

Everest Base Camp Trek

14 days · Challenging · Request a quote

Walk from the Dudh Koshi valley into the high Khumbu, with repeated nights at Namche and Dingboche, a base-camp visit and an optional Kala Patthar viewpoint.

Overview

The Everest Base Camp trek is a journey through changing mountain country: riverside paths, the climb to Namche, the upper Imja valley and the stony approach to the Khumbu Glacier. The destination matters, but so do the mornings between villages, the time spent recovering at a lodge and the decision to keep a sustainable pace.

This 14-day Kathmandu-to-Kathmandu itinerary includes two nights at Namche Bazaar and two at Dingboche before the highest part of the route. The base-camp visit returns to Gorak Shep for the night. Kala Patthar is a separate, optional outing before the descent; it is never a requirement to continue when conditions or wellbeing suggest otherwise.

The headline elevations describe different things. The usual Kala Patthar viewpoint is approximately 5,545 m, Everest Base Camp approximately 5,364 m, and Gorak Shep approximately 5,164 m. Gorak Shep is the highest overnight stop in this version. Village, lodge and viewpoint measurements vary, so the figures are planning approximations rather than survey measurements.

Expect a challenging trek with consecutive walking days, significant altitude and several long return stages. The classic profile is compact: it does not guarantee that every traveler will acclimatize within the same schedule. CDC specifically notes that standard Everest Base Camp itineraries can still strain acclimatization and that extra days may help. Discuss whether a longer version is appropriate before confirming. [CDC high-altitude guidance](#).

The outline follows the established Khumbu corridor described by [Nepal Tourism Board](#). Day 14 is kept for Kathmandu contingency and the conclusion of the land itinerary. Additional international-flight margin may still be needed. Flights, hotels, meals, guide and porter arrangements, permits and any equipment provision are defined by your written quotation; the route description does not imply that every service is included.

Day-by-day itinerary

Day 1: Arrive in Kathmandu and prepare

Settle into Kathmandu and use the available time to review the route, documents, equipment and transport plan. Discuss the highest overnight stop, the two acclimatization stays and the circumstances that would change the itinerary. Keep essential medication and the next day's walking kit accessible. If your international arrival is late, arrive earlier or add a preparation day instead of compressing the briefing into a rushed departure.

Kathmandu → Kathmandu · No scheduled trek; local walking as time allows · Highest visited: 1400 m · Overnight: 1400 m · Hotel in Kathmandu · Meal plan specified in your written quotation

Day 2: Travel to Lukla and walk to Phakding

Travel to the operating departure airport for the Lukla flight, as confirmed in your arrangements. Once the flight has arrived and the walking plan is ready, begin with a measured descent and undulating trail toward Phakding. This first stage is a chance to adjust the daypack, footwear and pace. The listed high point is the approximate ground elevation at Lukla, not the aircraft's cruising altitude. If transport is disrupted, reassess the schedule rather than rushing the walk.

Kathmandu → Phakding · Approximately 3–4 hours walking, plus airport transfer and flight · Highest visited: 2860 m · Overnight: 2610 m · Teahouse in Phakding · Meal plan specified in your written quotation

Day 3: Follow the valley and climb to Namche Bazaar

Continue through the lower valley and complete the required entry checks before the sustained climb to Namche. The change in overnight elevation is substantial, so keep the day unhurried and report how you feel. Break the climb into manageable sections rather than trying to match someone else's pace. After reaching the lodge, leave the remainder of the day simple: eat, rest and discuss the following day's plan.

Phakding → Namche Bazaar · Approximately 6–7 hours · Highest visited: 3440 m · Overnight: 3440 m · Teahouse in Namche Bazaar · Meal plan specified in your written quotation

Day 4: Stay in Namche with an optional acclimatization walk

Sleep at the same lodge elevation for a second night. If you feel well and conditions allow, make a gradual outing toward the Syangboche and Everest View area, returning to Namche rather than sleeping higher. The outing can be shortened or omitted; reaching a named viewpoint is not the purpose of the day. Keep time for rest and an honest discussion of symptoms before the next overnight move. The upper outing is approximately 3,880 m.

