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Everest trek with overnight at Everest Base Camp - 17 Days

Join our group of explorers and explore deeper into the South Everest Base Camp in Nepal with our Everest trek with overnight at Everest Base Camp program. Yes! Spending a night at Everest Base Camp is equally exciting as trekking up there is! Does it sound crazy to sleep at 5364 m while there is facility to trek back down to Gorekshep to sleep rather soundly? Of course, the program is designed for crazy adventure junkies who love to do something extra more adventurous.

Everest region is land filled with sheer 8000m Himalayan peaks, ancient Monasteries, tales of legendary mountaineers and perhaps even the mythical Yeti. So, Trekking in Everest is a mixture of cultural, spiritual and physical experience and we have designed it to be more adventurous and fun adding an overnight stay at Everest base camp.

You may do Everest trek with overnight at Everest Base Camp in autumn season too but we designed this program targeting spring season which is the Everest climbing season. Everest Base Camp is a vibrant, exciting place and a center of the mountaineering world every spring. During 24 hours you spend in EBC, soak in the mountainous panorama experiencing the “Everest base camp life” and you will explore near the Everest Ice fall; and click hundreds of awesome rare pictures probably with the Expedition group.

You spend a day in Kathmandu before the trek exploring the monasteries and temples of the bustling city of Kathmandu and take pleasant flight to Lukla to start the trek in the awesome mountain region of the world where you are surrounded by 8000m mountains. Trekking up 8-10 km each day, acclimatizing gradually and staying overnights in the lodges owned by local Sherpas you reach Everest Base camp and spend a most cherished night there in your life. You explore deeper from Everest Base camp and gradually trek back and return to Kathmandu and end your journey in Kathmandu.

Everest trek with overnight at Everest Base Camp is for all individuals who love adventure trekking and walking and are in good physical condition.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 4 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Guided sightseeing tour of cultural sights in Kathmandu including temple/monument entry fees and private vehicle
- Kathmandu – Lukla– Kathmandu round trip flight including departure taxes
- TIMS, National Park Permits (Please bring 2 passport size photos for permit)
- Standard local lodge/teahouse accommodation (twin sharing) during the trek; we provide rooms with private bathrooms and hot showers at Phakding, Namche Bazaar and Lukla
- Meals (breakfast, lunch, and dinner) during the trek
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers :1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Duffel bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T–shirt, trekking map and trip achievement certificate
- First aid medical kit
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Beverages (water, tea/coffee, alcoholic drinks & cold drinks)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips for guides and porters (tips is expected by staff)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,338 m/4,390 ft)

Welcome to the cultural hub of Nepal, Kathmandu. We will pick you at the airport and transfer to hotel. You may rest at your hotel for some time and then we will have a get together for pre trip discussion at your hotel. In case of late arrival or if you are too much tired and jet legged this meeting can be scheduled for next day after sightseeing. Included: Hotel.

Day 2: Kathmandu (1,338 m/4,390 ft): Sightseeing and Trek Preparation

Today we enjoy a guided tour of the ancient archeological, spiritual and historical sites of Kathmandu that will last for about 5-6 hours. Nepal is a country rich in religious diversity and our visits today to Hindu and Buddhist sacred sites including Swayambhunath (the Monkey Temple), Boudhanath, Pashupatinath and ancient archeological site Patan Durbar Square. The rest of the day will be on your own. You can do last minute shopping for your trip in Thamel or just explore around Thamel. At the evening we will set up pre trip discussion session if not done on day 1. Included: Hotel accommodation and Breakfast.

Day 3: Kathmandu - Lukla (2,800 m/9,184 ft) - Phakding (2,652 m/8,700 ft): :9km/3-4 hours trek

Early morning we board spectacular and exciting flight into Lukla, from where we begin our walk. We meet our additional staff at Lukla and arrange luggage for porters. Setting off along Dudh Koshi River through pine and cedar forests we march towards our campsite, Phakding. We see a lot of Mani stones along the way today. It is relatively short trekking day today. First trekking day, we are sure you are very excited to walk more, so upon reaching Phakding and after a short rest we may explore the Pema Choling Monastery and the Sherpa village nearby Phading. Accommodation: Local lodge. Included 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.

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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.

