



Everest Base Camp Trek Itinerary

DAY 01: ARRIVAL IN KATHMANDU TRANSFER TO HOTEL

DAY 02: FLY TO LUKLA, TREK TO PHAKDING (2,651M/8,700FT) 3 – 4 HOURS

DAY 03: PHAKDING TO NAMCHE BAZAAR (3,438M/11,280 FT): 11KM, 5 – 6 HOURS

DAY 04: ACCLIMATIZATION DAY – NAMCHE BAZAAR: (3,440M/11,284FT)

DAY 05: NAMCHE BAZAAR TO PHORTSE (3,870M/12,694FT): 10KM, 5- 6 HOURS

DAY 06: PHORTSE TO DINGBOCHE (4,360 M/14,300 FT): 9KM, 5 – 6 HOURS

DAY 07: DINGBOCHE ACCLIMATIZATION DAY

DAY 08: DINGBOCHE TO LOBUCH (4910 M) 5/6 HOURS

DAY 09: LOBUCH TO GORAK SHEP (5170 M/16,961FT), VISIT EVEREST BASE CAMP (5364 M/17,594 FT)

DAY 10: GORAK SHEP TO KALA PATTHAR (5,545M/18,192FT) TO PHERICHE (4,288M/14,070FT) 7-8 HOURS

DAY 11: PHERICHE TO NAMCHE BAZAAR (3,440M/11,280 FT): 20KM, 6 – 7 HOURS

DAY 12: NAMCHE BAZAAR TO LUKLA (2,800M/9,186FT): 19KM, 6 – 7 HOURS

DAY 13: FLY TO KATHMANDU 30 MINUTES

DAY 14: FINAL INTERNATIONAL DEPARTURE BACK TO HOME

Cost Includes

1. Airport / Hotel / Airport pick up and Drop by private car/van/bus.
2. Local transport from the hotel to the domestic airport and after the trip airport to the hotel. The main peak season is from the hotel to Manthali airport, and the airport is returned to the hotel by jeep or van.
3. **Hotel in Kathmandu:** 2 Nights Accommodation for 3***** Star Category Double Bed Private twin Sharing with Breakfast.
4. Both Way Domestic Air Ticket: Kathmandu to Lukla and Return to Kathmandu. Main Peak season is from October to November and March to April from Manthali Airport.
5. **All standard meals:** (12 breakfasts, 12 lunches, and 11 dinners) during the trek
6. **All Trekking Permit** (Sagarmatha National Park Permit) and Local Permit.

7. **All Tea House Accommodation:** 11 Nights accommodation in a tea house tourist standard with Double bed twin sharing a private room during the trek.
8. **Trekking Guide License Holder:** Government License Holder Trekking Guide An experienced, helpful, friendly, and English-speaking Trekking Guide. His well-paid salary, meals, accommodation insurance, Flight ticket, etc.
9. **Trekking porter:** Expert Local Strong Porter for two people 1 porter sharing Maximum 10 kg per person. 1 porter will carry a Maximum of 20 kg. his food, accommodation, and insurance. **No Porter for Solo Trekker.**
10. After the successful trip, Everest Trekking Routes will provide an Adventure Certificate.
11. Arrangement of Emergency Helicopter service which will be paid for by your Travel insurance company.
12. All Government Taxes and Service charges.

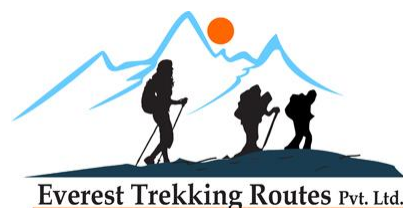
Cost Excludes

1. All Meals & Extra Night Accommodation in Kathmandu. due to arriving early on the mountain or as you like extra night.
2. Personal expenses (bar bills, beer, coke, a bottle of water, hot water, phone call, laundry service, Helicopter rescue, Electronic device recharge such as Mobile, Camera, etc.)
3. Personal Trekking Equeptment. what you need read [more here.](#)
4. Tips for guide, porters, and driver.

Our Official website link: <https://www.everesttrekkingroutes.com/activities/everest-base-camp-trek/>

If you agree with the trip details, itinerary, and cost, we can proceed with the booking process.

Rabin Gurung



Everest Trekking Routes Pvt. Ltd.

Mobile: [+977-9843467921](tel:+977-9843467921) (Rabin Gurung)

Mobile: [+977-9851167285](tel:+977-9851167285) (Maitaram Gurung)

Timila Marg, Kathmandu 44600 Nepal

Email: info@everesttrekkingroutes.com

Email: everesttrekkingroutes@gmail.com

Email : info@adventuremountainguide.net

URL:- www.everesttrekkingroutes.com

URL:- www.adventuremountainguide.net

Customer Feedback on: https://www.tripadvisor.com/Attraction_Review-g293890-d12862118-Reviews-Everest_Trekking_Routes_Pvt_Ltd-Kathmandu_Kathmandu_Valley_Bagmati_Zone_Central_.html

Best Selling Packages Trips in Nepal 2026 to 2027

[Everest Base Camp Trekking](#), [Everest Chola Pass Trekking](#), [Everest Three Pass Trekking](#), [Annapurna Base Camp Trekking](#), [Manaslu Circuit Trekking](#), [Manaslu Tsum Valley Trekking](#), [Langtang Valley Trekking](#), [Langtang Gosaikunda Pass Trekking](#), [Upper Mustang Trekking](#), [Kanchenjunga Trekking](#), [Island Peak Climbing](#), [Lobuche Peak Climbing](#), [Mera Peak Climbing](#), [Chulu West Peak Climbing](#), [Tent Peak Climbing](#)



Everest Trekking Routes Pvt. Ltd.