



14-Day Everest Base Camp Trek

Country:	Nepal	Duration:	14 Days
Difficulty:	Strenuous	Max Altitude:	5,555 m (18,225 ft) at Kala Patthar
Accommodation:	Tea Houses & Hotels	Meals:	Included (11 Breakfasts, 11 Lunches, 11 Dinners)
Start/End Point:	Kathmandu	Region:	Everest

Overview

The **Everest Base Camp Trek** with **High Spirits Treks** offers an unforgettable adventure through Nepal's Khumbu region. This 14-day trek takes you to the foot of the world's highest peak, Mt. Everest, while immersing you in the stunning landscapes, Sherpa culture, and breathtaking mountain vistas. Trek through lush forests, picturesque villages, and renowned landmarks like Tengboche Monastery and Kala Patthar. With expert guides, comfortable accommodations, and personalized service, this trek promises an extraordinary experience for trekkers seeking to conquer Everest Base Camp and witness some of the world's most awe-inspiring views.

EBC Trek Highlights:

- Breathtaking views of towering peaks like Mt. Everest, Lhotse, Nuptse, and more.
- Acclimatization days in Namche Bazaar and Dingboche for better altitude adaptation.
- Trek through lush forests, traditional Sherpa villages, and Sagarmatha National Park.
- Visit famous landmarks like the Tengboche Monastery and Hotel Everest View.
- Reach Everest Base Camp and hike to Kala Patthar for an unforgettable sunrise over Everest.

Short Itinerary:

Day 01: Arrival in Kathmandu

- Arrival at Tribhuvan International Airport and transfer to hotel.
- Pre-trip meeting to discuss details.



Day 02: Fly to Lukla and Trek to Phakding

- Flight to Lukla, then a 3-4 hour trek to Phakding.

Day 03: Trek to Namche Bazaar

- 5-6 hour trek alongside the Dudh Koshi River to Namche Bazaar.

Day 04: Acclimatization Day in Namche

- Hike to Hotel Everest View (3,880 m) for panoramic mountain views.

Day 05: Trek to Tengboche

- 5-6 hours of trekking to Tengboche, visit Tengboche Monastery.

Day 06: Trek to Dingboche

- 5-6 hour trek to Dingboche, enjoy views of surrounding peaks.

Day 07: Acclimatization Day in Dingboche

- Hike to Nangkartsang Peak (5,083 m) for a stunning view.

Day 08: Trek to Lobuche

- 5-6 hours trek to Lobuche, enjoy views of surrounding peaks.

Day 09: Trek to Everest Base Camp and Return to Gorak Shep

- 8-9 hours trek to Everest Base Camp, then return to Gorak Shep.

Day 10: Hike to Kala Patthar and Descend to Pheriche

- Early morning hike to Kala Patthar for sunrise, descend to Pheriche.

Day 11: Trek to Namche Bazaar

- 7-8 hours trek back to Namche.

Day 12: Trek to Lukla

- 7-8 hours trek back to Lukla.



Day 13: Fly back to Kathmandu

- Return flight from Lukla to Kathmandu.

Day 14: Departure

- Transfer to Tribhuvan International Airport for your final departure.

Details *itinerary*

Day 01: Arrival in Kathmandu

- **Arrival at Tribhuvan International Airport** in Kathmandu, Nepal. Our representative will greet you and transfer you to the hotel.
- You will have some time to relax and acclimatize to the bustling city atmosphere.
- In the evening, there will be a **pre-trip meeting** where you will meet your trekking guide and other group members. Your guide will brief you about the trek, equipment, and other necessary details.
- **Accommodation:** Hotel in Kathmandu
- **Meals:** None

Day 02: Fly to Lukla and Trek to Phakding

- **Early morning flight** from Kathmandu to **Lukla (2,840 m / 9,317 ft)**, a scenic flight with spectacular mountain views. The 30-minute flight is one of the most thrilling flights you'll take.
- Upon arrival in Lukla, we begin our trek by descending to **Phakding (2,610 m / 8,561 ft)**. The trail follows the **Dudh Koshi River**, passing through small Sherpa villages, fields, and forests.
- **Max. Altitude:** Lukla (2,840 m / 9,317 ft)
- **Walking Distance:** ~7 km
- **Trekking Duration:** 3-4 hours
- **Accommodation:** Guesthouse in Phakding
- **Meals:** Breakfast, Lunch, and Dinner included

Day 03: Trek to Namche Bazaar



- From Phakding, we head north along the **Dudh Koshi River**, crossing multiple suspension bridges, including the famous **Hillary Bridge**.
- The trail climbs steeply to **Namche Bazaar (3,440 m / 11,286 ft)**, the bustling Sherpa town and gateway to the Everest region. As you approach Namche, you'll get your first glimpse of **Mount Everest** (8,848 m / 29,029 ft) in the distance.
- **Max. Altitude:** Namche Bazaar (3,440 m / 11,286 ft)
- **Walking Distance:** ~11 km
- **Trekking Duration:** 5-6 hours
- **Accommodation:** Guesthouse in Namche Bazaar
- **Meals:** Breakfast, Lunch, and Dinner included

