

Everest Base Camp Trek

URL: <https://himalayan360.com/trip/everest-base-camp-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu/Kathmandu

Trip Type

Trekking in The Himalaya

Route

KTM-Namche-EBC-Lukla-KTM

Duration

14

Destination

Everest Region trek

Language

Everest Region trek

Per Person From

USD 1,260

Region

Everest Region

Max. Altitude

5,555M/18,225FT

Group Size

2 - 30

Best Season

Feb, March, April, May, June, Sep, Oct, Nov & Trekking in Nepal
Dec

Activities

Trek Distance

114.48KM | 71Mile

Transportation

Flight | jeep

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Strenuous

14 Days Everest Base Camp Trek Day By Day Itinerary

Day 01: Arrival At Tribhuvan International Airport In Kathmandu And Transfer To Hotel

On the first day, you will arrive at the Tribhuvan International Airport. Upon arrival at TIA, a representative from Himalayan 360 will welcome you with a Khaata (traditional scarf). Then, they will transfer to your hotel, where you can freshen up.

Later in the day, we will hold a short meeting to introduce you to the guide, and he will give you a brief about the trek. If you have any questions, we'll be happy to answer them. You'll have spare time in the evening. So, you can stroll around the hotel area or go last-minute shopping for gear or essentials.

Highest Altitude:

1,400M/4,593FT

Meals:

N/ A

Accommodations:

3 Star Hotel

Day 02: Fly To Lukla From Kathmandu Or Drive To Ramechhap Airport And Then Trek To Phakding

You will have breakfast in your hotel, and our representative will take you to Tribhuvan International Airport, Kathmandu. It takes around 30 minutes to land at Lukla Airport. You can take Manthali Airport, Ramechhap, to avoid air traffic during peak season. However, you must drive to Ramechhap first, which will take 3 to 4 hours. The flight from Ramechhap to Lukla takes 20 minutes.

Upon reaching Lukla, you will meet your porter. Our trekking will begin from here onwards. It is a relatively short and easy trek to Phakding. We will walk alongside the Dudh Koshi River. There are a few ascending and descending sections, but nothing too demanding. We will stay overnight at a teahouse in Phakding.

Distance:

3Hour

Ascent:

176M/ 577FT

Descend:

389M/ 1,275FT

Highest Altitude:

2,860M/9,383FT | Lukla

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.3KM

Flight Hours:

35 mins flight from ktm or 5-6 hrs drive & 20 min flight from Manthali

Day 03: Trek To Namche Bazaar From Phakding

On day 3 of the Everest Base Camp trek itinerary, we will continue trekking alongside the northern bank of the Dudh Koshi River and enter a beautiful pine forest. As we slowly start to ascend, the beautiful mountain views start to become clearer. We will also cross the famous Hillary Suspension Bridge along the way. Then, we will reach the [Sagarmatha National Park](#) entrance in Monjo village. There is a checkpoint at the entrance where we must show our permits.

After entering the national park area, we will start trekking through the dense forest trails. We will continue our uphill climb, crossing charming wooden bridges until we reach the point where the Dudh Koshi and Bhote Koshi rivers converge. From here, we will get the first view of Mount Everest, Lhotse, and Nuptse. Then, it takes another two hours of steep climbing to finally reach Namche Bazaar. It is the trading hub of the Everest region and is also famous as Sherpa Capital. Overnight at Namche.

Distance:

6Hour

Ascent:

1,090M/3,575FT

Descend:

290M/951FT

Highest Altitude:

3,440M/11,286FT| Namche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.8KM

Day 04: Acclimatization Day At Namche. Hike To Hotel Everest View

Namche Bazaar is our first stop for a rest day. It sits at an altitude of 3,440 meters and is a perfect location for acclimatization. Acclimatizing helps your body adapt to the changing elevation. Despite it being a rest day, we must stay active. It enables our bodies to adjust to the changing altitude, temperature, and surroundings.

On this day, we will take a two-hour hike to Syangboche Hill towards Hotel Everest View. The Everest View Hotel has a great viewpoint and offers spectacular views of Mount Everest, Ama Dablam, and more. You can also enjoy lunch at the hotel while taking in the stunning panoramas. After the short excursion, we will descend to Namche Bazaar. You can explore the vibrant marketplaces and alleyways of the picturesque village.

