

Everest Base Camp – Small Group Trek

A legendary Himalayan journey through Sherpa villages, ancient monasteries, and dramatic alpine landscapes to the base of the world's highest mountain, Mount Everest (8,848.86m).

Total Duration: 15–16 Days

Trek Duration: 12–13 Days

Max Elevation: 5,545m (Kala Patthar)

Max Sleeping Elevation: 5,164m (Everest Base Camp / Gorak Shep)

Difficulty: Moderate to Challenging

Accommodation: Hotel (Kathmandu) | Teahouse Lodges (Trek)

Best Seasons: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Overview: Airport pickup and hotel transfer; informal group gathering.

Accommodation: Hotel (Kathmandu)

Day 2 – Briefing & Preparation (1,400m)

Overview: Expedition briefing, permit checks, gear organization, welcome dinner.

Accommodation: Hotel (Kathmandu)

Day 3 – Fly to Lukla (2,860m) & Trek to Phakding (2,610m)

Overview: Scenic mountain flight to Lukla followed by gentle descent along the Dudh Koshi River.

Elevation Gain/Loss: +1,460m (flight) / -250m (trek)

Walking Duration: 3–4 hours

Accommodation: Teahouse (Phakding)

Day 4 – Phakding to Namche Bazaar (3,440m)

Overview: Cross multiple suspension bridges before final steep ascent into Namche.

Elevation Gain: +830m

Walking Duration: 6–7 hours

Accommodation: Teahouse (Namche Bazaar)

Day 5 – Acclimatization Day in Namche (3,440m)

Overview: Acclimatization hike to Everest View area or Khumjung village.

Elevation Gain (Optional): +300–400m

Accommodation: Teahouse (Namche Bazaar)

Day 6 – Namche to Tengboche (3,860m)

Overview: Contour trail with first clear views of Everest region peaks, ending at monastery village.

Elevation Gain: +420m (with descent and re-climb)

Walking Duration: 5–6 hours

Accommodation: Teahouse (Tengboche)

Day 7 – Tengboche to Dingboche (4,410m)

Overview: Gradual ascent above tree line into open alpine valley.

Elevation Gain: +550m

Walking Duration: 5–6 hours

Accommodation: Teahouse (Dingboche)

Day 8 – Acclimatization Day in Dingboche (4,410m)

Overview: Acclimatization hike toward Nangkartshang Ridge.

Elevation Gain (Optional): +400–600m

Accommodation: Teahouse (Dingboche)

Day 9 – Dingboche to Lobuche (4,910m)

Overview: Steady high-altitude ascent past memorials with expanding glacier views.

Elevation Gain: +500m

Walking Duration: 5–6 hours

Accommodation: Teahouse (Lobuche)

Day 10 – Lobuche to Everest Base Camp (5,364m) & Return to Gorak Shep (5,164m)

Overview: Trek along Khumbu Glacier to base camp, then return to lodge.

Elevation Gain: +454m

Elevation Loss: -200m

Walking Duration: 7–8 hours

Accommodation: Teahouse (Gorak Shep)

Day 11 – Kala Patthar (5,545m) Sunrise & Descend to Pheriche (4,240m)

Overview: Early summit of Kala Patthar for iconic Everest views, then long descent.

Elevation Gain: +381m

Elevation Loss: -1,305m

Walking Duration: 6–7 hours

Accommodation: Teahouse (Pheriche)

Day 12 – Pheriche to Namche Bazaar (3,440m)

Overview: Descend through alpine valley back toward forested lower elevations.

Elevation Loss: -800m

Walking Duration: 6–7 hours

Accommodation: Teahouse (Namche Bazaar)

Day 13 – Namche to Lukla (2,860m)

Overview: Final long descent and gradual climb to Lukla.

Elevation Loss: -580m

Walking Duration: 6–7 hours

Accommodation: Teahouse (Lukla)

Day 14 – Fly to Kathmandu (1,400m)

Overview: Morning flight back to Kathmandu.

Elevation Loss: -1,460m

Accommodation: Hotel (Kathmandu)

Evening: Farewell group dinner

Day 15 – Departure or Free Day

Overview: Airport transfer or optional sightseeing in Kathmandu.

