



Estd: 2004

74 Days



EVEREST

BASE CAMP TREK



One of the most popular treks in the world

The [Everest Base Camp Trek](#) is a popular journey through the primary trekking route in the Solukhumbu region. It offers awe-inspiring views of majestic mountains, granting you the sensation of being in the heart of the Himalayas. This high-altitude trek unfolds in Sherpa territory, leading you to the base of Mount Everest. Along the way, you'll encounter monasteries, market towns, and rugged peaks, retracing the steps of legendary mountaineers. It's a journey to immerse yourself in the rich cultural and natural tapestry of the Khumbu region while reaching Everest Base Camp.

Highlights of Everest Base Camp Trek

- View the sunlight set on Mount Everest from Kala Patthar.
- Take a flight to Lukla Airport or Hillary Tenzing Airport.
- Go across Sagarmatha National Park, with its distinctive plants as well as animals.
- The spring and autumn seasons are the best times to trek to Everest Base Camp.
- The mesmerizing view of Himalayan vistas.
- Use the acclimatization days to gain an understanding of the daily life of the Sherpa.





Travel ITINERARY



Destination : Nepal

Duration : 14 Days

Lodging Level : 3 Star/ Local Lodges
During Treks

Departure City: Kathmandu, Nepal

DAY 1 - ARRIVAL IN KATHMANDU



Welcome to Nepal! Upon your arrival at the airport, an Asian Heritage Treks & Travel representative will greet you, holding your nameplate. From the airport, you'll be transferred to your hotel. Along the way, you'll pass through some important landmarks, including the Pashupatinath Temple, the Royal Palace Museum (also known as Narayanhity Palace), and the Garden of Dreams, before reaching Thamel.

Accommodation: Hotel (Yatri Suites and Spa)

Maximum Altitude: 1,350m/4,429ft

DAY 2 - FLIGHT TO LUKLA (40 MINUTES)

Begin with a scenic flight to Lukla, one of the world's most thrilling airports.

Enjoy breathtaking views of the Himalayas, including majestic Mt. Everest.

Landing at Lukla is an unforgettable experience as the altitude hits you.

Spend the afternoon exploring the charming village of Lukla.

Maximum Altitude: 2860m/9383ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner





DAY 3 - LUKLA TO MANJO (4-5-HOUR HIKE)



From Lukla, you will start the trek along the Dudh Koshi (Milky River), which can be seen meandering, into the horizon. You will be trekking amidst a rhododendron forest, which gives off a strong aroma of evergreen oak. The sighting of snowy peaks acts as an indicator that the trek is gradually going to get more challenging and is the beginning of an adventure that will test one's mental and physical strength. Up, you are going to witness the flowing of snow-fed rivers eventually arriving at Monjo.

Maximum Altitude: 2835m/9301ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner

DAY 4 - MANJO TO NAMCHE BAZAAR (5-6-HOUR HIKE)

Embarking on this journey, you'll find the trail starting with ease and gradually evolving into a challenging adventure. As you traverse the formidable Dudh Koshi, you'll catch your first glimpse of Everest's majesty. Continuing onward, you'll reach Namche Bazaar, which is the capital of the Sherpa and Tibetan people, and you will enjoy and see various restaurants and cafes, hotels, banks, and internet services.

Maximum Altitude: 3440m/11286ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner





DAY 5 - ACCLIMATIZATION DAY AT NAMCHE



Namche Bazaar is also known as the Sherpa Capital. You can use your time to acclimatize, relax, and explore the surrounding places. Most of the trekkers prefer to get up before sunrise to view the magnificent views of Mount Everest, Thamserku, Ama Dablam, and other glorious peaks in Sagarmatha National Park. One can get a chance to observe the shadow of the mountains being pan-projected onto the clouds above and truly appreciate their magnitude.