Distance:

2Hour

Ascent:

420M/1,378FT

Descend:

420M/1,378FT

Highest Altitude:

3,860M/12,664FT | Everest view hotel

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

4km

Day 05: Trek To Tengboche From Namche Bazaar

With a rest day at Namche Bazaar, we will head towards Tengboche on this day. Today's trek enters the dense forest trails. There are not many steep climbs and descents, but it is demanding. En route, we can witness a variety of flora and fauna. The trail will slowly descend as we get closer to Phunki Tenga Village. It again starts to ascend as we approach Tengboche.

You will also start to see colorful prayer flags and mani walls. The Tengboche Monastery is a spiritual hub for the Buddhist people in the Khumbu region of Nepal. It is also a great viewpoint as it sits below the stunning Mount Ama Dablam. We will stay overnight at the village of Tengboche.

Distance:

6Hour

Ascent:

1035M/3,395FT

Descend:

597M/1,958FT

Highest Altitude:

3,860M/12,664FT | Tengboche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.3KM

Day 06: Trek To Dingboche From Tengboche

On the sixth day of the Mt Everest Base Camp Trek, as usual, we will have a hearty breakfast while enjoying the spectacular mountain views. The trail from here goes through alpine woods and passes by several mani walls, prayer flags, and chortens. Similarly, we will cross traditional settlements like Pangboche, Shomare, Orsho, and Tsuru Wog. The trekking trail traverses Khumbila Khola Valley and slowly starts to follow Imja Khola.

As we continue forward, we can see mountains such as Ama Dablam, Taboche, Nuptse, Thamserku, Cholatse, and others. After trekking for around six hours, we will rise to Dingboche. Stone walls surround the windswept fields in the village. Dingboche is the last permanent settlement before the Everest Base Camp hike. We will rest for the night here.

Distance:

6Hour

Ascent:

676M/2,217FT

Descend:

229M/751FT

Highest Altitude:

4,410M/14,468FT | Dingboche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.4KM

Day 07: Acclimatization Day. Hike to Dingboche Viewpoint (5,083m / 16,676ft)

We will take another acclimatization stop at Dingboche on our Everest Base Camp journey. On this day, we will take a short excursion to Dingboche's viewpoint. The steep trails leading to the viewpoint are physically demanding, traversing rocky and rugged terrain. It takes around four hours to get there, but the challenging excursion is worth the effort.

We can see marvelous panoramas along with the picturesque landscapes down below. You will have time to explore around and take photographs before descending. In the evening, you can take a stroll around Dingboche village.

Distance:

4Hour

Ascent:

673M/2,207FT

Descend:

673M/2,207FT

Highest Altitude:

5,083M/16,676FT | Dingboche view Point

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

3.82KM

Day 08: Trek To Lobuche From Dingboche

The trail begins to get challenging as you leave Dingboche village. First, we will climb uphill the ridge above Pheriche Village. Then, we will slowly start ascending a route alongside the lateral moraine of the Khumbu Glacier. The trail passes through Dughla Pass before ascending towards Chupki Lhara. From here, we will begin our steep climb to Thukla Pass, a rocky ascent. We will also come across many memorial stones with colorful prayer flags along the way. These stones are tributes to the mountaineers who lost their lives during the Mount Everest expedition.

Then, we will come across the path that connects the Gokyo Lakes and the Cho La Pass route. The trail from Thukla Pass is leveled, and the surrounding begins to change into the alpine desert. Then, we will reach Lobuche village. The Lobuche glacier ridge offers spectacular views of Everest Basecamp, Kala Patthar, Khumbu Glacier, and moraines. We will spend the night at a teahouse in Lobuche.

Distance:

5Hour

Ascent:

515M/1,689FT

Highest Altitude:

4,910M/16,108FT | Lobuche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

8.02KM

Day 09: Trek To Everest Base Camp And Then Back To Gorak Shep

We will begin our day early today. It is an important day as we will finally reach the base of the world's highest peak, Mount Everest, at Everest Base Camp. For the first stage of our trek today, we will head towards Gorak Shep. We will continue trekking alongside the lateral moraine of Khumbu Glacier initially. Then, we will pass the pyramid signpost and head towards Thangma Riju. The trails ascend and descend as we reach Gorak Shep. We will take a short break and leave our luggage at a teahouse before starting our second phase of the trek.

From Gorak Shep, we will begin a demanding climb to the EBC. En route, we can witness the iconic Khumbu Glacier and Khumbu Icefall. The EBC is the closest you will get to the mountain without summiting it. The grand mountain view that unfolds before you is surreal, to say the least. With a sense of achievement and fulfillment, we will return to Gorak Shep and stay there overnight.

