Trek Curator
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Everest Base Camp Trek - 14 Days

The Everest Base Camp (EBC) Trek lies in the heart of the Khumbu region, entirely within the UNESCO-listed Sagarmatha National Park. It stands as the ultimate combination of high-altitude Himalayan scenery, rich Sherpa culture, and alpine adventure.

On this trail, you will reach two major high-altitude milestones:

- **Everest Base Camp Altitude**: 5,364 m (17,598 ft)
- **Kala Patthar Altitude**: 5,545 m (18,192 ft). The definitive vantage point for viewing Mount Everest's summit.

As one of the world's premier mountain journeys, this route requires careful preparation, clear logistics, and a realistic approach to high-altitude acclimatization. At Trek Curator, we specialize in managing small-group expeditions across all trekking seasons, with a focus on safety, authentic local immersion, and reliable logistics.

Everest Base Camp Trek Highlights

- **Mountain Flight to Lukla**: Experience the mountain flight from Kathmandu or Ramechhap into Tenzing-Hillary Airport.
- **Sagarmatha National Park**: Hike through protected pine forests, alpine scrub, and high-altitude glacial valleys.
- **Sherpa Culture**: Spend time in Namche Bazaar, the historical trading hub and Sherpa capital of the region.
- **Tengboche Monastery**: Attend morning prayers with local monks at the spiritual center of the Khumbu, framed by Ama Dablam.
- **Everest Base Camp**: Stand on the active Khumbu Glacier at the base of the world's highest peak.

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- **Kala Patthar Sunrise**: Climb to 5,545 meters for an unobstructed view of the sun hitting the Everest summit.
- **Suspension Bridges**: Cross the Dudh Koshi River via deep steel suspension bridges draped in traditional Buddhist prayer flags.

The Gateway: Kathmandu to Lukla

Your journey begins in Kathmandu, where you can source last-minute trekking gear in Thamel, finalize your pack weight, and meet your guiding team for a detailed safety briefing.

The trek officially starts with a flight to Lukla. Flying between steep green ridges and snow-capped peaks, you immediately experience the grand scale of the Himalayas. Stepping onto the Lukla tarmac, the air turns crisp, vehicle roads vanish, and the trail relies completely on foot traffic and yak caravans.

Through the Sherpa Heartlands

From Lukla, the trail descends gradually along the roaring Dudh Koshi River, crossing high suspension bridges that span the valleys. You will pass through stone-paved Sherpa villages like Phakding and Monjo, walking past hand-carved mani stones (Buddhist prayer stones) and ancient prayer wheels.

Lukla → Phakding → Monjo → Namche Bazaar

The final climb up to Namche Bazaar is a steep, demanding ascent that serves as your first true physical test. Halfway up the hill, a break in the pine trees yields your very first view of Mount Everest in the distance.

Acclimatization in Namche Bazaar

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To safely adapt to the thinning air, a rest and acclimatization day in Namche Bazaar is non-negotiable.

We take a mandatory active-acclimatization hike to the Hotel Everest View. This allows your body to experience a higher altitude before returning to Namche to sleep. The hike serves up a panoramic view of the Everest range, including the distinctive profiles of Lhotse and Ama Dablam. Back in town, you can explore local bakeries, visit the Sherpa Culture Museum, or rest before heading deeper into the mountains. Tengboche Monastery

Past Namche, the treeline thins out, opening up into expansive alpine valleys. The trail climbs steadily toward Tengboche, home to the largest Tibetan Buddhist monastery in the Khumbu. Visitors can witness daily monk chants against the backdrop of Ama Dablam, widely regarded as one of the most beautiful peaks in the world.

Reaching Everest Base Camp

The route peaks at Everest Base Camp (5,364 m). Walking out onto the shifting ice and rocky terrain of the Khumbu Glacier puts you directly alongside the infamous Khumbu Icefall.

To secure the iconic, unobstructed view of Everest's true summit, you'll need an early-morning push up Kala Patthar (5,545 m). Standing on this rocky peak as the morning sun illuminates Everest, Lhotse, and Nuptse is the physical and emotional pinnacle of the entire trek.

The Descent & Celebration

The descent through Pheriche and back to Namche goes much faster as your body enjoys the increasing oxygen levels. This phase allows you to look back up at the peaks from a completely fresh perspective.

Back in Namche, teams traditionally gather to celebrate the achievement with a fresh meal, hot drinks, and a chance to reflect on the journey. A final day of hiking brings you back to Lukla for

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your return flight to Kathmandu, concluded by a celebratory farewell dinner hosted by Trek Curator.