Maximum Altitude: 3440m/11286ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner

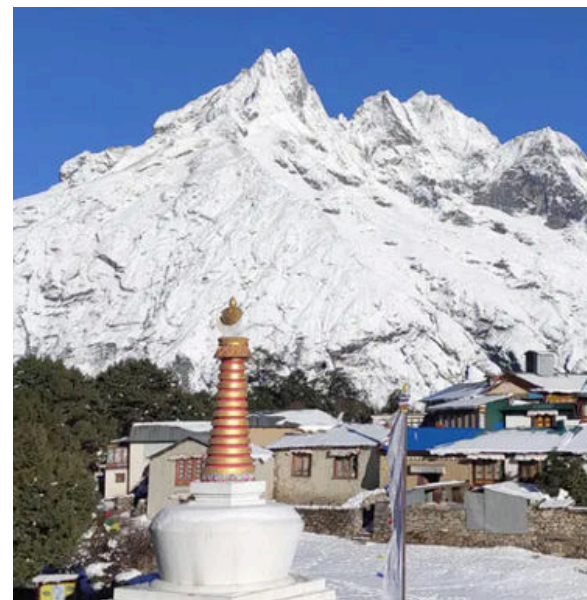
DAY 6 - NAMCHE TO TENGBOCHE MONASTERY (4-5-HOUR HIKE)

On the sixth day of your Everest Base Camp trek, you'll make your way from the village of Namche Bazaar to Tengboche. Although it will be one of the most challenging days of the trek in terms of elevation gain (around 3,900 meters or 12,795 feet), it will also be the most rewarding as you get to take in the breathtaking views of the Everest Mountain Range.

Maximum Altitude: 3867m/12787ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner





DAY 7 - TENGBOCHE TO DINGBOCHE (6-7-HOUR HIKE)



You will head from the Tengboche to the Dingboche. It will be an absolutely beautiful day as you make your way through the valley, with the glacier river down below and the snow-capped peaks out in the distance. Along the trek, you will pass by the village of Pangboche as well as the famous mountain of Ama Dablam, surely making this a memorable day of your Nepal hiking experience.

Maximum Altitude: 4410m/ 14470ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner

DAY 8 - DINGBOCHE TO LOBUCHE (6-7-HOUR HIKE)

We begin our trek, following the trail to Everest Base Camp. The uphill trek from Thukla to Memorial Park is the most challenging part, but it offers mesmerizing views of nature's beauty. Along the way, you'll encounter prayer flags left by brave mountaineers. Once we reach Lobuche, the second-highest village on the EBC trail, we'll spend the night there.

Maximum Altitude: 4940m/ 16207ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner





DAY 9 - LOBUCHE TO GORAKSHEP (5-6-HOUR)



At that altitude, the trail to Gorakshep might seem a bit barren due to the climate. Expect to trek through snow-covered paths. Once at Gorakshep, take a moment to rest and soak in the incredible panoramic views of Mt. Everest and its neighboring peaks. If you're up for it, consider visiting Kala Patthar for a breathtaking sunset view over the Himalayas later in the day.

Maximum Altitude: 5164m/16942ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner

DAY 10 - VISIT KALA PATTHAR AND EVEREST BASE CAMP AND RETURN TO LOBUCHE

Next up is Kala Patthar (Kala means black and Patthar means rock), towering at 5,450m, followed by a visit to Everest Base Camp. Get ready for an awe-inspiring sight—the majestic Mount Everest and the breathtaking Khumbu Glacier Valley. After the exciting trek, it's time to head back down to Gorakshep for a well-deserved meal and, hopefully, a cozy night's sleep.

Maximum Altitude: 5364m/17598ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner





DAY 11 - LOBUCHÉ TO NAMCHE (7-8-HOUR HIKE)



The plan is to trek back to Namche Bazaar. The trail follows down to the Dudh Kosi, where there are a series of water-driven prayer wheels. The trek continues back to Sagarmatha National Park through paths of pine and cedarwood. On the way, you will be able to see the Lhotse-Nuptse Wall and Everest peeking from behind. You can stop to appreciate the surreal view. Eventually, after a few hours of trekking, you will reach Namche, where you will be staying for the night.

Maximum Altitude: 3440m/11286ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner

DAY 12 - NAMCHE TO LUKLA VIA PHAKDING (5-6-HOUR HIKE)

The trail takes you on a scenic journey, crossing the Dudh Kosi River, adorned with charming water-driven prayer wheels. As you wind through pine and cedarwood paths, you'll return to Sagarmatha National Park, where you can enjoy a delightful lunch break in the picturesque Chumoa village. Continuing along the riverside to Phakding, you'll see the snowy peaks vanish, marking the end of a challenging yet thrilling adventure that pushes your limits. The journey then leads through a fragrant rhododendron forest with hints of evergreen oak, following the meandering Milky River (Dudh Koshi) into the horizon. After a few hours, you'll reach Lukla, where you can relax and immerse yourself in the local culture.