Distance:

7Hour

Ascent:

484M/1,588FT

Descend:

243M/798FT

Highest Altitude:

5,364M/17,598FT | EBC

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.6KM

Day 10: Morning Hike To Kala Patthar And Trek Back To Pheriche

We'll be heading out for an early morning hike today. We will hike to the Kala Patthar vantage point to watch one of the most breathtaking sunrises. You can see the mountains like Everest, Lhotse, Nuptse, and others at ground level. The view of the sun's first rays hitting the glistening peaks of the mountains is out of this world.

It is an extraordinary experience and a moment that will last you a lifetime. After the surreal view, we will head back to Gorak Shep. We will have our breakfast and start our descent. We will head back to Pheriche and spend the night there.

Distance:

7Hour

Ascent:

502M/1,647FT

Descend:

1,409M/4,623FT

Highest Altitude:

5,555M/18,225FT| Kalapatthar

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

13.24KM

Day 11: Trek Back To Namche Bazaar From Pheriche

We will begin descending from Pheriche to Namche Bazaar, retracing our steps back to Namche Bazaar. We will once again trek past Dughla Pass and the Khumbu Khola Valley, passing by villages such as Orsho, Shomare, Pangboche, and others. Similarly, we will cross the Tengboche and the Tengboche Monastery before reaching the Namche Bazaar.

As you get closer to Namche Bazaar, the forests and greenery slowly return, bringing back a refreshing vibe to the trail. It's a long day of walking, especially after the tough hike the day before.

Distance:

7Hour

Ascent:

677M/2,221FT

Descend:

1,513M/4,964FT

Highest Altitude:

4,240M/13,910FT | Pheriche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

19.8KM

Day 12: Trek Back To Lukla From Namche Bazaar

It is the final day of our Base Camp Everest trek. Today, we trek down steeply from Namche Bazaar to Lukla, retracing our steps on rocky and rugged terrain. Similarly, we will trek alongside the banks of the Dudh Koshi River and cross several suspension bridges. Then, we will exit the Sagarmatha National Park area and pass through dense rhododendrons, oaks, and fir forests. We will stay overnight at Lukla.

Distance:

7Hour

Ascent:

672M/2,205FT

Descend:

1,246M/4,088FT

Highest Altitude:

3,440M/11,286FT | Namche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

17.2KM

Day 13: Fly Back To Kathmandu/Manthali Airport And Drive Back To Kathmandu

Today will be the final day of the Everest Basecamp Trek. After breakfast, you will bid farewell to the Everest region and its breathtaking mountain panoramas. You will board a flight from Lukla to Kathmandu or Manthali Airport, Ramechhap to Kathmandu. You will have some time to explore and shop

around. We will hold a farewell dinner in the evening and conclude our remarkable journey together.

Highest Altitude:

2,860M/9,383FT | Lukla

Meals:

Breakfast, and Dinner

Accommodations:

3-Star Hotel

Flight Hours:

35 mins flight from ktm

Day 14: Transfer To The International Airport For Your Final Departure

Our representative will assist you in transferring to Tribhuvan International Airport two hours prior to your scheduled flight time. We hope you had a wonderful time with us. Thank you for choosing Himalayan360 as your trusted tour company for your dream EBC trek in Nepal.

Meals:

Breakfast

14 Days Everest Base Camp Trek Included/ Excluded

Cost Includes

- Kathmandu - Lukla - kathmandu Flights
- KTM-Ramechap-KTM sharing vehicles (if needed)
- 2 Night Kathmandu 3 start hotel (sharing basis BB plan)
- 11 Night in mountain tea house lodge (sharing basis)
- **Food:** 13 Breakfasts, 11 Lunches, 12 Dinners
- Government-licensed English-speaking local trek leader for 16 days
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Trek leader for more than 12 trekker groups
- Staff insurance, salary, equipment, food & clothing.
- **MEDICAL KIT:** Comprehensive Medical kit.

Cost Excludes

- International flight
- Extra transfer which is not mentioned in itinerary.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra night during Trekking
- Porter to carry bags (2:1porter)
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boild water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,815
2 - 3	USD 1,455
4 - 6	USD 1,340
7 - 12	USD 1,320
13 - 20	USD 1,290
21 - 30	USD 1,260

FAQs for 14 Days Everest Base Camp Trek

When to trek to Everest Base Camp?

Spring (March to May) and autumn (September to November) are ideal seasons for the Everest Base Camp Trek. The weather and climatic conditions are the most favorable and stable at these times. Similarly, the landscape is lush and vibrant while the visibility is extremely clear. The temperature is also moderate, so you can enjoy trekking in comfortable weather conditions.

Is Everest Base Camp crowded?

