

1. Everest Base Camp Trek

2. Overview

The Everest Base Camp Trek is one of Nepal's most legendary and life-changing treks. It offers a mix of natural beauty, high-altitude adventure, and deep cultural experiences. With the mighty Mount Everest (8,848.86m) constantly in...

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1400 m

Stay: Hotel

Touching down at **Tribhuvan International Airport**, our representative will be waiting to give you a warm welcome. You could search for a placard with your name or company's name to hold on in front of the terminal. After getting you directly to the hotel. After freshening up from the day's journey, you will be introduced to other staff members including your guides for the trip. If you have any questions regarding your trek, you can talk with your guide. Following a short briefing session we wrap up all the activities for the day and you are free to head down to the local markets to enjoy the pleasant evening. Overnight Stay at Hotel. Everest base camp trek 14 Days

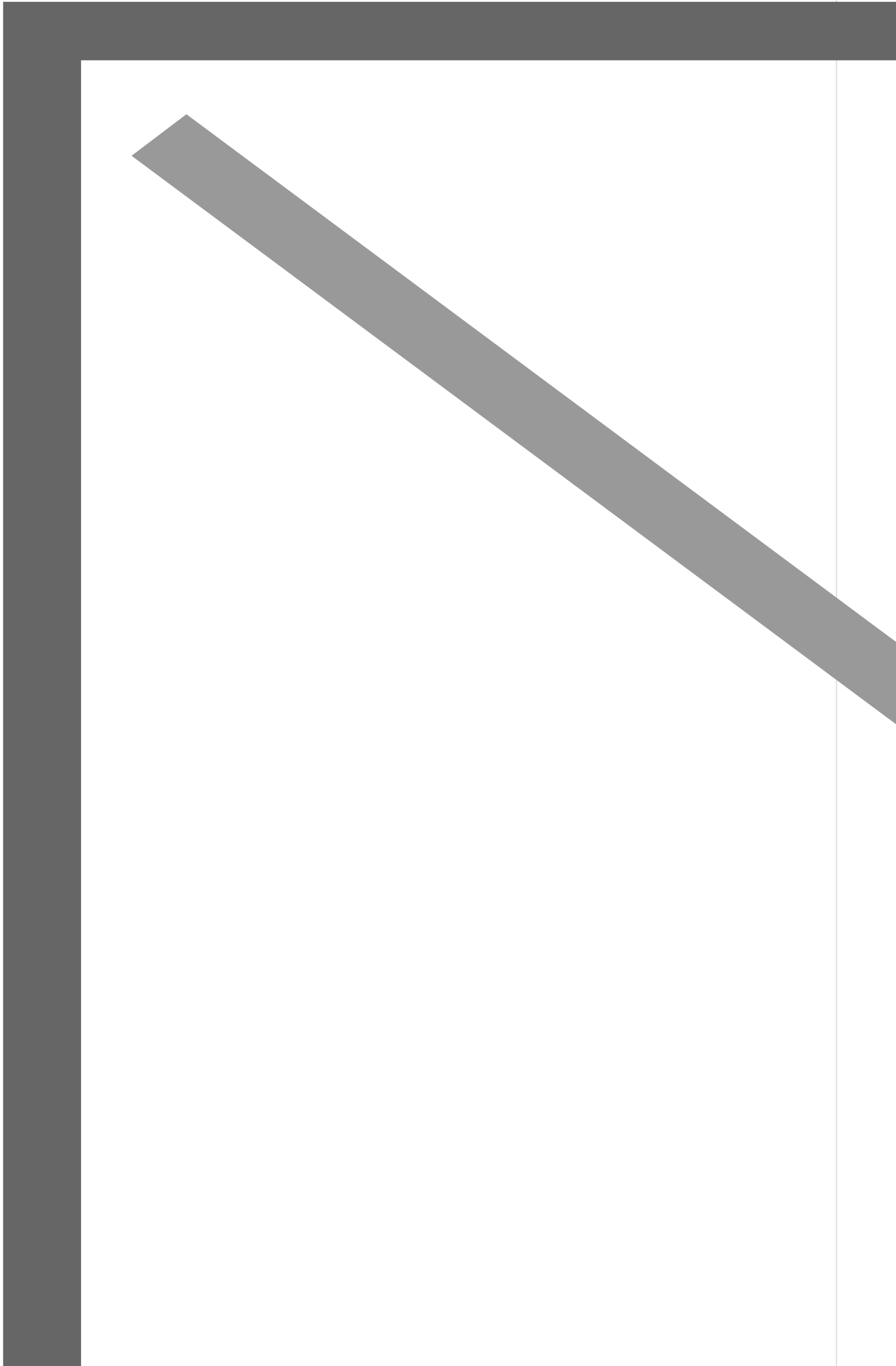
Day 02: Fly from Kathmandu to Lukla and Trek to Phakding

