

Everest Base Camp Trek from Salleri

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Everest Base Camp Trek from Salleri

URL: <https://ascendhikes.com/package/everest-base-camp-trek-from-salleri/>

Destination

Nepal

Activity

Trekking

Start / End Point

Surkhe - Surkhe

Duration

16

Region

Everest Region Treks

Max. Altitude

5550m

Trip Route

Drive route: About 350km, Kathmandu -USD 1,195

Khurkot - Okhaldhunga - Dhap - Salleri -
Phaplu -Kharikhola - Bupsa - Surke. Trekking
route: About 120km, Surke - Phakding -
Namche - Tengboche - Dingboche - Lobuche -
Gorakshep - Base camp - Kalapathar -
Pheriche - Namche - Surke.

Per Person From

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

Teahouses (Basic to Comfortable)

Everest Base Camp Trek Overview

Everest Base Camp Trek from Salleri is one of the most beautiful trail and alternative flight to Lukla. Driving about 350km Kathmandu to Surke, good choice to explore lower part of Everest trails. Smooths concrete pave road access from Kathmandu to Salleri and Salleri to Surke off-road test for Everest base camp trek.

Surke village start trekking and ending at same village about 120km, each day 5-7 hours and 12 days trekking in the Himalayan valleys, Kathmandu 1300m altitude to 5550m Kalapathar is challenging and great achievement in lifetime to Everest base camp trek 2025.

Side trip:

There are several places you can side hikes; here are some major hiking destinations during the Everest base camp trek from Salleri 2025:

- **Salleri and Phaplu excursion.**
- **Khumjung and Everest view hotel.**
- **Tengboche Monastery.**
- **Nagarjung hike from Dingboche.**
- **Everest Base Camp hike.**
- **Kalapathar hikes.**

Best Time for EBC Trek from Salleri:

What is the best Time for Everest base camp trek?

The best time for Everest base camp trek from Salleri 2025 is Spring (March - May) and autumn (September - November) season. This season normally pleasant, clear and stable weather, so high chance to make success trek and best panoramic views from the top and Kalapathar.

EBC Trek Difficulty:

Trek difficulty: trekking to Everest Base camp Nepal is moderate to challenging to hike Kalapathar 5550m and Base camp 5350m. every day about 5-7 hours walking. During the end of autumn is very cold weather makes challenging.

Trek permits & Cost:

Permits:	Cost:
National Park permit	Nrs. 3000/-
Local government permit	Nrs. 3000/-

Jeep Cost for Everest Base camp trek from Salleri 2025.

Privet and share transportation cost to Everest base camp trekking starting point.

Services:	Costs in USD:
Kathmandu - Salleri jeep hire	300 - 350/-
Salleri - Surke hire Jeep	190 - 250/-
Share Jeep Kathmandu - Salleri	20 - 30/-
Share jeep, Salleri - Surke	30 - 50/-

Trekking accommodations, food, porter, guide, Menu latest cost.

Services:	Costs in USD:
Food and accommodations per day	35 - 40/-
Permits (approximately)	55/-
Guide cost per day	30 - 35/-
Porter cost per day	20 - 25/-
Porter guide cost per day	25 - 30/-
Charging mobile/camera each time	3 - 10/-
Wi-Fi cost	5 - 10/-
Drinking water	3 - 7/-

We Ascend Hikes open for customize itinerary and package services. For these Everest base camp trek from Salleri also organizing fully package, our full board package is here.

Ascend Hikes full-board service cost and group discount for Everest base camp trek for 15 days itinerary:

- 1 Pax USD \$ 1695/-
- 2 Pax USD \$ 1295/-
- 3 Pax USD \$ 1195/-
- 4 Pax USD \$ 1095/-
- 5 Pax USD \$ 1055/-
- 6 Pax and 6 + USD \$ 999/-

Detailed Itinerary

Day 01: Arrival in Kathmandu and transfer to hotel.

When arrive at Kathmandu international airport, our team will pick up you and transfer to hotel where you booked. And short discussion about next day drive to Salleri early in the morning

Highlight of the day:

Kathmandu valley and the Himalayan ranges from airplane. Hotel in Thamel and explore shops surrounding. First experience in Kathmandu and Thamel discover. Wonderful evening to walk in Thamel Bazar.

Drive Distance

6-7 km

Drive Duration

30mins

Highest Altitude:

1300m

Meals:

Possible all different foods

Accommodation:

Depending on you

Day 02: Drive Early in the Morning to Phaplu

Start early in the morning to avoid traffic, its about 280km Kathmandu to Salleri road distance about 8 - 9 hours, passing wonderful landscapes and great mountain views.