Everest Base Camp is Nepal's most popular trek destination and is crowded during peak trekking. Many

trekkers seek to conquer this classic trek route in spring and autumn. If you are looking to do the Everest Base Camp Trek in spring or autumn, it is best to pre-book your flights and accommodations in advance.

Is Everest Base Camp Trek worth it?

Absolutely yes! Everest Base Camp Trek is one of the popular trek destinations in Nepal. For many trek enthusiasts, it is the ultimate adventure. It takes you to the foothills of the world's tallest mountain, Mount Everest. The moderately challenging but scenic trails, astounding mountain panoramas, and rich cultural immersion make Everest Base Camp worthwhile.

How many days does it take to trek to Everest Base Camp?

The Everest Base Camp Trek generally takes 12 to 14 days to complete. However, the duration can vary depending on the trek itinerary. Trekkers can shorten or extend the trek duration depending on their physical fitness and preferences. However, trekkers must be aware that it is a high-altitude trek and requires you to take acclimatization days.

Why is Everest Base Camp famous?

Everest Base Camp is famous as the gateway to the world's highest mountain, Mount Everest. Likewise, it is famous for the breathtaking views of Everest and other surrounding vistas. It is an iconic trek destination with a rich history and legacy. Similarly, its adventurous and classic trails offer a rewarding experience that appeals to trek enthusiasts worldwide.

How far is Kathmandu from Everest Base Camp?

Kathmandu is approximately 300 kilometers far from Everest Base Camp. Taking a flight from Lukla and trekking to the base camp is the standard way of getting there from Kathmandu. However, you can also take a roadway. You can drive to Jiri and begin trekking from there. It is the original route to Everest Base Camp from the capital city.

Do I need a guide for Everest Base Camp Trek?

The new trekking rule, as of April 2023, has made it mandatory to hire a licensed trek guide through a registered trekking agency. The government of Nepal and the Nepal Tourism Board (NTB) made the rule jointly. Its objective is to ensure trekkers' safety during the trip and preserve the natural environment. Solo trekking is no longer possible in Nepal.

Is it safe to go to Everest Base Camp?

Yes, it is completely safe to go to Everest Base Camp with well-marked and designated trekking trails. But, like any other trek destination, there are few risks. Trekkers must follow proper safety guidelines and stay on designated trails. Similarly, they must prepare physically and mentally for the trek. Acclimatization is also necessary for Everest Base Camp Trek.

Can a normal person climb Everest Base Camp?

A normal person with reasonable health and fitness can climb Everest Base Camp. The trek is moderate, but trekkers must ascend and descend on varied terrains. Hence, trekkers must be physically as well as mentally fit. There is no need for prior experience or technical skills for the journey. As a result, even beginners with adequate preparation can participate in the trek.

What is the age limit for Everest Base Camp Trek?

Everest Base Camp Trek has no official age limit, but a minimum age of ten is recommended. It is a high-altitude trek with moderate challenges. Hence, trekkers must be able to climb uphill and downhill on varied terrains. Similarly, there is the risk of altitude sickness during the trek. For trekkers' safety, most

trekking agencies have their own age limitations.

Can you sleep at Everest Base Camp?

Yes, you can sleep at Everest Base Camp. However, a standard trek package does not include an overnight stay at the base camp itself. You will stay at teahouses and lodges along the route. There are unique treks that offer camping at Everest Base Camp. There are no lodges there, so you will have to camp out in a tent.

Do you lose weight trekking Everest Base Camp?

It is possible to lose weight during Everest Base Camp. Trekkers must hike 5 to 6 hours each day during the journey while carrying a rucksack on their back. So, it is common for trekkers to lose weight. However, some trekkers can gain weight due to changes in diet. Depending on their body type, the effect can be different from one person to another.

Where do you sleep on Everest Base Camp Trek?

You will sleep at cozy teahouses and lodges run by locals during the Everest Base Camp Treks. As the trekking route falls in the rural and remote areas of the country, the accommodations are only basic. There are only a handful of luxury stays at Namche Bazaar, which are expensive. Hence, teahouses and lodges are the standard accommodation options for the trek.

Is it hard to breathe at Everest Base Camp?

The thin oxygen level at Everest Base Camp can make it hard for many trekkers to breathe. As the base camp sits at an altitude of 5,364 meters, the oxygen level is 50% less than at sea level. It can cause trekkers to experience altitude-related sickness. Trekkers must acclimatize and take adequate rest days to adapt to the lower oxygen level.

Are there ATM facilities available along the Everest Base Camp Trek route?

