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Everest Base Camp Luxury Trek - 15 Days

Everest Base Camp Luxury Trek is walking on the foothills of the world's tallest peak-Mt. Everest(8848.86m) following the footprints of legendry Sir Edmund Hillary and Tenzing Norgay Sherpa in 1953 AD. Explore all outstanding views of mighty mountains, beautiful mountain settlements, antique monasteries, and the culture of legendary Sherpas, enjoying a luxurious stay at the best possible luxury lodges in the Sherpa towns.

Sagarmatha National Park- the highest elevated national park of the planet, diverse Himalayan creatures and wildlife with distinct vegetation, airy suspension bridges over torrential Dudh Koshi River, enthralling short mountain flights from and to Lukla, a glimpse of into the lifestyles of world-known mountaineers-the Sherpas, four of the fourteen tallest peaks of the universe-Mt. Everest(8848.86m), Mt. Lhotse (8,516m), Mt. Makalu(8,485m), and Cho Oyu (8,201m) among others, one of the largest Sherpa trade hub-Namche Bazaar, world highest hotel-Hotel Everest View (3880m) are some other attractions of this trek.

Standing at the base of the highest peak, Everest Base Camp, trekkers, are amazed by the majestic mountain all around. Next morning, you will hike for Kalapatthar(5545m), a popular viewpoint for a beautiful sunrise view over world-class peaks. The yellowish first rays over the mountain panorama look mesmerizing. You will catch even better views of the surrounding mountain than at Everest Base camp here.

A journey to Everest Base Camp Luxury Trek starts after 1 day's Kathmandu exploration. You shall explore the UNESCO World Heritage Sites of Swyambhunath, Kathmandu Palace Square, Boudhanath Stupa, and Pashupatinath periphery in Kathmandu. On the day of the trek begin, you will have a short flight to Lukla before starting the journey.

Now the journey continues to Sherpa settlements of Phakding Monjo, Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorekshep, and finally Everest Base Camp spending eight days with a couple of acclimatization days in Namche Bazaar and Dingboche respectively. Now you will hike to Kalapatthar the next morning and hike back to the village of Pheriche. You then will hike back to Namche and further to Lukla in the next two days before flying back to Kathmandu for final departure.

So what makes the Everest Base Camp trek a luxury trek?

Upon your arrival at Kathmandu, someone will be standing outside the terminal gate catching your nameplate to shift you to the five-star hotel in Kathmandu (Hotel Radisson or Hotel Yak & Yeti) You will spend 3 nights in this hotel (2 nights before the trek and 1 night after the trek).

During the trek, you will be accommodated in the best luxury lodges in Lukla (Yeti Mountain Home or Everest Summit Lodge), Phakding (Yeti Mountain Home), and Namche (Yeti Mountain Home or Everest Summit Lodge), at Deboche Revindill Lodge for six nights and among the best teahouses/local lodges for rest of the five nights in the higher elevations.

Next, you will trek to Everest Base Camp following the standard schedule having a careful approach and appropriate acclimatization. Two acclimatization days at Namche Bazaar (3440m) and Dingboche (4410m) are scheduled in the

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itinerary for adopting our bodies in the high-altitude environment. An experienced, knowledgeable, fluent and government-authorized license holder guide will guide us on the trail, and we will be assisted by porters with our luggage.

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PRICE INCLUDES

Transport

- Private vehicle: Hotel and airport transfers
- Private Vehicle: Transfers for Kathmandu City Tour
- Flight: Kathmandu to Lukla and Lukla to Kathmandu flight

Accommodation

- 3 nights' Accommodation (twin sharing) in premium five-star Hotel Radisson or Hotel Yak & Yeti or similar hotel in Kathmandu
- Six nights twin sharing accommodation in Luxury lodges (Lukla, Phakding, Namche Bazaar, and Deboche) during the trek
- Five nights' accommodation (twin sharing) during the trek in best available teahouses

Food / Drinks

- Breakfast (B), Lunch (L), Dinner (D) during the trek including tea/coffee
- Breakfasts while in Kathmandu
- Farewell dinner in Kathmandu
- Seasonal fruit on trek

Staff

- English-speaking Trekking Guide/leader: One guide for each group. One assistant guides every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
- English-speaking city tour guide for Kathmandu city tour

Permits and Taxes

- Sagarmatha National Park Permit
- Entrance fee/permit for monuments and temples (Boudhanath, Pashupatinath, Monkey Temple, Patan Durbar Square) for Kathmandu City tour (day 2)
- Local village Development charge
- TIMS permit (if applicable)
- All applicable taxes to be paid to the Nepalese government

Others

- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek (suggested to bring if you have your own)

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- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter), down sleeping bag, and down jacket hire for the duration of the trek
- Complimentary Everest Base Camp Trekking map, complimentary Icicles Adventure T-shirt
- First aid medicine box carried at all times by guide.

