

Everest Base Camp Trek - 12 days



Everest base camp budget trek commenced from Kathmandu Domestic airport to Hillary airport Lukla with enjoyable flight of 45 minutes. Thereafter make ready your trekking bag pack and set out on foot to Phadking from Lukla. Everest base camp trek give you fascinating mountain views of the Khumbu Himalaya of Nepal. 12 days Everest base camp budget trek moves along with deep valley, delightful Sherpa village and rhododendron and pine forest to reach Namche bazaar.

Trekking to Everest base camp provide you wonderful view of mountain panorama, a moment to observe lifestyle of Sherpa the world great climbers, exploring to Everest base camp through one of the world heritage site (Sagarmatha national park), to view different flora and fauna that are found nowhere in the globe and the ancient big monasteries that existed since many years. The best part of this trek is you grab an exciting chance to look into this wonderful panorama that was conquered by Sir Edmund Hillary and Ten zing Norgay Sherpa in 1953 and get chance to view Everest with all its charming beauty that make you feel proud and happy .

September to October/November and March to April/May is the suitable time for trekking to Everest. Eleven days Everest base camp trek require huge physical fitness to hike on the route maximum 8 and minimum 5 hour per day with your guide and porter. 12 days Everest base camp trek is great opportunity for those who have busy travel schedule and whose dream is to view Mount Everest (8848m) roof of the world.

One can do [Everest Base Camp Trek - 17 days](#), Everest View Trek - 7 days, Everest View Trek - 5 days, [Gokyo Lake - 11 days](#), Gokyo Lake - 17 days, [Everest Base Camp and Gokyo Lake Trek](#) in Everest Region Trekking. Also we have other trekking region like as Annapurna trekking region which has [Ghorepani Poon Hill Trek 12 days](#), [Annapurna Circuit Trek 12 days](#), [Annapurna Base Camp Trek](#) and Mardi Himal Trek.

If you would not like Package trek, there is [guide and porter hiring services](#) with us which can easily do from us.

Duration: 12 days

Price: \$1070

Rating: 5 Star

Group Size: 02

Grade: Challenging or Tough

Destination: Nepal

Activity: Trekking in Nepal

Accomodation:

Kathmandu: Bed and Breakfast

Trekking: Breakfast, Lunch and Dinner with accommodation at guest house.

Vital Information

Mount Everest View, Everest Base Camp, Kathmandu City, Lukla Flight, Namche Bazaar. Kalapathar, Sherpa Culture, Lifestyle

Itinerary:

Day 01

Kathmandu Arrival

From Tribhuban International Airport you will be transferred to your hotel room. In the afternoon you will invited to our office for briefing about the each day program. Today you will receive your Sagarmatha National Park Permits and TIMS.

Day 02

Kathmandu to Lukla (2850m) Flight and Phadking(2660m) Walking Distance: 8km (3-4 hours)

Pick up at Hotel and transfer to Kathmandu domestic airport. After a short morning flight to Lukla, you'll be introduced to your guide and porter. Kick off your trek with an easy walk through Chaurikharka village and descent towards Dudhkoshi Ghat (2,530m/8,300ft). The trail follows the bank of the Dudhkoshi River until Phadking (2,652m/8,700ft), where we will be staying for the night to acclimatize. Enjoy your free time in Phadking, a popular stopping point.

Day 03

Phadking to Namche Bazaar (3435m) Walking Distance: 10-12km (5-6 hours)

You'll have breakfast in Phadking before gearing up for the trek to Namche Bazaar, the biggest Sherpa village in Nepal. Your trail takes you first over the Dudhkoshi River via a long suspension bridge, and then through a beautiful pine forest to Monju, about two hours away. Soon thereafter, we will approach the entrance to Sagarmatha National Park for a brief permit check and then descend to Dudh Koshi River (spotting Mani stones along the way!) en route to Jorasalle. Lunch will be served here, and then it's uphill to Namche. Your path along the riverbank is flanked by two crossings, one of which is the Hillary Suspension Bridge. It's a tough climb up the hill to our resting place, but you'll be rewarded in Namche Bazaar with your first glimpse of Everest in its majesty.

Day 04

Namche Bazaar to Tengboche (3890m) Walking Distance: 10km (6 hours)

Breakfast in Namche Bazaar fuels us for another day of trekking towards Everest Base Camp today! Break taking views of the Himalayas - Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde - are some of the highlights not are missed. A short drop takes us to the riverside, and then it's across the river upwards through the forest pass. Brace your legs for a continual uphill trek at this point, alternating between a gradual grade and some seriously steep ground! Your destination, Tengboche, is known as one of the most beautiful places in the Everest region. Its views, which include Ama Dablam, are legendary. We'll stop in on the Tengboche monastery, which is one of the largest in Khumbu. Nourish your spirit with a guided tour of the monastery grounds, followed by chanting and prayer with the resident Buddhist monks.

