

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.
- **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

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, an early morning push up Kala Patthar (5,545 m) is required. 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

Descending through Pheriche and back to Namche goes significantly 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 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!



PRICE INCLUDES

- Airport transfers (private vehicle)
- Kathmandu-Lukla-Kathmandu flights
- Teahouse accommodation (twin-sharing)
- Meals during trek (breakfast, lunch, dinner)
- Experienced licensed guide and porter (1 porter per 2 trekkers)
- Sagarmatha National Park Permit
- Khumbu Rural Municipality Permit
- TIMS Card
- Basic medical kit
- Oxygen monitoring (oximeter)
- Trekking duffle bag
- Government taxes

PRICE EXCLUDES

- International flights
- Nepal visa fees
- Hotel in Kathmandu
- Meals in Kathmandu
- Personal expenses (wifi, drinks, charging, hot showers)

- Travel insurance (mandatory)
- Trekking gear rentals
- Tips for guide and porter



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

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

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.

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.

ADDITIONAL INFORMATION

Everest Base Camp Trek Permits

To pass the various checkpoints in the Khumbu region, specific legal paperwork must be secured.

Required Trekking Permits

The central Trekkers' Information Management System (TIMS) card has been completely discontinued and is no longer required or enforced anywhere in the Everest (Khumbu) region. Nepal has decentralized trekking fees, meaning your funds go directly to the local trails you are walking on.

To pass the regional checkpoints, Trek Curator secures two distinct mandatory permits for you:

2. Khumbu Pasang Lhamu Rural Municipality Permit

This is a local infrastructure tax collected directly in Lukla to maintain the trails, bridges, and emergency local services.

Cost: NPR 3,000 (approx. USD 23) per person.

2. Sagarmatha National Park Entry Permit

This permit directly supports environmental conservation and park ranger monitoring inside the UNESCO World Heritage Site.

Cost: NPR 3,000 (approx. USD 22) per person

For more information about the permit: [Nepal Trekking Permits](#)

For more information about the Nepal Tourist Visa: [Nepal tourist visa](#)

Everest Base Camp Transportation

Flight Logistics: Navigating the Lukla Route

Getting into the mountains safely requires understanding how regional flight operations work.

[Kathmandu / Ramechhap Airport] ✈️ (15-35 min flight) → [Lukla Airstrip]

The Standard Kathmandu vs. Ramechhap Shift

While flights historically departed directly from Kathmandu, civil aviation authorities now divert all peak-season Lukla flights (March–May and September–November) to Manthali Airport in Ramechhap to eliminate air traffic bottlenecks.

The Ramechhap Routine: This requires a 4-to-5-hour drive from Kathmandu to Ramechhap along the BP Highway. To catch the critical early morning flight windows before mountain winds pick up, this drive departs Kathmandu around 1:00 AM to 2:00 AM.

The Shorter Flight: Flying from Ramechhap reduces airtime to just 15–20 minutes, meaning planes can rotate much faster and clear passenger backlogs quickly during clear weather windows.

[Civil Aviation Authority of Nepal](#)

Everest Base Camp Accommodation: Lodging, Food, and Utilities

Feature	Trail Reality	Cost & Practical Notes
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<p>Tea House Lodging</p>	<p>Simple, twin-sharing rooms with twin wooden bed frames, foam mattresses, and pillows. Heavy blankets are provided, but a high-rated sleeping bag is necessary.</p>	<p>A central stove heats main dining halls in the evenings; bedrooms are completely unheated.</p>
<p>Food & Hydration</p>	<p>Comprehensive menus offer Dal Bhat (rice, lentil soup, and vegetable curry), eggs, potatoes, pasta, and porridges. Garlic soup is highly popular for helping with altitude.</p>	<p>Dal Bhat is the best option on the trail—it is freshly prepared daily and comes with free, bottomless refills.</p>
<p>Electricity Charging</p>	<p>Communal charging stations are available in tea house dining halls via solar or hydro power.</p>	<p>Expect to pay a fee of USD 2 to USD 6 per device or power bank at higher elevations.</p>

Wi-Fi Availability	Communal charging stations are available in tea house dining halls via solar or hydro power.	Expect to pay a fee of USD 2 to USD 6 per device or power bank at higher elevations.
Hot Showers	Gas-geyser or solar-heated bucket showers are available in the lower half of the trek.	Showers cost USD 3 to USD 7 each. We advise avoiding showers past Dingboche to prevent catching a cold in unheated rooms.