Namche Bazaar → Namche Bazaar · Approximately 3–4 hours if the full optional outing is appropriate · Highest visited: 3880 m · Overnight: 3440 m · Teahouse in Namche Bazaar · Meal plan specified in your written quotation

Day 5: Walk to Tengboche

Leave Namche along the established upper-valley trail, with descent and a further sustained climb before reaching Tengboche. Treat the day as more than the difference between the two village elevations: the route loses height before gaining it again. Any monastery visit depends on access and local activity; follow instructions and ask before taking photographs. Settle into the overnight stop and review the next stage rather than adding an ambitious late outing.

Namche Bazaar → Tengboche · Approximately 5–6 hours · Highest visited: 3860 m · Overnight: 3860 m · Teahouse in Tengboche · Meal plan specified in your written quotation

Day 6: Continue through Pangboche to Dingboche

Continue through Deboche and the Pangboche area toward Dingboche, allowing the pace to reflect the higher terrain. Keep clothing and water accessible as conditions change through the day. This stage gains roughly 550 m in sleeping elevation, so it requires individual assessment; a modified or extended schedule may be appropriate. Arrival at Dingboche begins a two-night stay. The following day remains at the same overnight elevation.

Tengboche → Dingboche · Approximately 5–6 hours · Highest visited: 4410 m · Overnight: 4410 m · Teahouse in Dingboche · Meal plan specified in your written quotation

Day 7: Remain in Dingboche and reassess

Keep a second night in Dingboche. Depending on wellbeing and conditions, take a modest walk on the lower slopes toward Nangkartshang and return; a turnaround around 4,800 m is an upper planning option, not a required summit. A shorter walk or rest may be preferable. Do not interpret the scheduled pause as proof that everyone is ready for Lobuche. Discuss the next overnight increase before making that decision.

Dingboche → Dingboche · Approximately 2–4 hours for an optional outing; otherwise rest · Highest visited: 4800 m · Overnight: 4410 m · Teahouse in Dingboche · Meal plan specified in your written quotation

Day 8: Move carefully to Lobuche

Take the route toward Dughla and the upper valley, continuing to Lobuche only if the day's conditions and group wellbeing support it. Pause respectfully around memorial areas and keep the walking rhythm steady. The overnight gain is approximately 500 m. Leave the evening free from extra exertion and make a practical plan for the next day's longer high-altitude outing, including an early turnaround if needed.

Dingboche → Lobuche · Approximately 5–6 hours · Highest visited: 4910 m · Overnight: 4910 m · Teahouse in Lobuche · Meal plan specified in your written quotation

Day 9: Visit Everest Base Camp and return to Gorak Shep

Continue to Gorak Shep, the highest planned overnight stop, and assess whether the base-camp visit remains appropriate. The outing follows uneven high ground and must fit the available time, weather and everyone's condition. Return to Gorak Shep rather than planning a night at an expedition camp. The base-camp location and accessible approach can change. If the visit cannot be completed sensibly, choose a shorter outing or descent without trying to compensate by moving faster.

Lobuche → Gorak Shep · Approximately 7–9 hours including the base-camp return outing · Highest visited: 5364 m · Overnight: 5164 m · Teahouse in Gorak Shep · Meal plan specified in your written quotation

Day 10: Optional Kala Patthar viewpoint, then descend to Pheriche

If conditions and wellbeing allow, consider the early Kala Patthar viewpoint outing before returning to Gorak Shep and beginning the descent. The approximately 5,545 m viewpoint is optional and can be omitted in favor of a prompt move to lower ground. Continue through the Lobuche and Dughla area toward Pheriche. Even while descending, this is a long day; maintain food, water and a measured walking pace rather than treating the return as a race.

Gorak Shep → Pheriche · Approximately 7–9 hours with the optional viewpoint; shorter if omitted · Highest visited: 5545 m · Overnight: 4240 m · Teahouse in Pheriche · Meal plan specified in your written quotation

Day 11: Return through the valley to Namche Bazaar

Retrace the valley toward Pangboche and Tengboche before continuing to Namche. The overall direction is down, but the day includes climbs as well as descents. Plan stops around how the group is moving, especially after the previous long day. The familiar villages offer a chance to notice details missed on the ascent. Keep enough energy for the final walking stage rather than adding a late side trip on arrival.