Day 4: Phakding - Namche Bazaar (3,440 m/11,283 ft): 12km/5-6 hours

Longer and tougher trek today, climbing to Namche Bazaar, where we will get our first view of Mount Everest. Leaving Phakding, we first cross Dudhkoshi River via a suspension bridge, and then passing through beautiful pine forest and villages we get to Monjo, about two hours away. We will enjoy nice views of Mt. Thamserku, Mt. Khumbila, Mt. Kongde in this section of walk. Soon thereafter, we reach the entrance to Sagarmatha National Park and get our National Park permits checked and then descend to Dudh Kosi River en route to Jorsale. We have plentiful lunch in one of the teahouse in Jorsale to power up for a demanding uphill climb in less than an hour leaving Jorsale. Also load with sufficient water for next two hours because there are no teahouses available until you reach Namche. We cross two suspension bridges after Jorsale, the second one is the longest in Everest region known as Hillary bridge. After a tough climb up the hill named Top Danda (Danda means Hill) which is a resting place with view of Everest, we will be rewarded with first glimpse of Everest in its majesty. We further climb to Namche Bazzar where we spend the night today. Walking time: 5 to 6 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 5: Namche Bazaar: Acclimatization Day: 4 to 9 km/3-6 hours

At 3400m altitude, Namche Bazaar is the best place to spend our first acclimatization day. Acclimatization days are meant to stay active, hike to higher altitudes and sleep back in lower. So after breakfast, we walk up to Syangboche and the Everest view Hotel area from where we get a marvelous view of Everest and neighboring mountains like Ama Dablam, Nuptse, Lhotse etc. We may even take more hikes to the surrounding villages of Khunde and Khumjung to visit the historic Hillary School and Hillary Hospital. After being back to Namche we may explore the Namche village. We also venture an informative Sherpa Museum near the Sagarmatha National Park headquarters which shows a collection of things related to flora and fauna of the region, Everest ascenders, Sherpa culture, etc. Walking time: 4-5 hours. Accommodation: Local lodge. Included Meals: B, L, D.

Day 6: Namche Bazzar - Tengboche (3860m/12660ft): 12 kms/5-6 hours

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We head out of Namche towards Tengboche after breakfast. The first part of the trek today is along the same trail as the day before to Syangboche and instead of continuing uphill to Syangboche airstrip we take right fork to get to main Everest base camp trail. We travel down to the roaring Dudh Kosi, cross the suspension bridge and walk through pleasant alpine forest. We hike up and up over rocks and dirt until we reach our teahouse at Tengboche. We walk past few small Buddhist Stupas. Past every ridge, we come to fantastic viewpoints on our trail today with the snow-capped Himalayan Mountains in the distance. Upon reaching Tengboche, we take time to have lunch and rest and next is time to explore around Tengboche Monastery in the backdrop vista of soaring Himalayan peaks. Tengboche is one of the most picturesque place in the entire Everest Base Camp trail. Walking time: 5-6 hours. Accommodation: Local lodge. Included Meals: B, L, D.

Day 7: Tengboche - Dingboche (4410m/14464ft): 11km/5-6 hours

Its worth waking up early before sunrise and gaze at the mesmerizing view of sunrays striking the Himalayan peaks slowly lightening them golden. A visit to the morning prayers session at the Tengboche Monastery is soul pleasing too. Another elegant trekking day today starts after breakfast at our lodge. The hike from Tengboche to Pangboche, our lunch spot is spent winding far above the Dudh Koshi River along the mountainside path. Today's walk is filled with river crossings along wooden bridges, climbing up large steps through colorful gateways, standing on the edge of the trail as heavily loaded yaks pass by, and the ubiquitous views of the Himalayas. After short walk past Pangboche we cross the treeline and notice the transition from lush forests to the suddenly barren terrain with small shrubs. Upon reaching Dingboche, we check in to our lodge. You may start feeling some more headache as you have now been to pretty high altitude at above 4000m. You must stay well hydrated and tell your guides honestly if you get any health problems. Don't ignore them although its normal to get some headaches and stomach upset. Walking time: 5-6 hours. Accommodation: Local lodge. Included Meals: B, L, D.

Day 8: Acclimatization Day at Dingboche - Side trip to Nangkartshang Hill (5100m/16728ft): 6 km/4-5 hours

We have ascended nearly 1,000m since our last acclimatization day and are due for another day to 'rest' and let our bodies adopt slowly with the thin air. If you have not experienced symptoms of altitude yet, you may feel it at Dingboche. Be thankful if you don't experience any symptoms related to altitude sickness and are lucky enough not to feel sick and successfully adopt with the altitude but you will feel thinness of the air with every breath. Golden decree to acclimatize is to hike high and sleep at low, so we hike to Nangkartshang (also known as Nagarjun hill) to acclimatize and at the same time to cherish remarkable views of the world's fourth (Lhotse) and fifth (Makalu) highest as well as Kangtega, Ama Dablam, Nuptse, Cho Oyu, Taboche, Cholatse etc. that are all visible in their full glory from the summit. The short 45 minute walk-up takes us past old Buddhist prayer stupas, streams of prayer flags, and locals with baskets strapped to their backs scouring the mountain for yak dung to feed the night's fire. Upon return and as the day passes, we clump around the yak dung stove trying to keep warm with a group of hikers from all over the world maybe sharing travel stories. Walking time: 4-7 hours (acclimatization walk). Accommodation: Local lodge. Included Meals: B, L, D.