Altitude: 2610 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

A thrilling start to the journey, we begin our Himalayan adventure with a scenic flight to the picturesque town of Lukla. Flying high over lush green valleys and the majestic Himalayas before touching down at one of the most thrilling airstrips around the world is an enthralling experience. Taking a brief stop at the Sherpa town, we set off on the trail heading towards Phakding, our stopover for the night. The trail to Phakding sets off through the vibrant settlements of Cheplung and Nachipang before meeting up with the banks of the Dudh Koshi River at Koshiguan. The final stretch of the journey takes us alongside the river banks until we reach the quiet village of Phakding.



Day 03: Trek from Phakding to Namche Bazaar

Altitude: 3440 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

An early start to the day, we continue our journey alongside the banks of Dudh Koshi River heading past a series of suspension bridges including the famed Hillary Suspension Bridge. Continuing our journey through the vibrant hamlet of Thulo Ghamela, we enter lush green forests leading toward Bengkar. The next stretch of the journey takes us past Monjo and Jorsalle, with the latter marking our entry to Sagarmatha National Park. Leaving the riverbank, the trail quietly ascends through tranquil alpine forests to Namche. Overnight in Namche. An early start to the day, we continue our journey alongside the banks of Dudh Koshi River heading past a series of suspension bridges including the famed Hillary Suspension Bridge. Continuing our journey through the vibrant hamlet of Thulo Ghamela, we enter lush green forests leading toward Bengkar. The next stretch of the journey takes us past Monjo and Jorsalle, with the latter marking our entry to Sagarmatha National Park. Leaving the riverbank, the trail quietly ascends through tranquil alpine forests to Namche. Overnight in Namche. Trek from Phakding to Namche Bazaar

Day 04: Acclimatization and exploration day

Altitude: 3440 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

The first of our acclimatization days, today we take some time off at Namche enjoying the picturesque beauty of the bustling Sherpa town. Known as the Gateway to Everest, the town is always buzzing with locals and trekkers heading in and out of the region. After an early morning tour around the stunning Namche, we set off for our acclimatization hike to the neighboring villages of Khumjung and Khunde. Beholding stunning Himalayan views on the horizon, the journey ascends through picturesque hills and rivers to reach Khumjung, which houses the Yeti Skull Monastery. On our way back to Namche, we also visit the beautiful Sherpa village of Khunde whilst enjoying the mountain vista on the backdrop. Overnight in Namche. Acclimatization and exploration day in Namche Bazaar

Day 05: Trek from Namche to Tengboche

Altitude: 3890 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today we head out of Namche and make our way to Tengboche. The journey is a pleasant one with the majestic summit of Ama Dablam (6812m) accompanying us throughout the hilly trail. Exiting Namche, we ascend past the Everest View Hotel heading towards the village of Sanasa. Past Lawi Schyasa and Tashing, the trail crosses the Dudh Koshi River and brings us to Phunge Thenga. A short ascend through the picturesque valley takes us to Tengboche. we are staying at the vibrant hamlet, we visit the Tengboche Monastery, which is one of the oldest and most sacred monasteries in the region. Overnight in Tengboche. Everest Base Camp trekking in Khumbu

Day 06: Trek from Tengboche to Dingboche

Altitude: 4410 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving behind the tree lines, Descending to the hamlet of Deboche, our journey takes us alongside the banks of the Imja River, heads past Milingo, and reaches Pangboche. the trail continues to ascend with majestic views of the Himalayas. Enjoying the picturesque vistas of Ama Dablam (6812m), Lingtren (6749m), and Changtse (7543m) amongst others, we ascend to reach Shomare. We then continue our journey past small Chortens adorned with prayer flags to reach the village of Worship. A steep climb afterward takes us to Dingboche, from where we can witness a surreal view of Everest (8848m), Lhotse (8516m), and Ama Dablam (6812m). Overnight in Dingboche. Trek from Tengboche to Dingboche

Day 07: Acclimatization and Exploration day at Dingboche

Altitude: 4410 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today we take some time off at Dingboche, making sure our bodies are well adapted to the increasing altitude. Often referred to as the summer valley, the hamlet of Dingboche is a summer settlement used by yak herders. For our acclimatization hike, we can ascend to the nearby hills for a captivating Himalayan view of the entire Everest range. We can spend the rest of the day exploring the village and getting acquainted with the local Sherpa way of life. Overnight in Dingboche.

