

15 Days Adventure

Everest Base Camp Trek

NEPAL

152 Days

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Duration: 14 Nights / 15 Days

Tour Type: Trekking y Hiking

Languages: English

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OVERVIEW

The trek to Everest Base Camp is one of the world's great iconic walks. If you love walking, this has to be on your bucket list! Our lodge-based trek follows faithfully in the footsteps of Edmund Hillary allowing plenty of time to acclimatise properly and enjoy the scenery. The trek starts with the rollercoaster flight into Lukla, before following the spectacular Khumbu Valley to Everest Base Camp. A short climb to the top of Kala Pattar gives breath-taking views of the highest mountain on earth, before re-tracing our steps back to Lukla.

Itinerary

[Day 1: Arrive in Kathmandu](#)

✓ All trekkers need to organise their own flights to Kathmandu International Airport (KTM). From Kathmandu Airport we will arrange a private transfer to your hotel. That night or early the next morning you will meet your local Kandoo representative and have a full pre-trek briefing.

[Day 2: Flight to Lukla – Trek to Phakding](#)

✓ The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting our crew, we will start our trek by heading up the Dudh Koshi Valley on a well- marked trail to Phakding

Day 3: Trek to Namche Bazaar

✓ From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park, which was set-up to conserve this fragile mountain environment. We then ascend steeply to Namche and along the way, if the weather permits, catch the first glimpse of Mt Everest. Namche Bazaar is the main trading village in Khumbu and has a busy Saturday market. It is a meeting place for the Hindu traders from the lowlands and Tibetan yak caravans that have crossed the glaciated Nangpa La. You can enjoy an Illy coffee and amazing brownies here!

Day 4: Acclimatisation in Namche

✓ Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today we will trek up to the Everest View Hotel at 3880m for our first view of Ama Dablam and Mount Everest. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation

Day 5: Trek to tengboche

✓ From Namche, the trail contours on to the side of the valley, high above the Dudh Koshi. We will get great views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here we can rest before making the steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu.

Day 6: Trek to Pheriche

✓ We descend through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam (6856m), and has exceptional views of the mountain, the gompa, Mani walls and scattered pine trees. A further two hours walk brings us to Pheriche.

Day 7: Acclimatisation in Pheriche

✓ A day for rest and acclimatisation. We also have an opportunity to wander up the valley to look at the Tshola Tsho lake and the perpendicular walls of Cholatse and Tawache. Our guide will take us up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Lhotse.

Day 8: Trek to Lobuche

✓ We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach Lobuche

Day 9: Trek to Gorak Shep – Everest Base Camp – Gorak Shep

✓ To reach our next stop, Everest Base Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for

lunch at Gorak Shep before finally making our way to Base Camp itself (5364m). This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier.

Day 10: Ascend Kala Pattar – Trek to Dingboche

✓ A very early start is required to reach the top of Kala Pattar (5554m) for one of the best viewpoints in the Himalaya. From here we can see the face of Everest and deep into the Khumbu icefield. After lunch we then descend to Dingboche for the night.

Day 11: Trek to Namche

✓ From Dingboche we drop down again to follow the river. After crossing it we climb back up through birch and rhododendron forest back to Tengboche. From here we descend over the Dudh Koshi before making our way back to Namche.

Day 12: Trek to Lukla

✓ Our final day's trekking follows the Dudh Koshi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where you can sample some chang, try Sherpa dancing and look back on a memorable trekking experience.

Day 13: Fly to Kathmandu

✓ After an early breakfast, we will head to the airstrip for our return journey to Kathmandu.

Day 14: Free day in Kathmandu

✓ A free day in Kathmandu to explore the city at your leisure. The Buddhist stupa of Boudhanath, the Monkey Temple at Swayambhunath and the Hindu temple of Pashupatinath are just some of the religious highlights of this fascinating city.

Day 15: Departure from Kathmandu

✓ We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight.

Included

- ✓ Your hotel stay for one night before and two nights after the trek
- ✓ All airport transfers
- ✓ Return flight between Kathmandu and Lukla
- ✓ National Park entry and TIMS fees
- ✓ A fully supported trek with a qualified mountain guide

- ✓ All drinking water on the trek
- ✓ Teahouse accommodation on a room only basis
- ✓ Access to emergency oxygen and first aid kit

Excluded

- ✗ International airfares and visas
- ✗ Tips for your guides and porters
- ✗ Personal items
- ✗ Travel insurance (you must be insured, and specifically for treks up to 6000m)
- ✗ Your personal trekking gear
- ✗ Your personal medicines or prescriptions
- ✗ Meals and drinks on the trek
- ✗ Meals and drinks in Kathmandu (breakfast is included)