Why Trek with Trek Curator?

Navigating the logistics of a high-altitude Himalayan trek requires deep local expertise and precise operational safety standards. At Trek Curator, we focus on small-group dynamics and clear communication to keep you safe and comfortable.

Certified Sherpa Guides: Every group is led by a licensed, English-speaking local guide with extensive high-altitude experience and medical training.

Altitude Monitoring: We run daily blood oxygen saturation (SpO2) tracking and clinical symptom checks to manage acclimatization.

Comprehensive Logistics: From processing local government permits to securing flight slots and tea house bookings, we manage every detail.

Ready to reach Everest Base Camp? Join our expertly guided trek and experience the adventure of a lifetime. Book your spot today!

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PRICE INCLUDES

- **Airport transfers**: Pick-up and drop-off from the airport in a private vehicle.
- **Mandatory Local Permits**: Khumbu Pasang Lhamu Rural Municipality Permit and Sagarmatha National Park Entry Permit.
- **Domestic Flights**: Round-trip flights between Kathmandu/Ramechhap and Lukla, including airport transfers.
- **Licensed Crew**: Government-licensed English-speaking guide.
- **Teahouse Accommodation**: Twin-sharing lodging in local mountain lodges.
- **Full Board Meals**: Breakfast, lunch, and dinner daily on the trail.
- **Safety Support**: Group medical kit and pulse oximeter monitoring.
  Duffle bag: A trekking duffle bag for use during the trip.
- Lukla, Phakding, and Namche room: Inside toilet and hot shower
- **Government taxes**: All applicable government and local taxes.

PRICE EXCLUDES

- **Nepal Tourist Visa**: Fee payable upon arrival at Kathmandu Airport.
- **Travel Insurance**: Policy covering high-altitude trekking and emergency helicopter evacuation.
- **Porters**: Personal luggage carrying support (unless explicitly added).
- **Teahouse Amenities**: Wi-Fi cards, device charging, hot showers, and boiled drinking water.
- **Personal Gear**: Trekking boots, -20°C sleeping bag, down jacket, and hiking poles.

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- **Luggage Overweight Fees**: Extra weight charges on domestic flights beyond the standard limit.
- **Luxury Food & Drinks**: Bottled sodas, alcohol, specialty coffees, and snacks.

Crew Tips: Gratuities for your trekking guide and porter team.

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu 1,300m

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, our team will greet you and transfer you to your hotel. The bustling streets of Thamel await, where colorful shops, trekking gear stores, and cozy cafés set the perfect tone for your adventure. In the evening, we gather for a welcome dinner at a traditional Nepali restaurant to enjoy an authentic Thali set and live cultural music.

Day 2: Fly to Lukla - Trek to Phakding 2,250m / 4 hrs

During the peak trekking seasons (March–May and September–November), the Civil Aviation Authority of Nepal redirects Lukla flights to Manthali Airport in Ramechhap to avoid air traffic delays. This means a pre-dawn private drive (around 1:00 AM) from Kathmandu along the scenic BP Highway to catch your morning flight. If trekking in the shoulder season, you will fly directly from Kathmandu.

Either way, the short flight to Tenzing-Hillary Airport is thrilling. After meeting our trekking crew and having breakfast, we set off. The trail winds through charming Sherpa villages and crosses suspension bridges over the Dudh Koshi River to Phakding, where we can visit the peaceful Phakding Monastery in the evening.

Day 3: Trek to Namche Bazaar 3,440m / 5 - 6 hrs

We follow the river trail through Monjo, the official entrance to Sagarmatha National Park. Along the way, we cross the legendary, high-swaying Hillary Suspension Bridge. A

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final, steep uphill climb brings us to Namche Bazaar, a vibrant mountain town carved into a natural amphitheater where trekkers from all over the world gather.

Day 4: Acclimatization Day in Namche Bazaar 3,800m / 5 hrs

A mandatory day to help your body adjust to the thin air. We take a scenic hike up to the Everest View Hotel for our very first panoramic views of Everest, Lhotse, and Ama Dablam. We will also explore the Sherpa Museum to learn about mountaineering history and local culture before enjoying a free afternoon in Namche's bakeries and markets.

