High Route Adventure Pvt Ltd.

Email: info@highrouteadventure.com
Phone: +977 9851058664
Website: www.highrouteadventure.com

1. Everest Base Camp Trek

2. Overview

The Everest Base Camp Trek is one of Nepal's most legendary Himalayan adventures. This 14-day journey takes you directly to the foot of Mount Everest (8,848.86 m), the world's highest peak. The total trekking distance…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1400 m Stay: Hotel

- Land at Tribhuvan International Airport(TIA) and complete the immigration process.
- Meet our representative waiting for you at the airport parking.
- Drive from the airport to the hotel in our private vehicle
- Hotel check-in and get refreshed
- Short briefing about the trip and collect the permit

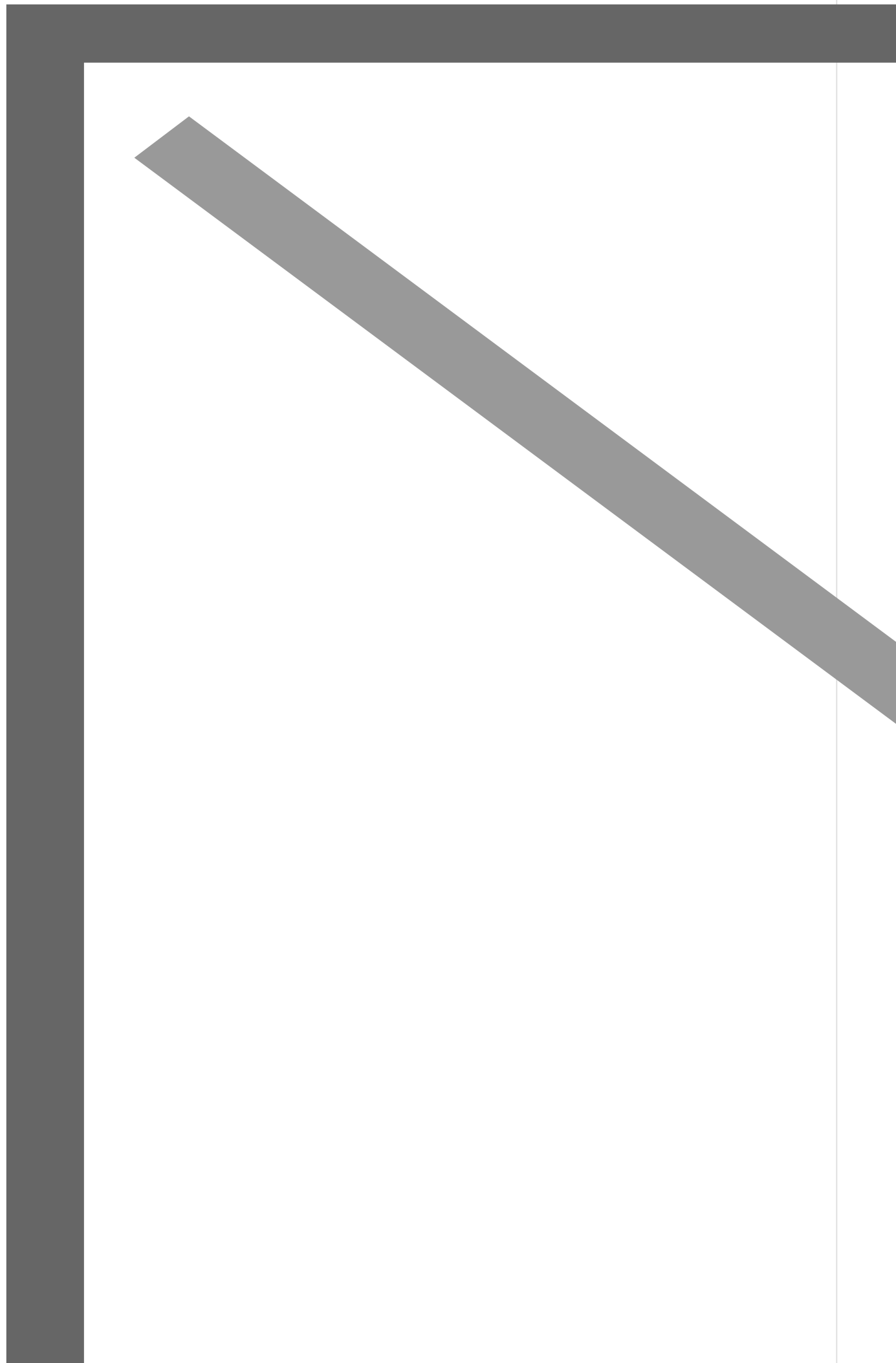
Everest base camp trek 14 Days

Day 02: Fly from Kathmandu to Lukla and Trek to Phakding

Altitude: 2610 m Meals: Lunch | Dinner Stay: Teahouse

Flight Duration: 30 minutes

- Wake up early in the morning and enjoy breakfast at your hotel.
- Transfer to the domestic terminal building for the Lukla flight in our private vehicle.
- Enjoy 30 minute scenic flight from Kathmandu to Lukla with a breathtaking aerial view of the mountain landscape and the Everest region.
- Experience a thrilling Landing in Lukla airstrips and begin your trek with your guide and porter.
- Pass through the small villages like Cheplung and Nachipang before meeting up with the banks of the Dudh Koshi River at Koshiguan.
- Walk on the riverbank and reach the Phakding village, which is 8 km north of Lukla.



Day 03: Trek from Phakding to Namche Bazaar

Altitude: 3440 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Wake up early in the morning, enjoy breakfast and depart from the Phakding village.
- Walk alongside the banks of Dudh Koshi River and pass through Sherpa settlements like Zamfute, Toktok, and Benkar.
- Cross the suspension bridge several times and enjoy the first view of Mt. Thamserku.
- Register your permit at Manjo and enter the Sagarmatha National Park.
- Enter the village of Jorsalle, cross the famous Tenzing-Hillary Suspension Bridge, which is 60m in length and 135 meters above the Dudh Koshi River.
- Ascent on a zigzag trail through pine and rhododendron forests and reach Namche Bazar.

Trek from Phakding to Namche Bazar

Day 04: Acclimatization Day in Namche Bazaar

Altitude: 3440 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Rest day in Namche to follow the acclimatisation rule " climb high, sleep low".
- Today you will hike to a nearby village to explore and return to Namche to sleep.
- After breakfast in the Namche teahouse, you will start your acclimatisation walk and don't forget to stay hydrated. There are multiple options you can choose:

Hike to Hotel Everest View (3,880 m): Hotel Everest is the world's highest altitude luxury hotel located at an elevation of 3880 m (12729.66 feet). From Namche hike to Hotel Everest View is 2 to 3 hours to ascend and about 1 to 1.5 hours to descend. Including time to relax and enjoy breakfast, the total round-trip duration is approximately 5–6 hours. From the spacious outdoor terrace, you can sip a warm cup of tea or coffee while admiring spectacular views of Everest, Lhotse, and Nuptse right in front of you. **Sherpa Culture Museum & Mount Everest Documentation Center:** A short distance from Namche, in around 15-20 minutes, you can reach the Sherpa Culture Museum / Mount Everest Documentation Center. Here you can explore historical artifacts, a family prayer room, and stories of legendary Sherpa climbers who played an important role in Everest expeditions. **Sagarmatha National Park Museum:** Just 20 minutes walk from the centre of Namche, you can reach here to witness the famous large statue of Tenzing Norgay, local flora and fauna, and the geology of the Khumbu region. On clear mornings, you can also enjoy your first spectacular views of Mount Everest, Lhotse, Nuptse, and Ama Dablam. **Khumjung & Khunde Villages:** You can also hike to the neighboring villages of Khumjung and Khunde. Khumjung is 3-3.5km in distance, and Khunde is approximately 2km. In Khumjung, you can visit the Hillary School founded by Sir Edmund Hillary, Khumjung Monastery and a local cafe with views of stunning panoramic views of Ama Dablam. In Khunde, there is Khunde Hillary Hospital, a traditional Buddhist monastery, and scenic farmland. **Namche town Exploration:** Namche town features a variety of local shops, bakeries, trekking and gear shops, ATM, Bank, lodge, cafe, bar, gift shop, etc. You can explore on your own and relax in this vibrant town. Acclimatization and exploration day in Namche Bazar

Day 05: Trek from Namche to Tengboche

Altitude: 3890 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After having breakfast in the Namche teahouse, we will depart for Tengboche village.
- Walking on the flat trail with an unobstructed view of Everest, Lhotse, Nuptse, and Ama Dablam, you will arrive at Sanasa in around 2 hours.
- Then, following the ascent and descent trail through the pine forests down to the Dudh Koshi River, you will reach Phunki Tenga in 1 hour.

- Crossing the suspension bridge over Dudhkoshi River and following a challenging, steep trail, you will climb toward Tengboche village.
- Passing through a ridge of dense, shaded forests of rhododendron and pine, you will arrive at Tengboche Monastery(3,867m).
- Explore the monastery with 360-degree views of Everest, Lhotse, and Ama Dablam, take pictures, relax and then check into the teahouse.