PRICE EXCLUDES

Transport

- International airfares to and from Kathmandu
- Any other additional transportation (if needed) outside of the program (such as for shopping, etc.

Accommodation

- Extra night/s of accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary

Food / Drinks

- Soft drinks, tea/coffee, and alcoholic beverages are not included and must be purchased separately by the client.
- Drinking water on trek
- Lunches and Dinners in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

Others

- Nepalese tourist visa (available on arrival at Kathmandu Tribhuvan International Airport)
- Client's travel insurance
- Any optional/ additional activities outside of the program
- Personal shopping and expenses
- Tips/gratuities for the staff (tipping is expected by staff)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1350 m/4429 ft)

Welcome to Kathmandu. Upon completing the visa formalities and collecting your luggage in the airport, kindly proceed to the exit of the arrival hall where one of our representatives awaits you with a nameplate and he will transfer you to your hotel in Kathmandu. The airport representative will let you know about the next day's program while on the drive.

After checking into the hotel, you can prefer to relax to overcome your jetlag. You may also take a short walk in the vibrant streets and get insights into the typical Nepali urban way of living.

Overnight: Hotel Radisson or similar

Day 2: Kathmandu City Tour and Trek Preparation

Today's program is to explore the heritage sites of Kathmandu. A luxury vehicle arrives at your hotel gate with a tour guide and driver. You will explore the historical, cultural, and religious shrines full of vibrant arts and architecture. These attractions are considered World Heritage Sites, including the sacred Swyambhunath Stupa (the Monkey Temple), historic Patan Durbar Square, the famous Hindu temple of Pashupatinath, and the Buddhist monument-Boudhanath Stupa.

After the Kathmandu city tour, we shall have a small pre-trip meeting at your hotel. The trip in charge of your trip will come with your trekking guide. It's like an introductory program with the Icicles Adventure team and your trip leader and will give you a little more practical idea of your Everest Base Camp Luxury Trek. After the meeting, it's completely free time to explore and do any last-minute shopping. Before sleep, you must do last-minute packing to be ready for the adventure tomorrow.

Overnight: Hotel Radisson or similar

Included Meal: Breakfast

Day 3: Fly to Lukla (2860 m/9383 ft), trek to Phakding (2652 m/8700 ft): 35 minutes flight. Walk:8 km/3-4 hours

You will be transferred to the airport for a morning flight to Lukla. This is one of the most remarkable flights on the planet. As you fly northeast, the snowline of the high mountains will be on your left and rugged foothills, valleys, and small villages to the south on your right.

Lukla is a small town of Solukhumbu district, province no. 1 eastern Nepal sitting at 2860m above the sea line. You will meet more of the crew upon landing. Enjoy a cup of tea while the crew manages the luggage to be carried by the porter.

Now your trekking guide leads your way through National Luminary Pasang Lhamu Memorial Gate from where the route to Everest Base Camp begins. We initially walk northeast through the village and descend to the Dudh Koshi River **and trek for 3-4 hours to reach the beautiful village of Phakding.**

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The trek passes upstream along the valley through a forest of coniferous trees and some ethnic settlements. Upon reaching Phakding, we check-in at one of the luxurious lodges (Yeti Mountain Home or similar). The rest of the time can be spent by exploring the surroundings including monasteries a little above the village. After dinner, have a first good night's sleep in a mountain ambiance.

Accommodation: Yeti Mountain Home or Everest Summit Lodge. Meals: B,L,D

Lukla Flights

The primary gateway to the Everest Base Camp Trek is via a flight to Lukla (2840m), which lands at one of the world's most extreme airports: Tenzing-Hillary Airport. Positioned on a narrow plateau above a steep cliff with a short and narrow runway, the flight itself is as thrilling as it is challenging. Weather conditions here are notoriously unpredictable, with visibility shifting rapidly, which adds a layer of excitement to the journey.

Ramechhap Airport

During the busy trekking seasons in spring (March, April) and autumn (October, November), Kathmandu Airport faces significant congestion, leading most flights to Lukla to operate from Manthali Airport in Ramechhap, approximately a 4-5 hour drive from Kathmandu. To avoid this drive, you can opt for a helicopter flight from Kathmandu, though this is an additional expense.