There are no ATM facilities available along the route of Everest Base Camp. You may find these services at Lukla and Namche Bazaar, but they are unreliable. There are also no card facilities available along the trek route. So, it is highly recommended that trekkers carry sufficient cash for the EBC trek. You can easily find currency exchange centers and ATMs around Kathmandu.

Equipments Needed For Everest Base Camp Trek

Clothing & Footwear

- Long-sleeved trekking shirts and T-shirts
- Lightweight trekking pants
- Windproof/ waterproof jacket
- Down or fleece jacket
- Sweater
- Warm trousers
- Insulating layers (base and bottom)
- Moisture-wicking inner garments
- Sunhat and warm beanies
- Gloves, gaiters, and scarves
- Trekking socks and warm socks

- Comfortable and sturdy hiking boots
- Sandals and flip-flops

Equipment & Supplies

- Backpack (50 – 60 litres)
- Rucksack
- Raincoat and rain cover
- Adjustable trekking poles
- Flashlights/ headlamps with extra batteries
- Sleeping bag
- Adapters and charges
- Power banks

Others

Major Attractions of 14 Days Everest Base Camp Trek

Classic Adventurous Trails

The trekking trails of Everest Base Camp follow the route that Sir Edmund Hillary and Tenzing Norgay Sherpa took to summit Everest in 1953. Many trekkers join the trek to follow in their footsteps and feel the adventure. Everest Expeditions teams also take this trek route to Everest Base Camp. You will take a flight from Kathmandu to Lukla's Tenzing Hillary Airport. Then, you will start your trek from here. The scenic trails go through forest trails, rivers, valleys, settlements, suspension bridges, glaciers, and waterfalls. The challenges during the journey further make the trek a perfect trip for adventurers, nature lovers, and photographers.

Sagarmatha National Park

The classic trekking trails of Everest Base Camp go through the dense subtropical forests to highland meadows within the Sagarmatha National Park. The national park covers an area of 1,148 sq. km and an altitude from 2,845 to 8,848 meters. The trekking trails from the Sagarmatha National Park entrance in Monjo to Everest Base Camp and Mt Everest all lie within the national park. Hence, you will trek within the national park. It is a great opportunity to witness the diverse Himalayan flora and fauna of the Everest region. You will get to immerse yourself in the serene and raw nature.

Vibrant Sherpa Villages

En route to the Everest Base Camp, you will traverse small, picturesque villages and settlements. The majority of the residents living in this high-altitude region belong to Sherpa communities. You will stay at local teahouses and lodges during your journey. One of the famous Sherpa villages along the trekking

route is the Namche Bazaar. It is the trading hub and Sherpa capital of the Everest region. While exploring, you can see traditional houses with small alleyways, bustling markets with colorful goods, and residents in their traditional attire. Similarly, you can visit museums and monasteries to gain deeper insight into the region's culture, traditions, and history.

Panoramic Mountain Vistas

Many trekkers join the Everest Base Camp Trek for the panoramic mountain views. The trek allows you to witness Mount Everest from a close and personal view. The base camp lies at the foothill of Everest, the gateway to the summit of the world's highest mountain. Along with Mount Everest, you can witness other surrounding peaks. Similarly, the Kala Patthar viewpoint, which is slightly higher elevation than the Everest Base Camp, offers astounding panoramic mountain views of Everest, Lhotse, Nuptse, Cho Oyu, Ama Dablam, Pumori, and many more. These mountains will also keep you company throughout your trek journey.

Khumbu Glacier & Khumbu Icefall

The unique and diverse landscapes of the Everest region attract thousands of trekkers, nature lovers, and photographers. The iconic Khumbu Glacier and Khumbu Icefall are significant landmarks of the Everest Base Camp Trek. Both lie en route to the base camp, so you can witness their breathtaking views. The Khumbu Glacier is one of the world's highest glaciers, extending from an altitude of 4,900 meters to 7,600 meters. It is a massive glacier surrounded by Nuptse and Lhotse. Similarly, the Khumbu Icefall lies just above the Everest Base Camp at 5,486 meters. The glacier descends here and creates a massive ice-block field. The icy terrain and white surroundings are truly a sight to behold!

Is Everest Base Camp Trek Better than Annapurna Base Camp Trek? (EBC Vs ABC)

The Everest Base Camp and the Annapurna Base Camp are two of the most popular trek destinations in Nepal. While many trekkers consider Everest Base Camp the best, some prefer Annapurna Base Camp Trek. So, which one is better?

