you up and transfer to Hotel in Kathmandu and will give you an information about trek and some important things what you have need during the trek with us, like next morning where are meeting points and about the guide and porters with details information so, easy for the next day's program. [for more contact our export.](#)

Accommodations in Everest Base Camp Trek

On the trek, we'll stay in tea houses for 10 nights and BB plan hotel in Kathmandu 2 nights. Every accommodation is shared by two people. A single supplement costs an extra and is served upon request. Ascend Hikes can arrange for accommodations with private bathrooms; however, in certain locations, tea houses only have common restrooms and washing machines. It should be noted that while single rooms may be hard to come by at higher elevations.

Meals (Food) In Everest Trail

You will have 11 Breakfast, 10 Lunch and 10 Dinner all together and we can eat both traditional Nepalese cuisine and more widely available international cuisine (Tibetan, Continental, Italian, Indian, etc.) while

on our trek. We will eat breakfast and dinner at the teahouse or from a menu at the lodge where we stay the night, and we will eat lunch while traveling to our next location. While just breakfast is served in Kathmandu. At the ending day we will have a dinner together to say goodbye and to greet will also be held.

Luggage weight: Please be sure we **Ascend Hikes Pvt Ltd.** Are fixed for the weight limit for our Porter in the mountains. Maximum weight of luggage is 9.5kg each person is included on this package.

Weather in Everest Base Camp Trek

The Everest Base Camp Trek offers spectacular views of the Khumbu valley, varying depending on the season. The warm, dry spring vivid rhododendrons, while the popular fall in autumn has clear sky and stable weather. Avoid the Monsoon Season for muddy paths. This extraordinary expedition provides spiritual experiences and a deep connection with nature, making it a memorable experience, here are the seasonal weather report:

Spring (March-May): This is one of the best times to trek to Everest Base Camp. During this season, the weather is typically consistent, with moderate temperatures and bright sky that provide spectacular views of the mountains. Daytime temperatures are from 0°C to 10°C (32°F to 50°F), but evenings may be cool, plunging to -10°C to -15°C (14°F to 5°F). The pathways are lush and green, with brilliant rhododendron blooms blooming, adding to the trek's splendor. However, it is the great idea to be prepared for periodic weather swings and to pack appropriately for the chilly evenings.

Summer (June-August): The rainy season may make the EBC trek very difficult. Rainfall in the region is significant, making the routes muddy, slippery, and more difficult to manage.

Visibility: Monsoon clouds can impair vision, reducing the beautiful mountain views that are common during other seasons.

Trail weather: Due to the rainy and slippery weather, the paths might become more difficult, demanding additional attentiveness and high-quality hiking equipment but sometimes there are no rain, and you will have so many different views than other time in the trail.

Despite the difficulties, hiking in the summer may provide a unique experience with lush, green surroundings and less visitors. However, it is essential to be well-prepared for weather conditions and to have flexible travel arrangements for the possibility of delays or cancellations.

Autumn (September - November): This is regarded as one of the greatest periods to walk to Everest Base Camp. During this season, the weather is often consistent with clear sky, providing breathtaking views of the mountains. Daytime temperatures vary from 10°C to 20°C (50°F to 68°F) and while overnight temperatures may drop to -5°C to -10°C (23°F to 14°F). The trails are dry, and the air is crisp, providing great walking conditions. However, sometimes it's critical to be prepared for unexpected weather changes and to pack appropriately for chilly evenings, so, kindly be more flexible for this trek.

Winter (December - February): This time brings amazing mountain views as well as challenging weather conditions. Every day sun is shining and the blue skies, and you will have a very beautiful views, During the daytime temperatures will be between 2°C and 5°C, while higher elevations saw

temperatures plummet to -2°C to -4°C. Nighttime temperatures can dip between -15°C to -20°C. Clear skies offer amazing views, although snow and wind can occur at higher elevations. Cold and altitude are challenging that necessitate warm clothes and high-quality equipment.

Acclimatization is essential for avoiding altitude sickness. Snow and ice can make routes will be frozen. Winter hiking, on the other hand, provides less tourists and more beautiful views. Layering, preparing warm clothing, staying hydrated, and hiring guides and porters are all helpful preparation advice. Despite the cold, winter hiking provides a gratifying experience with fewer tourists and spectacular mountain vistas.

Address

Ascend Hikes Pvt Ltd.

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