Weather

Flights to Lukla are dependent on clear weather and stable conditions. Delays or cancellations are common due to sudden shifts in weather, which may extend your trekking plans by a few days. We recommend adding buffer days to your itinerary to mitigate any disruptions to your return travel plans.

In the event of prolonged delays, a helicopter transfer to Lukla is an alternative, although this incurs additional costs and is not included in the standard trek package. While helicopters can operate in some conditions that planes cannot, extreme weather can ground them as well. In such cases, we will endeavor to arrange a helicopter charter, subject to availability and weather permitting. Please note, helicopter availability is limited and may lead to delays.

We ask for your flexibility and understanding in these situations. If weather conditions prevent flights for an extended period, an alternative is to drive to Tham Danda—a challenging 20-hour journey—and begin the trek from there. This route is prone to difficulties, especially in adverse weather, requiring extra days and considerable patience.

Should conditions make the Everest Base Camp Trek unfeasible, we can redirect to other treks such as Annapurna Base Camp or Langtang Gosainkunda. While these treks do not lead to Everest Base Camp, they offer stunning views and rewarding experiences.

Your cooperation and flexibility are crucial in navigating these complexities, ensuring a memorable and enjoyable trekking experience regardless of the route.

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Day 4: Trek Phakding to Namche Bazaar (3440 m/11283 ft): 10.5KM/5-6 hours

Have breakfast in the same lodge before gearing up for the trek to Namche Bazaar, the biggest Sherpa town in Nepal. You then will continue your journey alongside Dudhkoshi River which will lead us past pine woods. Crossing suspension bridges at numerous points and walk passing pocket-sized small settlements of Zapute, Toktok, Benkar, and Chumoa, you will reach the village of Monjo.

Ahead of Monjo, at Jorsale your guide will complete entry formalities to enter the Sagarmatha National Park,a natural World Heritage Site that preserves the diverse wildlife and vegetation of the mountain environment.

After crossing the high Hillary Bridge situated at the foot of Namche Bazaar, you begin the steep climb to Namche Bazaar. When you reach Top Danda, you shall have the first view of Mt. Everest and Lhotse along with Mt. Thamserku if the weather is crystal. Continue gradual ascent to Namche Bazaar.

Namche is the most popular stop and the largest and most visited village in the Everest region. This vibrant town is surrounded by Mt. Thamserku, Mt. Kwangde, and the sacred mountain Khumbila in the east, west, and north, respectively. Having several narrow streets, it facilitates cafes, handicrafts, foodstuffs, shops with varieties of gears and equipment, vegetable shops, ATMs, banks, cyber and many others.

Upon arrival at your lodge, check-in and get rest as you might suffer from a bit tired and headache. With proper rest and acclimatization, everything will be better.

Accommodation: Yeti Mountain Home. Meals: B,L,D

Day 5: Acclimatization Day at Namche Bazaar: 3-4 hours walk

Today is scheduled as an acclimatization day during your luxurious journey to Everest. You need to get acclimatized with the growing altitude. There are a couple of options: after breakfast, you can either have a short hike to Everest View Hotel (3880m) to get the beautiful views of Mt. Lhotse (8414m), Mt. Everest (8848m), KusumKanguru (6367m), Thamserku (6623m), Nuptse (7861m), and Ama Dablam (6856m), or hike up to the village of Thame (3810m).

You can even visit the National Park Headquarters to see the exciting exhibitions of Sherpa culture and lifestyle. Hiking to the village of Khumjung and Khunde are other beautiful options. Also, you can just explore around Namche Bazaar.

Accommodation: Yeti Mountain Home or Everest View Hotel. Meals: B,L,D

Day 6: Trek to Deboche (3820m/12532ft) via Tengboche: 10km/5-6 hours

After breakfast in the lodge, gear up for the Debuche enjoying spectacular views of mountains including Mt. Everest. The journey continues following the gradual trails passing a couple of ups and downs overlooking some wild livers as pheasant, Himalayan Thar, musk deer, and others reaching Sansa-a junction of Everest Base Camp and Gokyo Lakes Trek trails.

Continuing the hiking through pine woods, prayer flags, and mane walls, you reach at Dudh Koshi River again and cross it. Subsequently, you reach Phunki Thenga and get yum lunch there. Now, you have a small climb via pine forests to reach Tengboche. It is a religious site having the biggest Buddhist monastery in the Khumbu region and

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also offers a close-up view of great mountains. We will explore the monastery and maybe also attend the afternoon puja ceremony. Pushing another 30 minutes through beautiful pine and birch trees, we arrive at Debuche for an overnight stay.