Both Everest Base Camp and Annapurna Base Camp are high-altitude treks with moderate grades. It takes 12 to 14 days to complete the Everest Base Camp Trek and 7 to 12 days to do Annapurna Base Camp Trek. Another vital difference between the two is that the highest point of EBC is slightly higher at 5,364 meters, while ABC is at 4,130 meters. Both treks are physically demanding, but Everest Base Camp is slightly more strenuous than the Annapurna Base Camp.

Each trek has its unique features and offers breathtaking panoramic views. The Annapurna Base Camp lies northwest of Pokhara. You will begin trekking from Nayapul and enter the Annapurna Conservation Area. The gorgeous panoramas of Annapurna massif, Machhapuchhre (Fishtail), Dhaulagiri, Himchuli, and others are visible from ABC. It also offers a glimpse of Gurung and Magar culture. Meanwhile, the Everest Base Camp lies in the eastern region. You will fly to Lukla and trek within the Sagarmatha National Park. The trek offers panoramas of Everest, Lhotse, Nuptse, Cho Oyu, and more. You will immerse yourself in the Sherpa culture during the EBC Trek.

As you can see, both Everest Base Camp and Annapurna Base Camp are unique and adventurous treks. Whichever you choose, you are guaranteed to get a rewarding experience. The EBC Trek is comparatively more demanding and takes longer days than ABC. Meanwhile, ABC is more easily accessible than EBC.

So, depending on your preferences and needs, you can choose the one that best suits you.

Distance From Kathmandu to Everest Base Camp

Kathmandu is approximately 300 km away from Everest Base Camp. The most common way of accessing Everest Base Camp is by flight from Kathmandu to Lukla. It is a 30-minute scenic and thrilling flight. The new alternative is to take a flight from Manthali Airport, Ramechhap. It takes a 3 to 4-hour drive from Kathmandu to reach Ramechhap. Likewise, you can also take a roadway, but it takes longer to complete the trek.

After arriving at Lukla, you will begin your trek to the Everest Base Camp. The distance from Lukla to the base camp is 65 km one-way. It takes a few days of trekking to reach Everest Base Camp. The average walking distance is around 7 to 12 km per day, depending on the destination. Similarly, you will gain around 500 meters altitude each day. As Everest Base Camp is a high-altitude trek, it is best to take acclimatization stops, especially for beginners, to minimize the risk of altitude sickness.

Is Everest Base Camp Trek Safe For Beginner?

Of course, yes! Beginners can participate in the Everest Base Camp Trek. It is a moderate trek requiring no prior experience or technical skills. Trekkers must be healthy and have good physical fitness. It is a high-altitude journey that requires proper physical and mental preparation. They must also be prepared for other unforeseen challenges during the trek.

During the Everest Base Camp Trek, beginners must be able to climb steep trails uphill and downhill on varied terrains. The average walking time per day is 5 to 6 hours. Likewise, the highest point of the trek is above 5,000 meters. Hence, it is physically demanding and mentally stressful.

There are several ways beginners can prepare for the journey. They can undertake exercises and training that boost their stamina and endurance. It is best to undertake the exercises and training 2 to 3 months prior to the journey. With proper preparation, beginners can complete the trek successfully and enhance their experience of the EBC Trek.

Lukla Flights from Kathmandu

Flying to Lukla is the most common way of starting the Everest Base Camp Trek. You can fly from Tribhuvan International Airport's domestic terminal in Kathmandu, but if you want to avoid air traffic, you can consider flying from Manthali Airport, Ramechhap. You must first take a four-hour drive from Kathmandu to Ramechhap. The flight from Kathmandu takes 30 minutes, while it takes 20 minutes to fly from Ramechhap to Lukla.

Yeti, Tara, and Buddha are the most popular airlines that provide regular flights to Lukla. They have Twin Otter model aircraft and a weight limitation of 15 kg (5 kg for hand carry and 10 kg for luggage). In cases of excess weight, airlines will charge an additional USD 1 per kg.

You will land at Tenzing Hillary Airport, Lukla, at an altitude of 2,860 meters. It is one of the world's most dangerous airports, with a short, sloped runway. Tall mountains surround the airport, which makes the touchdown more thrilling. The weather at Lukla is also notorious for being unpredictable. Frequent fog, high winds, and rain cause poor visibility, leading to flight delays and cancellations. Therefore, only experienced pilots are certified to fly to Lukla.

Preparation for 14 Days Everest Base Camp Trek

The moderate trails of Everest Base Camp Trek require adequate physical and mental preparation. During the trek, you must ascend and descend on varied terrains for 5 to 6 hours a day. It is physically demanding and causes overexertion. Hence, you must be reasonably fit to join the trek. The best way to prepare yourself physically is to undertake exercises and training that build your strength, endurance, and stamina.