Maximum Altitude: 2860m/9383ft

Accommodation: Local lodge

Meals: Breakfast, Lunch and Dinner



DAY 13 - FLIGHT FROM LUKLA TO KATHMANDU (40 MINUTES)



The flight back to Kathmandu leaves before 10:00 a.m. The scheduled flight time can sometimes change according to the weather conditions. Once back in Kathmandu, you will be transferred to your hotel, where you will have the day off to rest and reflect on your trip.

Maximum Altitude: 1,350m/4,429ft

Accommodation: Yatri Suites & Spa

Meals: Breakfast

DAY 14 - DEPARTURE

The flight back to Kathmandu leaves before 10:00 a.m. The scheduled flight time can sometimes change according to the weather conditions. Once back in Kathmandu, you will be transferred to your hotel, where you will have the day off to rest and reflect on your trip.

Maximum Altitude: 1,350m/4,429ft

Accommodation: Yatri Suites & Spa

Meals: Breakfast



Includes

- All land transportation by a private vehicle.
- 2-night stay at the hotel Yatri Suites & Spa in Thamel, Kathmandu on breakfast basis.
- 11-night stay in an available local lodge throughout the trek on a full-board basis.
- The accommodations are a twin-sharing basic.
- Kathmandu - Lukla - Kathmandu flight ticket for you and your trekking guide.
- All necessary trekking permits and national park fees.
- An experienced trekking guide.
- Staff's expenses such as food, accommodation, insurance, first aid kit and trekking gear.
- First aid medical kit carried by the guide.

Excludes

- Drinks and beverage bills for all places.
- A porter (one porter can carry 18 kilos of luggage).
- Tipping (tips for a guide, drivers and supporters).
- Additional food in Mountain and food in Kathmandu
- Personal expenses.
- Personal trekking gear.
- First aid kit (for you).
- Urgent visa or foreigner's passport surcharge according to embassy regulations.
- Extra costs for upgrading rooms and services at hotels.
- Donation at temples, schools, monasteries, etc.
- Emergency rescue evacuation.
- Any other items that are not specified in the package.



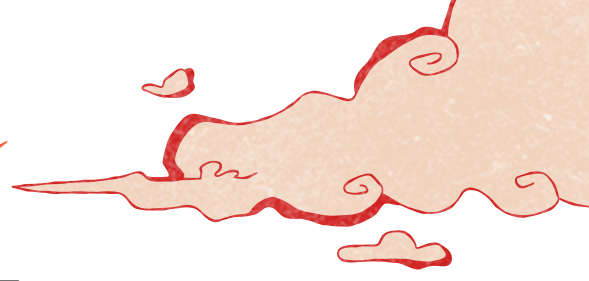
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Get connect with us





Extend Your Trip



✓ **Everest Base Camp via Helicopter Tour**

Experience a once-in-a-lifetime helicopter tour over Everest Base Camp and Kala Patthar. This thrilling adventure offers breathtaking views of the Himalayas, including Mt. Everest and other iconic peaks.

✓ **Mountain Flight (Everest Experience)**

Embark on an unforgettable mountain flight to witness the grandeur of the Himalayas up close. The Everest Experience offers a breathtaking panoramic view of the mountains, providing a once-in-a-lifetime opportunity to see Mt. Everest itself. This experience truly captures the beauty and wonder of Nepal.

✓ **Jeep Line Adventure**

This thrilling activity is available in Dhulikhel, Kathmandu, and Pokhara. It offers stunning valley views and a memorable outdoor experience.

✓ **Paragliding in Pokhara**

Enjoy a 20-minute paragliding adventure in Pokhara, soaring from Sarangkot down to Phewa Lake, while taking in the stunning views of the Himalayan mountains. This experience includes photos and videos of your flight.

✓ **Nepalese Cooking Class**

Experience Nepalese culture through its cuisine. Visit a local market to shop for fresh ingredients, and then learn to cook the traditional dish "Dahl Bhat" with a local family.

Have a nice trip with us!