Accommodation: Rivendell Lodge at Deboche. Meals: B,L,D

Day 7: Trek to Dingboche (4410 m/14464 ft): 10 km/5-6 hours

After the morning meal, we walk the narrow ridge top path cherishing the views of Amadablam (6812m). and Everest sneaking beside Nuptse. Walking by the side of several Chortens, Mani stones, and we descend through the forest, cross ImjaKhola, and climb gradually up to the Pangboche village- the highest real settlements of Khumbu valley. At Pangboche, we are surrounded by the grandest views of Himalayan peaks.

We will take a brief stop (tea break if its not lunchtime) at Pangboche to enjoy the beautiful view of Amadablam and other moutnains.

Now we walk across some yak herders' cottages, dense forest of juniper and walled fields at Orsho before crossing a stream and making a final steep ascent to Dingboche.

Slowly as we get closer to Dingboche, the lush forest changes in shrub-like growths. We can feel symptoms of mountain sickness like headache, nausea, vomiting, and loss of appetite. We should walk slowly, drink plenty of liquid, and as we acclimatize the symptoms will go away in most of us.

Accommodation: Digboche Resort or similar. Meals: B,L,D

Day 8: Acclimatization day at Dingboche: acclimatization hike to Nangkartshang peak

On our second acclimatization day today we will go according to the rule of acclimatization at high altitude, i.e. hike to higher altitude and sleep at lower altitude.

So, we go for an acclimatization hike to either to Chhukung Ri or Nangkartshang peak (also known as Nagarjun Hill). Most probably we will hike the Nangkartshang peak all the way to the top or part of it.

In about two hours of leaving our lodge at Dingboche, we reach a splendid viewpoint of Nagarjun peak which is decorated with numerous miniature stupas and prayer flags.

The view from here of Mt. Everest, Mt, Lobuche East, Mt. Kangtega, Mt. Taboche, Mt. Lobuche West, Mt. Amadablam and Mt. Thamserku and outstanding. From the top, the Pheriche valley on the other side can be seen. We trek back to Dingboche and spend the day resting and exploring the Dingboche Village.

Accommodation: Dingboche Resort or similar. Meals: B,L,D

Day 9: Trek to Lobuche (4910 m/16105 ft): 8km/5-6 hours

Leaving Dingboche, we take a short climb and reach an undulating plateau. Walking because exigent at this altitude but we try on taking a deep breath and to motivate ourselves by the incredible sight of snow-covered peaks as we

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stride vigilantly on the boulder-strewn trail.

We navigate a wooden bridge over tumbling waters at Thukla. We have our lunch at Thukla and after lunch, the lengthy climb begins along the zig-zag trail.

We reach the Thukla pass where there is a memorial park decorated with prayer flags those flutter magnificently in the chilly breeze.

The memorial is an emotional honor to those who lost lives on the Everest expedition. Although this place offers incredible views of majestic mountains like Khumbutse, Lingtren, Pumori, etc, we really cannot enjoy it because the memorials of those who lost their lives at a young age make us poignant. We continue mutely to Lobuche remembering the brave souls.

Accommodation: Pyramid Lodge or similar. Meals: B,L,D

Day 10: Trek to Gorakshep (5181 m/16994 ft) to Everest Base Camp (5364 m/17594 ft) and back to Gorakshep: 10km/7-8 hours

Its a great day today. We will be on the foot of Mt. Everest today. It is a long day hike and we need to start the journey early after breakfast.

Leaving Lobuche, we walk northeast along the Khumbu glacial moraine to Gorakshep. The walk is quite demanding due to the altitude. The trail looks uninteresting as there are bounders everywhere but at the horizon, the persistent view of Nuptse, Lhotse, and Everest ahead motivates us to move ahead. But, we need to take care while we walk over the boulders and loose rocks.

We reach Gorekshep in about 3 hours. In Gorekshep, we will check-in at our lodge, get refreshed, and have lunch.

After lunch, we put on ample clothes and gear that protect us from the harsh and chilly afternoon wind and we head towards Everest Base Camp. The way to base camp is unstable and is fairly arduous. The views are awesome as we get nearer. After two hours of a hike from Gorekshep, we reach Everest Base Camp, a natural arena marked with prayer flags. The mountains line up around Everest Base Camp. Mt.Pumori, Mt. Khumbutse, Mt. Changtse, Mt. Lingtren, and Nuptse. But Mt. Everest hides behind Nuptse. We hug and celebrate the joy of being at Everest Base Camp, and of course, take plenty of pictures.

