

Everest Base Camp (16 Days)

Overview

- **Country:** Nepal
- **Duration:** 16 Days
- **Trip Grade:** Strenuous
- **Maximum Altitude:** Kala Patthar 5555
- **Starts:** Kathamnu
- **Ends:** Everest
- **Group Size:** Private, Sharing
- **Best Time:** Spring & Autumn

Everest View Trek Highlights

- Watching the world's highest Mount Everest (8,848.86 m) & other Himalayan giants.
- Captivating aerial views of the Himalayas en-route to Lukla.
- Trekking in the famed Everest region.
- Namche Bazaar, an entrance, and a cultural hub to the Everest region.
- Immerse in the lively culture and tradition of the Sherpa community.
- Magnificent helicopter ride to Everest Base Camp, Khumbu Glacier and Kalapatthar.
- Get a glimpse of the Khumbu glacier and Khumbu icefall.

Everest Base Camp Route Overview

Your 14-day EBC trek in Nepal starts after you land at Kathmandu airport. You take a thrilling plane ride to Lukla. Look out the window and see big snowy mountains, green hills, and tiny villages below. When you land in Lukla, your EBC hiking journey begins.

The first-day hike takes you to Phakding, where you'll spend your first night on the EBC trail. In the afternoon, you can do an acclimatization hike to the Pema Choling Monastery, also known as Rimijung Gumba. The trekking path winds through rhododendron forests and tiny Sherpa settlements like Bengkar and Monjo before reaching Namche Bazaar. Namche Bazaar is known as the gateway to Mount Everest.

This bustling Sherpa town is the first acclimatization stop on the trek to Everest base camp.

You'll get several side trip options, with popular ones including a hike to Hotel Everest View. You can also visit the traditional Sherpa villages of Khumjung and Khunde. These acclimatized hikes offer a captivating sight of Mount Everest, Mount Ama Dablam, and its surrounding peaks.

When To Visit

- **January:** Average
- **February:** Average
- **March:** Best
- **April:** Average
- **May:** Best
- **June:** Good
- **July:** Average
- **August:** Average
- **September:** Good
- **October:** Best
- **January:** Best
- **December:** Average

Itinerary

Day 1: Arrive in Kathmandu (1,400 m / 4,600 ft)

One of our officials will greet you at the Tribhuvan International Airport, Kathmandu, upon your arrival. We will take you to the hotel in our private tourist vehicle.

Pre-trip meeting will be done and you will meet with your trip guide. Make sure to confirm your queries about trekking in the mountains.

- **Max. Altitude:** Kathmandu (1,400 m)
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Day 2: Arrive in Kathmandu (1,400 m / 4,600 ft)

One of our officials will greet you at the Tribhuvan International Airport, Kathmandu, upon your arrival. We will take you to the hotel in our private tourist vehicle.

Pre-trip meeting will be done and you will meet with your trip guide. Make sure to confirm your queries about trekking in the mountains.

Day 3: Arrive in Kathmandu (1,400 m / 4,600 ft)

One of our officials will greet you at the Tribhuvan International Airport, Kathmandu, upon your arrival. We will take you to the hotel in our private tourist vehicle.

Pre-trip meeting will be done and you will meet with your trip guide. Make sure to confirm your queries about trekking in the mountains.

Day 4: Arrive in Kathmandu (1,400 m / 4,600 ft)

One of our officials will greet you at the Tribhuvan International Airport, Kathmandu, upon your arrival. We will take you to the hotel in our private tourist vehicle.

Pre-trip meeting will be done and you will meet with your trip guide. Make sure to confirm your queries about trekking in the mountains.

Cost Details

Cost Includes

- A Very Highly Experienced and licensed English speaking guide with his foods, lodging and insurance.
- Airport Pick up/Drop Off from Private Car/van.
- 15kg Baggage's Include for flight.
- 2 Night 3 Star Hotel In Kathmandu with Breakfast.
- Three meals a day (Breakfast, Lunch and Dinner) during the trek.
- Trekking lodge (Tea House) accommodations during the trek include private bathroom and hot shower at Lukla and Namche.
- Sagarmatha National Park entry permit and TIMS.
- Flight ticket (Kathmandu-Lukla-Kathmandu) with airport transportation
- Himalayan Partner Treks Comprehensive medical supplies (first aid kit will be available).
- Himalayan Partner treks sleeping bag, down Jacket and Duffel bag (if you don't have your own, To be return after trip completed).
- Government taxes, service charge and official expenses.
- Everest Three pass trekking map.
- Oxymeter to check your pulse and oxygen saturation and heart rate twice daily (Very useful to check Altitude Mountain Sickness(AMS) symptoms) Which will ensure you trek is in the safest hands possible.

Cost Excludes

- Tips for guides, porters and driver.
- Your insurance and Personal expenses (phone calls, laundry, battery recharge, extra porters, bottle or boiled water, shower etc.).
- All kind of cold and beers drinks.
- Rescue insurance during the trip.

Date and Price

Start Date	End Date	Price	Status
Aug 1, 2025	Aug 9, 2025	\$1050 -\$1100 Save \$50	Upcoming
Aug 11, 2025	Aug 23, 2025	\$1100	Upcoming
Sep 10, 2025	Sep 18, 2025	\$1100	Upcoming

Altitude



Trip Gallery



Trek Essentials

We recommend you carry the basic clothing and accessories needed for the trek. We assign one porter for two trekkers. Hence, please find a fellow trekker and pack both of your belongings in a duffle bag with a capacity of over 60 liters. The luggage weight limit is 9 kg per trekker. However, we expect you to carry a regular backpack to carry your essentials. To help you pack the essentials, we have created this packing list.

Head

- Sun hat (wide-brimmed)
- Beanie (for warmth)
- Buff or neck gaiter (for sun protection and warmth)
- Lightweight headlamp (with adjustable brightness)
- High SPF sunscreen
- Lip balm with SPF
- Sunglasses with UV protection
- Face wipes

Upper Body

- Sun hat (wide-brimmed)
- Beanie (for warmth)
- Buff or neck gaiter (for sun protection and warmth)
- Lightweight headlamp (with adjustable brightness)
- High SPF sunscreen
- Lip balm with SPF
- Sunglasses with UV protection
- Face wipes

Hands

- Sun hat (wide-brimmed)
- Beanie (for warmth)
- Buff or neck gaiter (for sun protection and warmth)
- Lightweight headlamp (with adjustable brightness)
- High SPF sunscreen
- Lip balm with SPF
- Sunglasses with UV protection
- Face wipes