Cardiovascular, strength-building, and endurance-building exercises are best for EBC Trek preparation. Running, jogging, brisk walking, cycling, and swimming are especially beneficial. Other exercises, such as push-ups, pull-ups, squats, planks, lunges, deadlifts, bench presses, etc., are also great workouts. Similarly, you can take altitude stimulation training to get used to the high elevation. You can also join a gym and hire a fitness trainer.

Start with mild exercises and slowly increase the intensity for the best result. Yoga and meditation are also helpful for mental preparation. Adequate research, familiarizing with the route, and understanding the challenges allow trekkers to build the mental resilience necessary for the journey. The trekking route goes through remote and rural areas of Eastern regions. The lack of facilities and challenges can stress you out easily. So, physical and mental preparation is a must for Everest Base Camp Trek.

Accommodations and Meals During Everest Base Camp Trek

The Everest region lies in the rural eastern part of the country. As a result, the region lacks proper facilities and infrastructure. Thus, the options for accommodations are limited than in urban areas like Kathmandu. You will mostly find teahouses, lodges, and guesthouses along the Everest Base Camp Trek route. There are a few luxurious stays at Lukla and Namche Bazaar, but they are expensive, and the services may not be up to par.

The locals usually run these accommodations. The rooms are primarily on a sharing basis with communal bathrooms and dining halls. They provide beds, blankets, and pillows for their guests. Single rooms with attached bathrooms are rare. However, they may be available in villages like Lukla and Namche. The higher you go, the more basic and limited the facilities become. You will have to pay additional charges for services like hot water/ showers, internet, phone calls, and charging for electronic devices.

Meal options during the Everest Base Camp Trek are also limited. The teahouses and lodges provide the meals for their guest according to the package. You can also find small eateries and restaurants en route. Dal Bhat, the staple Nepalese cuisine, is the most widely available meal. The high-carb and protein-rich diet consists of rice, lentil soup, vegetables, curries, pickles, and salad. You can also find Western and continental cuisines. The most common meal options such as eggs, porridge, cornflakes, oats, bread (Tibetan/ Indian), momo (dumpling), chowmein, thukpa, sandwiches, soup, Sherpa Stew, thenduk, pasta, spaghetti, french fries, curries, spaghetti, etc. Tea (black, milk, green), coffee, soft drinks, bottled water, and alcoholic beverages are also available during EBC Trek.

Best time for Everest Base Camp Trek

Nepal experiences four seasons annually, each with its own special features. Here is a brief on each season for EBC Trek:

Spring (March to May)

Spring, with bright and sunny weather conditions, is one of the best times for Everest Base Camp Trek. The daylight is longer, and the temperature is moderate at this time. The weather remains cold in early spring, and there is light snowfall at higher altitude regions. But it gradually becomes warmer. The average daytime temperature in spring is 15 degrees Celsius. Meanwhile, the nighttime temperature can drop to -1 degrees Celsius. The precipitation level is low except for occasional rain showers. As a result, the visibility is brilliant. Moreover, it is an active time for flora and fauna. The rhododendron-adorned trails are in full bloom, and there is likely a chance for you to witness rare wildlives during the trek.

Summer (June to August)

With the beginning of the summer, monsoon season also enter the country. It brings heavy rain clouds and rainfall in the hilly regions. The heavy rain can cause floods, landslides, and mudslides. Similarly, the forest trails are wet, muddy, and infested with leeches and mosquitoes. The average daytime temperature in the Everest region is 22 degrees Celsius. It is hot and humid during this time, so trekking is uncomfortable. The nighttime temperature can drop to 4 degrees Celsius. Summer is not a suitable time for EBC Trek. The poor visibility also causes frequent flight delays and cancellations. It is best to avoid trekking during this season.

Autumn (September to November)

Autumn is the peak season for trekking, including Everest Base Camp. It is the best time to trek to Everest. The season has the most stable and favorable weather conditions. The temperature is mild, neither too hot nor too cold. The air is crisp, while the sky is clear with excellent visibility. You can enjoy the best views and sceneries during this time of the year. The average daytime temperature is around 17 degrees Celsius. Similarly, the nighttime temperature can drop to -8 degrees Celsius. The autumn foliage also adds to the beauty of the landscapes along the trail. There is little or no obstruction of visibility during autumn. Hence, most trekkers prefer to trek at this time. Accommodations can get fully packed, so it is best to book in advance.