If it’s the climbing season (April, May) Everest base camp is colorful with tents and climbers. After spending some time at the Everest Base Camp and celebrating the grand success we get back to Gorekshep.

Usually, mountain weather becomes cloudy towards the afternoon but if it is clear we need to see the sunset over the mountains from Gorekshep which is breathtaking.

Note: Although the Everest Base Camp Luxury Trek program has an Everest base camp hike today, we suggest hiking to Kala Patthar today (only if the weather is clear) and doing Everest Base Camp the following day, ie. change the plan because its fantastic opportunity to be at Kalapatthar at sunset.

Accommodation: Hotel Buddha or similar. Meals: B,L,D

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Day 11: Hike to Kalapatthar (5545 m/18192 ft), Hike back to Gorekshep and further to Pheriche (4,210 m/13,809 ft): 12km/6-7 hours

Wake up early morning for hiking to Kala Patthar- the most elevated part of the trek and popular vantage point for mesmerizing sunrise. For that, you will receive an early door knock by your trip leader and gear up wearing trekking shoes up with a pair of trekking poles and a backpack with a bottle of water with a camera and few nuts inside.

Now continue upward hike following the footsteps of your trekking leader with the help of torchlight. The temperature is below negative, the weather is too cold, and mostly chill breeze blows making the surrounding even freezing. Despite being just 1.2 kilometers, it generally takes 2-3 hours to reach Kala Patthar from Gorekshep.

Notwithstanding these all, once you reached there, the view is simply awe-inspiring. The views of the first rays of sun over world-class peaks including the tallest one is a lifetime experience. The excessive sights of the summit of Everest as well as other Himalayan giants, Lhotse, Nuptse, Pumori, Lingtren, Khumbutse, Changtse, and numerous other needles and snow fluted ridges is truly breathtaking.

After some pictures of the rewarding panorama head back to Gorekshep. Have lunch together there and hike back trail back down to Lobuche and further to Dugla. Now, instead of walking back to Dingboche, descend to a flat valley a short distance reaching a small village of Pheriche for a good night stay.

Overnight: Local Lodge

Included Meals: Breakfast, Lunch, and Dinner

Day 12: Trek to Pangboche to Tengboche and Namche Bazaar (3440 m/11280 ft)

Today, after breakfast in your lodge, your hike begins early in the morning as you are tracing your feet back to Namche. Mostly you trek downhill with some ascent past the hillside blanketed by juniper, pine, and rhododendron forests. Trekking in the spring months (March-May), you will witness ablaze pink and rhododendron flowers during the trek today.

Pass several settlements as Pangboche, Tengboche, Phunki Tenga, and finally reach Namche Bazaar with the gorgeous view of Ama Dablam, Thamserku, and Nuptse with every step throughout the journey. Upon reaching the luxury lodge, take a nice hot shower, get a delicious meal and have a very relaxed sleep.

Overnight: Luxury Lodge

Included Meals: Breakfast, Lunch, and Dinner

Day 13: Trek to Lukla (2860 m/9383 ft.)

Leaving an amazing Sherpa town, descend gradually controlling your shaky legs. Cross several suspension bridges, have the last view of mighty peaks, pass river valleys and gorges, see some of the wild animals of Sagarmatha National Park, encounter some rugged trails, walk passing several ethnic Sherpa settlements, pass thick forests of pine and rhododendron trees before reaching Lukla- the ending point of the trek.

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Upon reaching Lukla, check-in in the luxury lodge and celebrate with your crew for the accomplishment of the adventure: YOU made it! You completed the journey which most others are still dreaming of.

Overnight: Luxury Lodge

Included Meals: Breakfast, Lunch, and Dinner

Day 14: Fly back to Kathmandu (1350 m/4429 ft)

Catching an early flight, fly back to Kathmandu leaving the high mountains, hills, and snow-clad peaks. Upon landing at the domestic terminal of the airport, you will be shifted to your hotel. The rest of the day can be spent own way. You can do some shopping or sightseeing tour of remain shrines of Kathmandu. In the evening, you will have a farewell dinner organized by Icicles Adventure Treks and Tours at one of the cultural restaurants of Thamel.

Overnight: Hotel Radisson or similar

Included Meals: Breakfast

Day 15: Final Departure; Airport Drop

A luxurious journey to the base of Mt. Everest has been ended up today. One of the representatives of Icicles Adventure Treks and Tours escorts you to the airport 3 hours before your scheduled flight.

Wish you a Safe Journey!

Included Meals: Breakfast