Day 04: Acclimatization Day in Namche Bazaar

- Today is an **acclimatization day**, which is essential for preventing altitude sickness. You will explore **Namche Bazaar**, visit the **Sherpa Museum**, and hike up to **Hotel Everest View (3,880 m / 12,730 ft)** for panoramic views of the **Everest, Lhotse, and Ama Dablam** peaks.
- You may also visit the **local monastery** or explore the market in Namche Bazaar.
- **Max. Altitude:** Hotel Everest View (3,880 m / 12,730 ft)
- **Walking Distance:** ~5 km
- **Trekking Duration:** 3-4 hours
- **Accommodation:** Guesthouse in Namche Bazaar
- **Meals:** Breakfast, Lunch, and Dinner included

Day 05: Trek to Tengboche

- Today's trek takes us through **beautiful pine forests** and small villages as we head toward **Tengboche (3,860 m / 12,664 ft)**. The trail offers views of **Mount Everest, Lhotse, Ama Dablam, and Thamserku**.
- Upon arrival at **Tengboche**, we visit the **Tengboche Monastery**, one of the most famous monasteries in the region, offering breathtaking views of the mountains.
- **Max. Altitude:** Tengboche (3,860 m / 12,664 ft)
- **Walking Distance:** ~10 km
- **Trekking Duration:** 5-6 hours
- **Accommodation:** Guesthouse in Tengboche
- **Meals:** Breakfast, Lunch, and Dinner included

Day 06: Trek to Dingboche



- The trail continues through **forests of birch, juniper, and rhododendron** and crosses the **Dudh Koshi River** on its way to **Dingboche (4,410 m / 14,469 ft)**.
- During the trek, you will get magnificent views of **Ama Dablam, Lhotse, and Island Peak**.
- Dingboche is a small village and the starting point for **acclimatization** in the higher altitudes.
- **Max. Altitude: Dingboche (4,410 m / 14,469 ft)**
- **Walking Distance: ~12 km**
- **Trekking Duration: 5-6 hours**
- **Accommodation: Guesthouse in Dingboche**
- **Meals: Breakfast, Lunch, and Dinner included**

Day 07: Acclimatization Day in Dingboche

- Another **acclimatization day** in Dingboche to help your body adjust to the altitude.
- We take a **short hike** to **Nangkartsang Peak (5,083 m / 16,711 ft)** for a stunning view of **Everest, Lhotse, Makalu, and Cholatse**.
- Return to Dingboche for the night.
- **Max. Altitude: Nangkartsang Peak (5,083 m / 16,711 ft)**
- **Walking Distance: ~6 km**
- **Trekking Duration: 4-5 hours**
- **Accommodation: Guesthouse in Dingboche**
- **Meals: Breakfast, Lunch, and Dinner included**

Day 08: Trek to Lobuche

- We start the trek from Dingboche and pass through the **Dughla** area, where we will see memorials dedicated to climbers who lost their lives on Everest.
- The final stretch to **Lobuche (4,930 m / 16,174 ft)** is challenging, but the views of **Pumori, Nuptse**, and other peaks will motivate you.
- **Max. Altitude: Lobuche (4,930 m / 16,174 ft)**
- **Walking Distance: ~8 km**
- **Trekking Duration: 5-6 hours**
- **Accommodation: Guesthouse in Lobuche**
- **Meals: Breakfast, Lunch, and Dinner included**

Day 09: Trek to Everest Base Camp and Return to Gorak Shep



- This is one of the most exciting days of the trek. We set out early to reach **Everest Base Camp (5,364 m / 17,598 ft)**.
- After several hours of trekking, we reach the base camp, where you can enjoy the **majestic views** of the world's highest mountain and feel the **spirit of adventure**.
- After spending some time at the base camp, we return to **Gorak Shep (5,164 m / 16,942 ft)** for an overnight stay.
- **Max. Altitude:** Everest Base Camp (5,364 m / 17,598 ft)
- **Walking Distance:** ~15 km
- **Trekking Duration:** 8-9 hours
- **Accommodation:** Guesthouse in Gorak Shep
- **Meals:** Breakfast, Lunch, and Dinner included