Winter (December to February)

With the beginning of the winter season, it begins to snow in the higher-altitude regions. The days are usually warm, but the temperature plunges at night. The average daytime temperature at higher altitude regions is -5 degrees Celsius, which drops below -15 degrees Celsius at night. As the season progresses, heavy snowfall and blizzards are in high-altitude areas. The snow can even block the high mountain passes. Due to the freezing temperature and harsh weather conditions, trekking in winter is not recommended. However, many seasoned and experienced trekkers choose this season for adventurous trekking. It requires meticulous preparation and the right gear for trek to EBC in winter.

Everest Base Camp Trek Cost in 2026

The standard cost of the Everest Base Camp Trek package ranges from **USD 1200 to USD 1800 per person**. However, the price can vary depending on various factors such as trek duration, season, number of people in your group, and services. The standard trek package includes services like transportation, accommodation, meals, permits, guides, and porter fees. The cost will increase if you add more services or customize the EBC Trek package.

Take a look at the Himalayan 360's Everest Base Camp Trek package cost:

No. of person in a group	Cost per person
1	USD 1,815
2 - 3	USD 1,455
4 - 6	USD 1,340
7 -12	USD 1,320
13 - 20	USD 1,290
21 - 30	USD 1,260

Note: The packages do not include personal charges during the trek, like hot water/ shower, internet/ WiFi, phone calls, charging for electronic devices, soft drinks, etc.

Is Everest Base Camp Trek Challenging?

Everest Base Camp is a moderate trek but gets challenging as you ascend to higher altitudes. The trekking trails have numerous steep sections that are physically strenuous. Similarly, the average trekking hours each day is 5 to 6 hours. En route, you will cross several suspension bridges, slopes, and narrow sections on rocky and rough terrains. During the 14 days of the Everest Base Camp Trek, you will cover the 130 km distance from Lukla to the base camp and return.

In addition to the challenging terrain, the high altitude also makes the EBC Trek a strenuous journey. The weather starts to become more unpredictable and changes rapidly. The oxygen level in the atmosphere also begins to get thinner. As a result, many trekkers start experiencing the symptoms of altitude sickness. The symptoms can range from mild to severe and can even turn fatal without proper medical assistance. It is crucial for trekkers to acclimate to mitigate the risks.

The challenges of the Everest Base Camp trek route will test your physical and mental limitations. The remote location, lack of infrastructure, and demanding trek all contribute to its difficulty. Therefore, trekkers must understand the challenges to prepare themselves for the journey better.

Essentials Permits For 14 days Everest Base Camp Trek

You will require the following trek permits for Everest Base Camp:

Khumbu Pasang Lhamu Rural Municipality Entrance Permit

The Khumbu Pasang Lhamu Rural Municipality Entrance Permit is a local permit necessary for the Everest Base Camp Trek. It is a newly introduced permit that replaced the TIMS (Trekking Information Management System) card on October 1, 2018. You can obtain the permit from the Nepal Tourism Board Office in Kathmandu or the Lukla or Monjo checkpost.

- The Khumbu Pasang Lhamu Rural Municipality Entrance Permit costs NPR 2000 per person for the first four weeks for SAARC and non-SAARC residents. After four weeks, the cost rises to NPR 2500 per person.

Sagarmatha National Park Entry Permit

The trekking trails of Everest Base Camp go through Sagarmatha National Park. The national park is a UNESCO World Heritage Site and is a habitat for various endangered and rare species. It is also a government-protected area. Hence, all trekkers must obtain an entry permit to enter the region. You can obtain the permit from the Nepal Tourism Board in Kathmandu or the Sagarmatha National Park Entry Gate in Monjo.

- The permit cost for SAARC residents is NPR 1500 per person.
- The permit cost for non-SAARC residents is NPR 3000 per person.

Note: Children under the age of ten are eligible for free entry.

Direct flight to Everest Base Camp using a helicopter

Those who do not have the time or physical ability to trek to the Everest Base Camp can take a direct flight using a helicopter. It is a luxurious and convenient way of getting to the Mount Everest base camp. Many tour operators provide a one-day Everest Base Camp Helicopter Tour, where travelers can get there and return within 6 to 7 hours. It is a thrilling ride that offers a unique chance to fly over the picturesque landscapes of the Everest region, Everest Base Camp, and Kala Patthar. It allows you to witness the sceneries and the mountain panoramas from a bird's eye view. Anyone can travel to the Everest Base Camp using a helicopter and experience the surreal moment. Check out Himalayan 360's Everest Base Camp Helicopter Tour for more information!

Address

Address:

Galkopakha Marg - Kathmandu - Nepal