

Everest Base Camp

A legendary Himalayan journey through Sherpa villages, ancient monasteries, and high alpine terrain to the base of Mount Everest, with sunrise views from Kala Patthar over the Khumbu Glacier.

Total Duration: 16–17 Days

Trek Duration: 13–14 Days

Max Elevation: 5,545m (Kala Patthar)

Max Sleeping Elevation: 5,164m (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)

Airport pickup and transfer to hotel.

Accommodation: Hotel

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

Permit checks, gear organization, optional sightseeing.

Accommodation: Hotel

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

Scenic mountain flight followed by gentle descent along river valley.

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

Walking Duration: 3–4 hours

Accommodation: Teahouse

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

Cross suspension bridges and ascend steeply into Namche.

Elevation Gain: +830m

Walking Duration: 6–7 hours

Accommodation: Teahouse

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

Optional hike toward Everest View or Khumjung village.

Elevation Gain (Optional): +300–400m

Accommodation: Teahouse

Day 6 – Namche to Tengboche (3,860m)

Panoramic ridge trail followed by descent and climb to monastery village.

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

Walking Duration: 5–6 hours

Accommodation: Teahouse

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

Gradual ascent above tree line into alpine valley.

Elevation Gain: +550m

Walking Duration: 5–6 hours

Accommodation: Teahouse

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

Optional hike to Nangkartshang Ridge for altitude adaptation.

Elevation Gain (Optional): +400–600m

Accommodation: Teahouse

Day 9 – Dingboche to Lobuche (4,910m)

Steady high-altitude climb past memorial sites and glacier views.

Elevation Gain: +500m

Walking Duration: 5–6 hours

Accommodation: Teahouse

Day 10 – Lobuche to Gorak Shep (5,164m)

Short but demanding trek alongside Khumbu Glacier.

Elevation Gain: +254m

Walking Duration: 3–4 hours

Accommodation: Teahouse

Day 11 – Everest Base Camp (5,364m) & Return to Gorak Shep

Gradual glacier traverse to base camp and return to lodge.

Elevation Gain: +200m

Elevation Loss: -200m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 12 – Kala Patthar (5,545m) & Descend to Pheriche (4,240m)

Early sunrise hike to summit viewpoint, followed by long descent.

Elevation Gain: +381m

Elevation Loss: -1,305m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 13 – Pheriche to Namche Bazaar (3,440m)

Descend through alpine valley and forested trails.

Elevation Loss: -800m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 14 – Namche to Lukla (2,860m)

Final long descent and gradual climb to Lukla.

Elevation Loss: -580m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 15 – Fly to Kathmandu (1,400m)

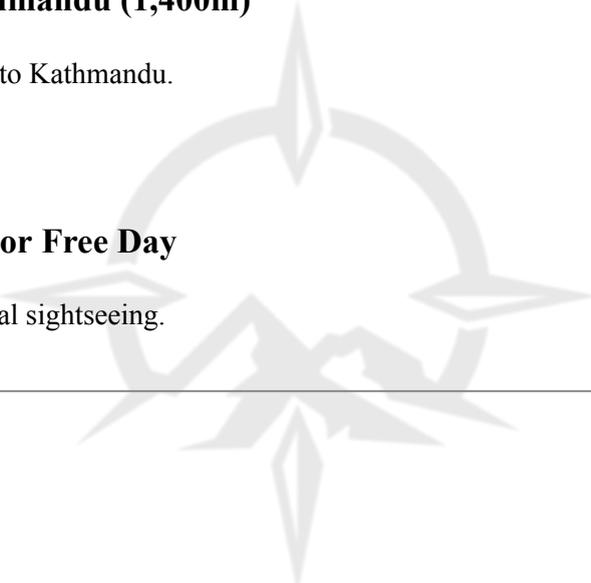
Morning mountain flight to Kathmandu.

Elevation Loss: -1,460m

Accommodation: Hotel

Day 16 – Departure or Free Day

Airport transfer or optional sightseeing.



TROPOS ADVENTURES
EXPLORING THE WAY