Day 10: Hike to Kala Patthar and Descend to Pheriche

- An early morning trek takes us to **Kala Patthar (5,545 m / 18,192 ft)** for a **breathtaking sunrise** over **Mount Everest**.
- After enjoying the magnificent view, we descend back to **Pheriche (4,280 m / 14,042 ft)** for the night.
- **Max. Altitude:** Kala Patthar (5,545 m / 18,192 ft)
- **Walking Distance:** ~13 km
- **Trekking Duration:** 6-7 hours
- **Accommodation:** Guesthouse in Pheriche
- **Meals:** Breakfast, Lunch, and Dinner included

Day 11: Trek to Namche Bazaar

- We continue our descent back to **Namche Bazaar**.
- The trail is a pleasant downhill walk, with amazing views of **Everest**, **Lhotse**, and other peaks.
- On reaching Namche, we can relax and enjoy the Sherpa culture.
- **Max. Altitude:** Namche Bazaar (3,440 m / 11,286 ft)
- **Walking Distance:** ~15 km
- **Trekking Duration:** 7-8 hours
- **Accommodation:** Guesthouse in Namche Bazaar
- **Meals:** Breakfast, Lunch, and Dinner included

Day 12: Trek to Lukla from Namche Bazaar



- Today, we descend back to **Lukla (2,840 m / 9,317 ft)**, retracing the path we came from.
- The trek will be a bit easier as we are descending, but be sure to enjoy the final views of the mountains and say goodbye to the incredible landscape.
- After reaching Lukla, you'll have the chance to **celebrate** your trek at a local guesthouse.
- **Max. Altitude: Lukla (2,840 m / 9,317 ft)**
- **Walking Distance: ~13 km**
- **Trekking Duration: 7-8 hours**
- **Accommodation: Guesthouse in Lukla**
- **Meals: Breakfast, Lunch, and Dinner included**

Day 13: Fly back to Kathmandu

- In the morning, we take a **return flight** from **Lukla to Kathmandu**.
- Upon arrival in Kathmandu, you will be transferred to your hotel for rest and relaxation.
- The rest of the day is at your leisure to explore Kathmandu or enjoy some last-minute shopping.
- **Accommodation:** Hotel in Kathmandu
- **Meals:** Breakfast included

Day 14: Departure

- After breakfast, we will transfer you to **Tribhuvan International Airport** for your final departure.
- End of services.
- **Meals:** Breakfast included

The Total cost is USD\$1398 Per Person

Inclusions in the Everest Base Camp Trek Price

- **Airport Transfers:** All international and domestic airport transfers are provided in a comfortable tourist vehicle.
- **Trekking Accommodation:** Twin-sharing guesthouse accommodation during the trek for **11 nights** in the Everest Region, with attached toilets in **Lukla, Phakding, and Namche**.
- **Meals:** All standard meals during the trek, including **11 breakfasts, 11 lunches, and 11 dinners**, along with one hot drink and seasonal fruits each day.



- **Experienced Trekking Guides:** An experienced, first-aid trained, government licensed, English-speaking guide from **High Spirits Treks**.
- **Permits:** All necessary trekking permits, including **Sagarmatha/Everest National Park** entry permit and **TIMS** (Trekkers' Information Management System).
- **Porter Service:** Porters will be provided to carry your luggage (1 porter for every 2 trekkers) porter will carry max 22 kg.
- **Staff Support:** Wages, accommodation, meals, gear, insurance, and medications for all trekking staff.
- **Drinking Water:** Purified drinking water during the trek, using a **water filter** or **purification tablets**.
- **Round-trip Airfare:** Round-trip airfare between **Kathmandu- Lukla- Kathmandu**.
- **Trekking Kit:** 1 **High Spirits Treks** duffel/kit bag, trekking map, sun hat, Buff (Neck Gaiter), and a **trip completion certificate**.
- **Farewell Dinner:** A celebratory farewell dinner on your final night in Kathmandu.
- **Administrative Expenses:** All administrative costs and government taxes associated with the trek.

Exclusions from the Everest Base Camp Trek Price

- **Meals & accommodation in Kathmandu:** Lunch and dinner, Breakfast in **Kathmandu** are not included.
- **International Flights:** International flight fare to and from Nepal and airport departure taxes are not included.
- **Beverages:** Any beverages, including bottled and boiled water, are not included.
- **Travel Insurance:** Travel insurance is not included. You are required to have comprehensive travel insurance covering **high-altitude trekking** and **emergency evacuation**.
- **Tipping:** Tips for trekking staff and drivers are not included.
- **Nepal Visa:** The cost of a **Nepal entry visa** is not included. You can easily obtain a visa upon arrival at **Tribhuvan International Airport** in Kathmandu with the following fees:
 - **USD 30** for a 15-day visa
 - **USD 50** for a 30-day visa
 - **USD 125** for a 90-day visa
- **Personal Trekking Gear:** Personal trekking gear and equipment are not included. You can rent or purchase gear in Kathmandu.
- **Additional Expenses:** Any expenses not mentioned in the **Inclusions** section.