Pheriche → Namche Bazaar · Approximately 6–8 hours · Highest visited: 4240 m · Overnight: 3440 m · Teahouse in Namche Bazaar · Meal plan specified in your written quotation

Day 12: Walk back to Lukla

Descend toward the lower valley, pass through the Phakding area and make the final rise to Lukla. Pay attention on steps and uneven ground when legs are tired. The destination is the departure village, not the end of all travel uncertainty: confirm the latest flight information and prepare the bags for the actual baggage allowance. Keep essentials accessible in case the following day's operation changes.

Namche Bazaar → Lukla · Approximately 6–8 hours · Highest visited: 3440 m · Overnight: 2860 m · Teahouse in Lukla · Meal plan specified in your written quotation

Day 13: Return flight and travel to Kathmandu

Take the return flight when conditions and operations permit, followed by the applicable road transfer to Kathmandu. Do not schedule an essential same-day international connection around this plan. If the flight is delayed, use the agreed communication and contingency arrangements. When travel runs smoothly, the remaining time is yours to rest, reorganize luggage and reflect on the journey.

Lukla → Kathmandu · No scheduled trek; flight and transfer duration depend on operations · Highest visited: 2860 m · Overnight: 1400 m · Hotel in Kathmandu, or a revised overnight if travel is delayed · Meal plan specified in your written quotation

Day 14: Kathmandu contingency and journey conclusion

Keep this day flexible for the conclusion of the Kathmandu land itinerary or return-travel contingency. If the flight schedule has run smoothly, use the available time to rest or arrange a city visit separately. One flexible day cannot absorb every disruption, so agree a sensible margin before international travel. Confirm your departure transfer and any additional accommodation separately in the quotation.

Kathmandu → Kathmandu · No scheduled trek · Highest visited: 1400 m · No additional overnight included by this outline; agree any extra night in your quotation · Meal plan specified in your written quotation

Your quotation

The written quotation for your dates identifies included services and separate expenses. Confirm guiding, permits, transport, accommodation and meals, as well as insurance, personal costs and disruption arrangements before booking.

Practical information

Pace and route decisions

Walking times are approximate time on the trail, excluding airport transfers and allowing for ordinary short stops; the actual day can be longer. The ascent to Namche and the Tengboche–Dingboche stage deserve particular discussion when assessing the overnight profile. Do not remove an acclimatization stop to recover a delayed flight day. A shorter objective or longer journey may be the appropriate response.

If you feel unwell at altitude, tell the guide promptly and do not continue higher with symptoms. Worsening symptoms require reassessment and descent; serious symptoms require urgent assistance. [NTB mountain-safety guidance](#). Discuss health concerns and preventive medication with a qualified clinician before travel rather than treating the itinerary as medical advice.

Flights and time outside the itinerary

Confirm whether Lukla flights are scheduled from Kathmandu or another operating airport and how the transfer is arranged. Weather and operational changes can affect both directions. Do not book a tightly connected international flight after the planned mountain return. Day 14 provides some flexibility, but it cannot absorb every disruption; agree additional spare days and the cost of changes before booking. An alternative flight or helicopter is not guaranteed or automatically included.

Accommodation, meals and services

The route uses hotels in Kathmandu and teahouses on the trail. Facilities and room arrangements vary. Your proposal should identify accommodation, meals, guide and porter support, permits, transport, equipment and exclusions. Confirm charging, internet, hot showers, drinking water, dietary needs and any single-room request separately. No named hotel, aircraft, staffing ratio or meal inclusion is promised by this outline.

Documents and responsible travel

Check current park-entry, national trekking and local registration requirements for the exact route. Our [permit guide](#) links to the relevant authorities. Carry the required documents and offline emergency contacts. Insurance should match the activity and the highest optional outing, with the insurer's evacuation conditions understood in advance.

Ask permission before photographing people, follow local instructions at religious sites, keep to the agreed trail and carry personal litter to an appropriate disposal point. The viewpoint and base-camp visits remain conditional on trail access, weather and the group's wellbeing.

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