Day 5: Trek to Tengboche 3,960 m / 5 - 6 hrs

The trail gently contours high above the valley before dropping down to the Dudh Koshi River at Phungi Tenga for lunch. From there, we make a steady uphill climb through rhododendron and pine forests to Tengboche. Home to the famous Tengboche Monastery, this spiritual heart of the Khumbu region offers spectacular, front-row views of Ama Dablam.

Day 6: Trek to Dingboche 4,410 m / 5 - 6 hrs

We trail through Deboche and the ancient stone-walled village of Pangboche. Passing chortens and fields wrapped in prayer flags, the tree line fades into a stark, alpine landscape. After a warm lunch at Somare, we enter the wide Imja Valley to reach Dingboche, a scenic valley settlement used for high-altitude adjustment.

Day 7: Acclimatization Day in Dingboche 5,000 m / 5 - 6 hrs

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Our second critical acclimatization step. We hike up the steep ridges of Cho Khumbu or Nagartsang Peak, pushing our elevation limit to roughly 5,000 meters. The effort rewards us with dramatic views of Island Peak, Makalu, and the massive south face of Lhotse. The afternoon is spent resting back in the village.

Day 8: Trek to Lobuche 4,940 m / 5 - 6 hrs

The trail climbs gradually along the lateral moraine of the Khumbu Glacier up to Thukla. After lunch, we tackle the steep Thukla Pass hill. At the top sits the powerful Everest Memorial, dedicated to the climbers and Sherpas who have lost their lives on the surrounding peaks. A gentle hour's walk from the pass brings us to Lobuche

Day 9: Trek to Everest Base Camp - Return to Gorak Shep 5,180 m / 6 -7 hrs

The big day. We trek over rocky glacial trails to Gorak Shep, drop our heavy bags at the teahouse, and push onward to Everest Base Camp. Walking alongside the massive Khumbu Icefall, standing at the foot of the world's highest peak is completely surreal. After taking photos and celebrating, we retrace our steps back to Gorak Shep for a well-earned night's sleep.

Day 10: Hike to Kala Patthar and Trek to Pheriche 4,210 m / 6 -7 hrs

An early alpine start to hike up Kala Patthar for sunrise. This is the highest point of our journey, offering a 360-degree view of Mount Everest's true summit, Nuptse, and Pumori. We descend to Gorak Shep for breakfast, pack up, and head down valley to the warmer, oxygen-rich air of Pheriche.

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Day 11: Trek to Namche Bazaar 3,440 m / 6 hrs

Re-entering the tree line, we retrace our path through the lower valleys, passing back down from Tengboche. The air feels remarkably thick and easy to breathe as we return to Namche Bazaar, where we can celebrate our successful trek with a hot shower, a fresh pastry, or a celebratory drink.

Day 12: Trek to Lukla 2,260 m / 6 - 7 hrs

Our final day on the trail. We make our way down the steep Namche hill, cross the familiar suspension bridges over the Dudh Koshi, and trek back through Monjo and Phakding. Arriving back in Lukla, we gather for a final dinner to thank our incredible team of local guides and porters.

Day 13: Fly Back to Kathmandu 1,300 m

An early morning flight takes us out of Lukla back to Kathmandu (or via Ramechhap during peak season). Once back in the capital, you have a free afternoon for last-minute souvenir shopping in Thamel, a relaxing massage, or a quiet coffee.

Day 14: Departure

After breakfast at your hotel, our team will provide a private vehicle transfer to Tribhuvan International Airport to catch your flight home. You leave Nepal with incredible stories, deep connections, and a lifetime of memories from the roof of the world.

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FREQUENTLY ASKED QUESTIONS

1. How difficult is Everest Base Camp Trek?

Moderate to hard due to high altitude, not technical climbing.

2. Can a beginner do the EBC trek?

Yes, if reasonably fit and properly acclimatized.

3. What are the biggest risks at base camp?

Altitude sickness, harsh weather, and physical exhaustion.

4. Is Everest Base Camp risky?

It is relatively safe with preparation, but altitude remains the main risk.

5. What’s the biggest cause of death on Mount Everest?

Falls, avalanches, and severe altitude-related illness (mostly in high climbing zones, not base camp).

6. Is it better to hike to Everest Base Camp or summit?

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Base camp is safer and suitable for most people; summiting Mount Everest is extremely dangerous and for experienced climbers only.

7. How cold does it get at Everest Base Camp?

About -5°C to -20°C, colder at night and during winter.

8. How long does the Everest Base Camp trek take?

Usually 14 days, depending on itinerary and acclimatization pace.

9. What permits are needed?

Sagarmatha National Park and Khumbu permits.

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