Everest Base Camp trekking in Khumbu

Day 06: Trek from Tengboche to Dingboche

Altitude: 4410 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast in Tengboche, you will start your day on a steep descent through lush pine and rhododendron forests and cross a suspension bridge over the rushing Imja Khola (river).
- From the bridge, you will climb to Pangboche village and enjoy a breathtaking close view of Mt Ama Dablam.
- From Pangboche, you will head toward the Somare trekking through the Imja Khola while enjoying beautiful mountain views.
- From Somare hiking into the barren landscape and yak pasture, the route takes you to the Dingboche village.
- From Dingboche, you will witness a surreal view of Everest (8848m), Lhotse (8516m), and Ama Dablam (6812m).

Trek from Tengboche to Dingboche

Day 07: Acclimatization and Exploration day at Dingboche

Altitude: 4410m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Today is another crucial rest day in Dingboche to adjust to the high altitude.
- You will do an acclimatisation hike after breakfast and return to the teahouse for sleep to follow the climb high sleep low acclimatisation tips. Today you will visit:

Nangkartshang Peak/Viewpoint(5,083 meters): After 2 -3 hours of walking from Dingboche, you will reach Nangkartshang Peak. The elevation gain is roughly 670 to 700 meters. From this viewpoint, you can witness incredible views of Ama Dablam, Lhotse(8,516meters), and Makalu(8,485 meters). Also, views of Island Peak, Taboche, Cholatse, Kantega, and Thamserku are equally stunning from here. Additionally, the distant view of Imja Valley and Imja Glacier makes the hike worth visiting. After exploration, you will descend to Dingboche in 1.5 to 2 hours.
Chhukung Valley or Chhukung Ri(Alternative option): From Dingboche, the Chhukung Valley is approximately 5 to 5.5 kilometers and takes 2 to 3 hours to reach. Here you can meet the trekkers heading for the Island Peak climbing , passing through Kongma La Pass (5535m). Chucking Valley features Imja Tsho Lake, which the Imja Glacier feeds. Chukkung Ri is 11 to 12 kilometers and takes around 6-7 hours round trip. From the summit of Chukkung Ri, you will be face to face with 7,000m and 8,000m giants Lhotse & Nuptse. Also, the exclusive view of Ama Dablam, Makalu & Baruntse, Imja Tsho (Lake), and Island Peak (Imja Tse) makes the hike worth visiting, although it is challenging.
Explore Dingboche Village: In the evening, you can explore the village's sacred mani walls, colorful prayer flags, and chortens. Also, visit the bakery and taste fresh coffee, pastries, and apple pie.

Day 08: Trek from Dingboche to Lobuche

Altitude: 4940 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Departing from Dingboche after breakfast, you will reach the Dughla (Thukla) in about 2 to 2.5 hours. Enroute you will pass through stone-walled fields, descend to the river gorge and cross a wooden bridge over the icy

glacial stream.
- From Dughla (Thukla) Pass, you will walk for around 1 to 1.5 hours through the moraine of the Khumbu Glacier and reach the memorial park.
- Further walking from the park while enjoying the views of Pumori, Nuptse, and Mahalangur Himal, you will arrive at the high-altitude settlement of Lobuche.

Day 09: Trek from Lobuche to Gorakshep, and Hike to Everest Base Camp

Altitude: 5164 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Today you will leave the teahouse early in the morning after having breakfast.
- Walking through the glacial moraine of the Khumbu Glacier, crossing a few small streams and loose, rocky stretches, you will arrive at Gorakshep in 2-3 hours.
- Gorakshep is the last stop where you can find a teahouse with lodging and food facilities. You will check in at the teahouse, unpack your heavy luggage, and go for the hike to Everest Base Camp.
- From Gorakshep, the hike to Everest Base Camp is 3.5 km each way, and it takes 2-3 hours to reach.
- After standing at the iconic stone of Everest base camp, taking pictures and exploring, you will return to Gorakshep.