Day 08: Trek from Dingboche to Lobuche

Altitude: 4940 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Traversing through the Himalayan terrain, we begin our adventure early setting off towards Lobuche, today's stopover. Leaving Dingboche, the rugged Himalayan trail ascends with a continuous view of majestic Himalayas as we head to Dughla. Crossing a bridge near the waterfall in Dughla, we continue to ascend until reaching Pheriche. The picturesque views of Nuptse (7861m), Changtse (7543m), and Lhotse (8516m) gaze at us as we head over to the small settlement of Lobuche. Overnight in Lobuche.

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

Altitude: 5164 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Everest Base Camp We leave Lobuche early today so that we can begin our Himalayan adventure ascending to Gorakshep and then to Everest Base Camp, our ultimate destination. The trail ascends through the lateral moraines of Khumbu Glacier as we navigate through the rugged Himalayan trail. The Himalayas appear closer now as we ascend to reach Everest Base Camp via Gorakshep. En route, we come across prayed flag-laden memorial Chortens devoted to fallen Sherpas. Upon reaching the foot of the world's tallest mountain, we take some time off to savor the thrill of witnessing the stunning Himalayan panorama unfold in front of our eyes. Later we head back to Gorakshep for the overnight stay.

Day 10: Hike from Gorakshep to Kalapatthar (5,545m) and Trek from Gorakshep to Pheriche

Altitude: 4371 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

We begin our day before sunrise today so that we can hike up to Kalapatthar (5545m) and enjoy a jaw-dropping sunrise over the gigantic Everest. Drenched in the rays of the early morning sun, the summits of Everest (8848m), Nuptse (7861m), Changtse (7543m), Lhotse (8516m), Ama Dablam (6812m), and others make for an unforgettable Himalayan panorama. Afterward, we descend back to Gorakshep before setting off to the village of Pheriche for the night. Overnight in Pheriche.

Day 11: Trek from Pheriche to Namche

Altitude: 3440 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

One of the longer days of our journey, today we descend back to Namche for the night. The journey is a pleasant one as we make our way through the pleasant hilly trail with the majestic Himalayas on the backdrop. The trail descends from Pheriche to reach Dughla, before setting off to Worshyo and Shomare. Meeting up with the stunning Imja River past the hamlet of Pangboche, the trail takes us to Deboche. We then enter lush green forests once again and make our way back to Phunge Thenga to once again meet up with the Dudh Koshi River. The final stretch of the day's trek takes us back to Tengboche before descending to Namche. Overnight in Namche

Day 12: Trek from Namche to Lukla

Altitude: 2845 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving Namche behind, the trail once again descends through the alpine forests with Kusum Kanguru (6367m) shining brightly at us. The journey is a pleasant one that moves us alongside the Dudh Koshi River to reach Jorsalle

exiting Sagarmatha National Park. Past Jorsalle, the trail takes us to Monjo, Chumoa, and Bengkar which are lined with small monasteries and Chortens, making the trail both vibrant and calming. The hilly trail gradually descends to Phakding before making a steep climb to reach Lukla. Overnight in Lukla.

Day 13: Fly from Lukla to Kathmandu

Altitude: 1400 m,

Meals: Breakfast/Dinner

Stay: Hotel

Today we relive the thrill of the Lukla airstrip once again as we board our flight back to the capital city. Bidding goodbye to the majestic Himalayas, we fly above gorgeous hills and massive river networks until reaching Kathmandu. You will be dropped at your hotel upon arrival. For the rest of the day, you can explore Kathmandu on your own and visit the nearby landmarks like Basantapur Durbar Square and Swayambhunath. Overnight at the hotel in Kathmandu.

Day 14: Departure

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 Rameshchhap 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 (e.g., Compeed, moleskin)
- 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 (10,000–20,000mAh 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)
- Everest National Park Permit & TIMS Card (can be arranged by your trekking agency)
- Cash in Nepali rupees (NPR) – ATMs are not available 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.