Day 05

Tengboche to Dingboche (4400m) Walking Distance: 11km (6 hours)

Your trek today kicks off with a walk through the rhododendron forest to Debouche followed by a bridge over the raging Imja Khola River. You'll pass the valley wall and then traverse the plains to Pangboche village, the biggest settlement of Sherpa's in the region. Enjoy a great opportunity to observe a typical Sherpa village and have lunch with the locals! The intrepid can brave a brief hike to the Pangboche monastery, one of the oldest in the area. Your afternoon trek will be a difficult one, as the landscape gives way to dry; deserted mountains and you hike towards Dingboche.

Day 06

Dingboche to Lobuche (4910m) Walking Distance: 11-12 km (6-7 hours)

From here on forth, the trek will move more gradually be more challenging, due to the higher altitude. You past Dugla, but not before a tough, steep walk to the top of a high hill. Here are the memorial stupas dedicated to the climbers and trekkers who lost their lives to Everest over the years. The next part of our adventure brings over craggy mountain terrain to Lobuche, a small settlement with amazing views of Mt. Lobuche, Mt. Pumori and the Nuptse. Prepare to snuggle up for a cold night, as we are now almost three miles above sea level and the evenings can be downright chilly!

Day 07

Lobuche to Gorkasep and Everest Base Camp (5380m) to Gorekshep (5180m) Distance of walking: 15km (6-8 hours)

This is it! Your big day kicks off with an initial, relatively easy trek from Lobuche to Gorekshep. The subsequent, straight trail to Everest Base Camp is harder, involving rocky dunes and moraine, formed accumulation of unconsolidated glacial debris. On the way to our destination, you will approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. At the Base Camp, your goal, you'll have the chance (during the spring climbing season) to meet climbers attempting to scale the mountain's summit. Break out your cameras for unbelievable views of breathtaking beauty. As the afternoon sun starts to wane, we'll head back to Gorekshep for some much-needed rest and relaxation after a grueling and busy day.

Day 08

Gorekshep to Kalapathar (5545m) and Pheruche (4320m) Walking distance: 12-13km (5-6 hours)

You wake before dawn today to trek towards Kalapathar (which means "black rock") for a fiery, glorious sunrise over Mt. Everest. The day's first light will illuminate your spectacular view of Nuptse Cholatse and Lhotse. This may be, of the whole journey, you're most opportune moment to snap amazing pictures of Everest and its neighboring peaks. Afterwards, it's back to Gorekshep for breakfast and down in the direction of Pheruche, your accommodation stop. Your pace will be a lot brisker as you descend, and the walking is easier going this way.

Day 09

Pheruche to Namche (3435m) Distance of walking: 13-15km (7-8 hours)

The walk from Pheruche back to Tengboche is mainly downhill, although it does, counter intuitively, require an hour scaling a hill. We'll be in Namche by late afternoon and off to bed before our last day on the mountain.

Day 10

Namche to Phadking and Lukla (2850m) Walking Distance: 16km (6-7 hours)

After breakfast, you trek toward the Hillary Suspension Bridge and then pass through several local villages. Your arrival in Lukla brings an evening in a proper hotel and, traditionally, a party with your trekking crew: you made it! Thanks to great teamwork and perseverance.

Day 11

Lukla to Kathmandu Flight time: 35 min

in the morning, you'll hop a brief flight from Lukla to Kathmandu, where your journey both began and ends. You'll transfer to your hotel upon landing for some much-needed solo rest and reflection after your trek glorious the Himalayas

Day 12

Departure for your onward destination

Today is final departure date, so we pick you up at hotel and transfer to International airport to your onward destination or free your trip.

Cost Include:

- All ground transports in private vehicle including airport transfers
- Two nights' accommodation with breakfast at hotel in Kathmandu
- Full board meals with tea/coffee (breakfast, lunch and dinner) during the trek
- Best available twin sharing lodge to lodge accommodation during the trek; we provide private bathrooms with hot shower at Phadking, Namche and Lukla
- Seasonal fruits during the trek
- One highly experienced, helpful and friendly guide and his food, accommodation, salary, equipment, and accidental insurance for all staff
- Round trip flight Kathmandu – Lukla and Lukla – Kathmandu including departure taxes
- First aid medical kit
- Sagarmatha National Park Permits fee
- TIMS Fee- Trekkers' Information Management System (Please bring 2 passport size photos for permit)
- Government taxes & office service charge

Cost exclude:

- Meals not specified in the 'Meal Inclusions' in the itinerary'
- Travel insurance
- International airfare
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying

US \$ 100. Please bring 2 copies of passport-size photos.)

- Cold drinks Inc. coke, water, Fanta etc.
- Snacks and other personal expenses
- Hot shower during the trek except Phakding, Namche and Lukla
- Personal trekking equipment
- WiFi internet during the trek
- Tips and gratuities for trekking staff and drivers