Everest Base Camp

Day 10: Hike from Gorakshep to Kalapatthar and Trek from Gorakshep to Pheriche

Altitude: 4371m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Wake up at 3:30 a.m this morning and start walking in the dark to watch the golden sunrise at Kala Patthar(5,545 meters).
- The distance from Gorakshep to Kala Patthar is approximately 1.5 - 2km, and it takes 3-4 hours with ascend, exploration, photo time and descent.
- The sunrise view over Everest, Nuptse and Changtse is an incredible moment. From the top of Kala Patthar, you can also enjoy the sweeping view of Khumbu Glacier, Icefall, Mount Pumori, Nuptse, Lhotse and other snow mountain peaks.
- After sunrise, you will return to Gorakshep for breakfast and trek toward Pheriche.
- Trekking through Lobuche, Thukla for about 4-5 hours through a descent rocky trail, you will arrive at Pheriche.

Day 11: Trek from Pheriche to Namche Bazaar

Altitude: 3440 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast in Pheriche, you will descend to Namche Bazar.
- 1.5 to 2 hours walk from Pheriche, cross a wooden bridge over the icy Khumbu Khola, and walking in a dry arid valley, you will arrive at Pangboche
- From Pangboche, walking for 1.5 to 2 hours, passing through a large suspension bridge and forest trail, you will arrive at Tengboche.
- From Tengboche, you will arrive at Phunki Tenga in just 1 hour, and from Phunki Tenga, walking for around 1.5 hour you will arrive at Kyangjuma.
- From Kyangjuma, walking on a flat and easy trail for around 1.5 hours, you will finally arrive at Namche Bazaar.

Day 12: Trek from Namche Bazaar to Lukla

Altitude: 2860 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast, take the descending trail to the Dudh Koshi River and cross the river through a suspension bridge to arrive at the National Park entry point.
- From here, you will pass through Phakding and small Sherpa villages like Ghat and Thado Koshi and arrive at Lukla.

Day 13: Fly from Lukla to Kathmandu

Altitude: 1400 m | Meals: Breakfast | Dinner | Stay: Hotel

Flight Duration: 25 minutes **Drive Distance:** 6km **Drive Duration**: 30 minutes

- After breakfast head to the airport to board a flight to Kathmandu.
- Farewell to your guide and porter
- From the window seat now it's time to say goodbye to the majestic Himalayas.
- After arriving at Kathmandu you will meet our staff waiting for you to drop off to your hotel.
- Celebrate the successful trip of Everest Base Camp trek with your team.

Day 14: Departure

Altitude: 1400 m | Meals: Breakfast

- Our representatives will drop you back at Tribhuvan International Airport a few hours before your scheduled flight back home.
- We hope you had a lovely time with us and we look forward to seeing you again.

5. Cost Includes

Airport Pick-up & Drop Services:

- International Airport arrival pick-up
- International Airport drop-off on your final departure day
- Domestic Airport drop-off from the hotel
- Domestic Airport pick-up & transfer to the hotel
- Kathmandu to Rameshhap to Kathmandu drive by sharing transportation (In case of Lukla flight based in Ramechhap)

Accommodation Services

- Two Nights 3-star hotel in Kathmandu on BB Plan
- Eleven nights best available teahouse accommodation during the trek

Trekking Permit

- Sagarmatha National Park Permit
- Local Government Entry Permit

Domestic Flights

- Kathmandu to Lukla flight ticket
- Lukla to Kathmandu flight ticket
- Ramechhap to Lukla to Ramechhap flight ticket (In case of Lukla flight based in Ramechhap)

Food Services

- 12 Breakfast: Local & continental choice
- 11 Lunch during the trek
- 11 Dinner during the trek
- welcome & farewell dinner in Kathmandu for the best restaurant.

Guide & Porter Services

- English- speaking government- licensed guide
- Local Sherpa for carrying Luggage (up to 25 kg Max)
- All Meals for the guide & porter
- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Other Services

- Down jacket and sleeping bag (Returned after trip completion)
- The HRA Brand Duffle Bag for the Trip, Company T-shirt, and Baseball Cap
- Oximeter - To determine your normal oxygen range
- Fresh seasonal fruit after dinner during the trek
- Everest Base Camp Trekking map
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage charge
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, porter, and driver

7. Equipment / Packing List

Whether you're trekking solo or with a guide, this detailed **EBC trek packing guide** will help you pack everything you need - without carrying too much.

? Clothing: Layering is Key

The weather changes quickly in the Himalayas. That’s why layering is the smartest way to dress. You’ll need clothes for warm, cold, windy, and even snowy conditions.