Highlights of the day:

Landscapes, rivers, views of the mountains from Dhap village.

Drive Distance

280km

Drive Duration

8 - 10 hours

Highest Altitude:

2413m

Meals:

on the way basic Dal Bhat

Accommodation:

Basic to Comfortable tea house

Day 03: Drive to Surkhe and Stay Overnight

Start your jeep journey early in the morning to Surke village and from Surke, start first step of trekking towards Everest region.

Highlights of the day:

Passing wonderful landscapes and cultural sites with beautiful mountain views.

Drive Distance

67km

Drive Duration

6-7 hours

Highest Altitude:

2610m

Meals:

Basic Nepali Dal – Bhat.

Accommodation:

Basic Tea House

Day 04: Start Trek to Phakding

Start your trekking from Surke to Phakding easy and short, about 5 hours approximately 10km distance.

Highlights of the day:

- Beautiful khumbu valley with Dudhkodi Rive.
- Lukla touristic, and shopping place.
- Monastery and Sherpa culture.
- Mt. Kusum khang view from Tharakoshi.
- Phakding village and first starting trek to EBC.

Trek Distance:

10km

Trek Duration

5 hours

Highest Altitude:

2610m

Meals:

Stops in tea-house for food

Accommodation:

Teahouse Sharing Basis

Day 05: Trek to Namche Bazaar

The second day of trekking, gradually ups and down. Today gaining most of the altitude after the lunch, so be ready to make it easily to Namche.

Highlights of the day:

- Dudhkoshi valley and suspension bridges.
- Manjo, where entering Sagarmatha national park.
- Some wildlife on the cliff side.
- Hilary bridge and buggy-jump.
- Views of Mt Everest, Thamserku, Cholatche, Kongde peak and ranges.

- A beautiful and famous Namche village.

Trekking route: Phakding - Toktok - Monjo - Jorsale - Top danda - Namche Bazar.

Trek Distance:

11-12km

Trek Duration

6-7 hours

Highest Altitude:

3440m

Meals:

Stops in the tea-house for food

Accommodation:

Tea houses and guest houses.

Day 06: Hike to Everest view Hotel and Explore day

This is the hiking and exploring day in Namche village. After breakfast hike to Everest view hotel. There are so many different activities you can do in Namche and Khumjung valley.

Highlights of the day:

- Namche viewpoint and museum.
- Everest view hotel and wonderful panoramic views.
- SPCC visit for activities.
- Khumjung valley and Sherpa culture.
- Syangboche airport between mountains.
- First panoramic mountains views.
- Local Market in Namche bazar.

Trails route: Namche - Syangboche airport - Khumjung - Everest viewpoint - Museum in Namche - Back Hotel.

Trek Distance:

13.5 (Round Trip)

Highest Altitude:

3880m

Meals:

Basic choose from Menu in tea house

Accommodation:

Tea-houses/ Guest house

Day 07: Trek to Tengboche / Dingboche

Start trekking trails gradually flat from Namche to Kyanjuma with panoramic view of the mountain ranges and valley. After then trails goes down to Phunkitanga, where you take a lunch. Remember from this place there are no tea-shop before Tengboche.

Highlights of the day:

- Beautiful of Amadablam and Everest views.
- Wonderful views of Phortse and Khumbu valley.
- Famous Tengboche monastery.
- Long panoramic views of the Himalayas.
- Flora and fauna.

Trails Route:

Namche - Kyanjuma - Phungitanga - Tengboche -Diboche.

Trek Distance:

10km

Trek Duration

5-7 hours

Highest Altitude:

3820m

Meals:

Choose from Menu in Tea house

Accommodation:

Tea-houses with sharing basis

Day 08 : Trek to Dingboche

A beautiful valley passing through, wonderful Amadablam mountain just front. Passing Pangboche village - Somare and Dingboche is slide ascent to the Somare lunch and easy way to Dingboche.

Trails route: Diboche - Pangboche - Somore - Dingboche village.

Highlights of the day:

- Beautiful rhododendron forest.
- Pangboche village - Somore village.
- Alpine flora and fauna.
- Amazing view of Mt. Amadablam.
- Famous Island peak, Everest, Lothse and long Himalayan range.
- Beautiful Dingboche village.