Best Season for Everest Base Camp

Weather dictates trail safety and mountain clarity across four distinct seasons:

- **Spring (March - May):** Excellent mountain views, moderate day temperatures, and blooming rhododendron forests at lower elevations. This coincides with the official Everest climbing season, meaning Base Camp is an active tent city.
- **Autumn (September - November):** The gold standard for trekking. Post-monsoon clear skies offer razor-sharp mountain visibility and highly stable weather conditions, though trails and tea houses operate at maximum capacity.
- **Winter (December - February):** Clear, dry days but severe, below-freezing temperatures overnight. Best for experienced, self-reliant trekkers, looking to avoid trail crowds.

- **Monsoon (June - August):** Heavy rains lead to trail mud, increased landslide risk, leech activity, and extended flight cancellations. This season is not recommended for an EBC trek.

For more information about the best season: [Best Time for Everest Base Camp Trek](#)

Altitude Safety & Emergency Protocols

A safe expedition above 3,000 meters requires recognizing how the human body reacts to reduced atmospheric pressure.

Acute Mountain Sickness (AMS) Symptoms

Mild acclimatization adjustments are normal, but escalating symptoms must be addressed immediately:

- Persistent, throbbing headache or dizziness.
- Nausea, vomiting, or sudden loss of appetite.
- Extreme physical fatigue out of proportion to exertion.
- Shortness of breath while resting.

Our Field Protocol: You must alert your guide the moment you feel symptoms. Our team follows rigid safety measures: we never ascend with symptoms of altitude sickness, we maintain a minimum fluid intake of 4 liters of water daily, and we initiate immediate descent if symptoms worsen.

For more information about Altitude Safety: [Altitude Sickness in Nepal](#)

Emergency Evacuation

If a trekker exhibits signs of severe altitude sickness (HAPE/HACE) or traumatic injury, helicopter evacuation to a Kathmandu hospital is coordinated immediately from local landing pads:

- Gorakshep (5,164 m)
- Pheriche (4,371 m) – Location of the permanent Himalayan Rescue Association clinic.
- Lukla (2,860 m)

Insurance Mandate

Every trekker must carry a comprehensive travel insurance policy that explicitly covers high-altitude trekking up to 6,000 meters and includes emergency helicopter search, rescue, and evacuation coverage. Proof of this policy must be submitted before departure.

Booking & Document Checklist

To guarantee your flight slots, guide assignments, and regional permits, ensure your documentation is prepared well ahead of your seasonal window.

Required Documents:

- Clear, color digital scan of your passport details page.
- Two recent passport-format photographs.
- Your verified insurance certificate showing high-altitude coverage limits.

Booking Terms:

Deposit: A 20% to 30% non-refundable deposit is required at booking to clear permits and advance-book peak-season Lukla flights.

Final Balance: The remaining balance is due in Kathmandu before your pre-trek orientation and gear check.

Reserve Your Trek Today

The Everest Base Camp Trek 2026 remains the ultimate pinnacle of Himalayan adventure. If you seek the iconic views of Mount Everest, authentic Sherpa culture, and the thrill of standing on the active Khumbu Glacier, this journey belongs at the top of your list.

- Request your personalized quotation today.
- Speak directly with a local trekking expert.
- Secure your preferred 2026 departure before flight slots and peak-season accommodations fill up.



EQUIPEMENTS

Everest Base Camp Packing List

Essential Trekking Gear

- Backpack (40-50L) with a rain cover
- Duffel bag (provided by the company for porters)
- Daypack (20-30L) for daily essentials

Clothing

- Base layers (moisture-wicking thermal top and bottom)
- Insulating layers (fleece or down jacket)
- Waterproof and windproof jacket and pants
- Trekking pants (convertible or quick-dry)
- Long-sleeve trekking shirts
- T-shirts (quick-dry)
- Warm gloves (inner and outer layers)
- Warm hat and sun hat
- Buff or scarf for dust and wind protection
- Warm socks (wool or synthetic)

Footwear

- Trekking boots (comfortable, waterproof, and well-broken-in)

- Camp shoes or sandals (for evenings)
- Gaiters (optional, for snow and dust protection)

Sleeping Gear

- Sleeping bag (-10°C to -20°C) (available for rent)
- Sleeping bag liner (optional for extra warmth)

Personal Accessories

- Sunglasses (UV protection)
- Sunscreen and lip balm (high SPF)
- Headlamp with extra batteries
- Water bottles (1L each) or hydration bladder
- Water purification tablets or filter
- Trekking poles (adjustable and lightweight)
- Quick-dry towel
- Personal toiletries and wet wipes
- Basic first aid kit (including altitude sickness medication)

Miscellaneous Items

- Snacks and energy bars
- Camera and power bank
- Cash (for personal expenses along the trek)

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?

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.