? Base Layer (Moisture-Wicking)

- 2-3 thermal tops (synthetic or merino wool)
- 2-3 thermal bottoms

? Mid Layer (Insulation)

- 1 fleece jacket or pullover
- 1 lightweight down jacket (can be compact and warm)

? Outer Layer (Protection)

- 1 waterproof and windproof jacket (Gore-Tex or similar)
- 1 waterproof pants

? Trekking Clothes

- 2-3 quick-dry t-shirts
- 2 trekking pants (zip-off convertible pants are great)
- 1 pair of shorts (optional for lower altitudes)
- 1 warm insulated jacket (for evenings and higher altitudes)

? Innerwear

- 3-5 pairs of underwear
- 2-3 sports bras (for women)
- 3-4 pairs of moisture-wicking trekking socks
- 2-3 pairs of warm woolen socks

? Head & Hand Protection

- Warm wool/fleece hat
- Sun hat or cap with a neck cover
- Neck gaiter or buff (very useful for wind and dust)
- Lightweight gloves (inner)
- Insulated gloves or mittens (outer)

? Footwear: Comfort and Safety First

Footwear is critical for a safe and comfortable trek. Make sure everything is **well broken-in** before you go.

- Trekking boots (high ankle, waterproof, well-padded)
- Camp shoes or sandals (for evenings and bathroom use)
- Gaiters (optional but useful for snow or muddy trails)

? Bags and Packs

Choose the right bags to carry your gear efficiently.

- **Main backpack/duffel bag** (60-80 liters; carried by porter if you have one)
- **Daypack** (20-35 liters for water, snacks, jacket, camera—carry it yourself)
- Backpack rain cover (important in case of rain or snow)
- Packing cubes or dry bags (for organization and waterproofing)

?? Sleeping Essentials

Lodges (tea houses) provide basic bedding, but it’s better to carry your own for warmth and hygiene.

- Four-season sleeping bag (comfort rated -10°C to -15°C)
- Sleeping bag liner (adds extra warmth and keeps your bag clean)
- Travel pillow (optional but nice to have)

? Personal Hygiene & Toiletries

Bathrooms are basic. Some lodges don’t have running water. Bring what you need to stay clean and comfortable.

- Toothbrush & toothpaste
- Soap or travel body wash
- Shampoo (small travel size)
- Quick-dry towel
- Wet wipes (life saver when there’s no shower)
- Hand sanitizer
- Nail cutter
- Sunscreen (SPF 30+)
- Lip balm with SPF
- Face moisturizer
- Toilet paper or tissue rolls
- Menstrual products (for women)
- Small mirror (optional)

? First Aid & Medications

You’ll be trekking in remote areas, so it's best to bring your own **medical kit**.

- Diamox (for altitude sickness; consult doctor first)
- Paracetamol or ibuprofen (for headache/fever)
- Anti-diarrheal tablets (e.g., Imodium)
- Antiseptic cream
- Blister treatment
- Band-aids
- ORS (oral rehydration salts)
- Any personal medication

? Electronics & Gadgets

There’s limited charging on the trail (and it costs extra). Bring what you need but pack light.

- Mobile phone + charger

- Power bank (10,000–20,000 MAH or more)
- Headlamp or torch (with extra batteries)
- Universal travel adapter
- Camera + extra batteries or SD cards (optional)

? Trekking Gear & Accessories

These small items are super useful on the trail.

- Reusable water bottles (2x 1-liter) or hydration bladder
- Water purification tablets or LifeStraw
- Trekking poles (highly recommended for knee support)
- Sunglasses (UV-protection, polarized)
- Trail snacks (protein bars, nuts, chocolates)
- Lightweight lock (for duffel or teahouse room)
- Notebook & pen (journaling or notes)
- Lightweight book or Kindle (optional)
- Playing cards or games (great for evenings)

? Important Documents & Money

Always carry **originals and photocopies** of your essential documents.

- Passport + visa copy
- 2-4 passport-sized photos (for permits)
- Travel insurance (must cover high-altitude trekking and emergency evacuation)
- Sagarmatha National Park Permit & Khumbu local Permit
- Cash in Nepali rupees (NPR) – ATMs are limited on the trail
- Credit card (only for Kathmandu or Namche Bazaar)

? Optional but Useful Items

- Lightweight crampons (if trekking in early spring or late autumn)
- Duct tape (for repairs or blisters)
- Safety pins, needle, and thread
- Small fast-drying laundry line
- Energy gel packs or electrolyte powders
- Sleeping mask and earplugs (for noisy teahouses)

? Final Tips for Packing

- **Pack light** but smart. You'll regret overpacking.
- **Leave space** in your bag for snacks, small souvenirs, or extra layers.
- If you hire a **porter**, they can carry up to 10–15 kg. Your daypack should be under 5–7 kg.
- Always **test your gear** before the trek, especially boots and jackets.