Trek Distance:

10km

Trek Duration

5-7 hours

Highest Altitude:

4410m

Meals:

Basic Choice from Menu

Accommodation:

Tea houses

Day 09: Trek to Lobuche

Slight climbing high altitude above the Pheriche valley. Thukla pass is challenging for the day with wonderful views.

Trails route: Dingboche - Tukla - Thukla pass - Loboche.

Highlights of the day:

- Wonderful views of the mountain valley.
- Lobuche peak, Taboche, Cholatche, and Nupse mountains ranges.
- Challenging Thukla pass and valleys.

Note: We are already in the alpine zone, so it might suffer from the altitude sickness, use proper gear to avoid altitude sickness.

Trek Distance:

9km

Trek Duration

5-6 hours

Highest Altitude:

4910m

Meals:

Stops in Thukla for Lunch

Accommodation:

Tea Houses

Day 10: Trek to Gorakshep

Lobuche - Lobuche pass - Gorakshep: one of the best highlight of the trek, to Stay at Gorakshep and hiking to Everest Base camp. Most popular trekking destination among the trekkers. Enjoy the day with wonderful experience in the Himalaya.

Highlights of the day:

- Lobuche pass with panoramic mountain views.
- Gorakshep, Last settlement in the Everest Base camp trek.
- Hiking to most popular destination EBC.

Trek Distance:

5km

Trek Duration

3 hours

Highest Altitude:

5164m

Meals:

Chose from Basic Menu

Accommodation:

Tea houses

Day 11: Trek back to Pheriche

Early in the morning hike to Kalapathar 5550m for the wonderful views, and after that back to Gorakshep, breakfast and easy way back to Pheriche.

Highlights of the day:

- Hiking to Kalapathar 5550m.
- Wonderful views from Kalapathar.
- Last views for this time of EBC.

Trek Distance:

13km

Trek Duration

6-7 hours

Highest Altitude:

4371m

Meals:

Choose from menu

Accommodation:

Tea house

Day 12: Trek back to Namche

Pheriche – Somare – Pangboche – Diboche – Tengboche – Namche. It is easy way back to Namche but long distance. The views are amazing surrounding by. Leaving a footprints and taking memory saying bye bye Everest view until next trip.

Trek Distance:

20km

Trek Duration

6-7 hours

Meals:

Choose from Menu

Accommodation:

Tea house in Namche

Day 13: Trek back to Surke

This is the easy descend to Surke but it is long day to get in Surke. Start your trek earlier and enjoy the rest of time discovering.

Trek Distance:

19-20km

Trek Duration

7-8 hours

Highest Altitude:

2610m

Meals:

Basic Choice from Menu

Accommodation:

Basic Tea House

Day 14: Drive back to Salleri / Phaplu

Start your jeep journey early in the morning to Salleri/ Phaplu village and stay overnight in Phaplu.

Trails route: Surke - Bupsa - Kharikhola - Adheri - Kaku - Phaplu.

Trek Distance:

67km

Trek Duration

6-7 hours

Highest Altitude:

2413m

Meals:

Basic Nepali Dal - Bhat

Accommodation:

Comfortable Guest House

Day 15: Drive to Kathmandu

Start early in the morning to avoid traffic, its about 280km to Kathmandu from Salleri road distance about 8 - 9 hours, passing wonderful landscapes and great mountain views.

Trek Duration

8-10 hours

Drive Distance

280km

Highest Altitude:

1300m

Meals:

On the way Basic Dal Bhat

Accommodation:

Basic to Comfortable Hotel

Day 16: Final Departure from Kathmandu International

After all complete you're the world highest Mt. Everest Base Camp trek, our team will manage you to drop Trivuvan international airport for your journey back to home. We hope you are leaving Nepal with beautiful and adventure memories of mountains, our hospitality and Nepalese cultures.

Namaste and we wish you a safe Travels back home, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,625
2 - 2	USD 1,295
3 - 3	USD 1,195
4 - 4	USD 1,095
5 - 5	USD 1,055
6+	USD 999

Trip Information

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.

Must Carry:

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.

Footwear.

- **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:** It 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 Bags**

Other Must know Information

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.**

Additional Information

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 & wildflowers 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, greenary 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 seasons 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-prepared 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 places are offering a twin sharing rooms with basic pillows and blankets with shared bathrooms.

Dining 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 all 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 they don't have, possible to take hot bucket shower all the trails.

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

Conclusion:

The Everest Base Camp Trek from Salleri 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.

Booking and Enquiry:

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,

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