Day 9: Dingboche - Lobuche (4910m/16105ft): 8.5 km/4-5 hours

Every day it feels like a dream with every hike and new town, we saw more and more of the highest mountains in the world – Astonishing. Incredible. Marvelous. Breathtaking. Incomprehensible beauty– everyday, all day. We head out

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in the early morning hours for our hike to Lobuche. Life after Dingboche continues to get harder and harder. The weather gets colder and the air thinner but the Himalayan giants more close, clear and spectacular. We take small break at Thukla. Ahead a top of a hill we see prayer flags flapping, little Buddhist stupas everywhere (smaller stones stacked perfectly), with plaques and small shrines dedicated to the intrepid climbers who have lost their lives on the mountains around us. We stop to catch our breath in this huge memorial area which stands as a symbol of accomplishment, inspiration, and a reminder of the great devastation these mountains have caused. Our minds get occupied with thoughts about the heroic souls who so boldly climb these white beasts, their dedication to the sport they love, and the mountains unyielding dangers. After around 5 hours of slow paced trekking, including frequent stops for photos, we finally reach the town of Lobuche. More feeling of lack of oxygen in the body but excitement as we approach near our goal. Walking time: 4-5 hours. Accommodation: Local lodge. Included Meals: B, L, D.

Day 10: Lobuche –Gorekshep (5181m/16994ft)- Kalapattar (5545m/18188ft): 12km/8-9 hours

We start as usual after breakfast. Today's hike is challenging mainly due to altitude. As we scramble over boulders over the Lobuche pass and the Khumbu glacier all our concentration and energy is taken because of the altitude gain and we need to stop often. Despite exhaustion, we become more and more excited as we get closer and closer to the big snowy peaks. Although barren in its greyness the scenery is dazzling. We reach a tiny settlement, Gorekshep that sits on top of a small frozen lake. Gorak Shep is the original Base Camp for climbers summiting Everest, and although Base Camp has since been moved closer to the mountain, it still remains a busy stop for both trekkers and climbers. Most trekkers make Gorekshep their base to go for a hike to Everest Base Camp and Kalapatthar which is about two hours trek each from Gorekshep. At around 3-4 pm (depending upon season), we start our hike to westwards from Gorekshep for Kalapatthar, the best viewpoint to view Everest Himalayan range. Sunset view of Everest and neighboring mountains is dramatic during sunset as the setting sun fires the peaks with golden glory. We return back to sleep at Gorakshep today to aid acclimatization for our next day's Everest base camp hike and exciting overnight stay at EBC. Accommodation: Local lodge. Included Meals: B, L, D.

Note: You can visit Kalapatthar next day in the morning but it is advised to visit Kalapatthar in the evening to catch best views and photographs. Kalapatthar is much admired for sunset views. Also the weather is warmer in the afternoon-evening than in morning, so comparatively comfortable.

Day 11: Gorekshep to Everest Base Camp and overnight at EBC (5364m/17594ft): 3.5km/2 hours

It's the ultimate day of our trip but since we are spending a whole day and night at Everest base camp, there is no rush to leave our sleeping bags early on a chilly morning. We wake up leisurely and after breakfast, we begin our hike to Everest Base camp which starts with a walk back towards the Khumbu Glacier through the incredibly loose sand of Gorak Shep's dry lakebed. Akin to the hike to Gorakshep from Lobuche the trail is easy, sloping gently upwards, but the altitude makes it intense. On a clear day, we can see Khumbu Icefall (one of the major obstacles Everest climbers need to conquer on their Everest expedition). The trail reaches the top of the ridge and follows the mountain edge due north towards the cul-de-sac at the end of the glacier. If it's Everest climbing season (April-May), we see colorful tents at Everest base camp. We reach Everest base camp which is marked with piles of stones and strings of prayer flags and a few Everest base camp signs. We see massive mountains like Lingtren (22,142 ft / 6,749 m), Khumbutse (21,867 ft / 6,665 m), Nuptse, Lhotse, and the Khumbu Icefall but not Everest from Everest base camp, wired! Yes! But we have the whole day to explore further ahead of Everest base camp! Climb up closer to Khumbu Icefall if you

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regain energy back after this arduous climb. Temptation of getting closer to the mountains will bring your energy back. Enjoy both the sunset views and sunrise views over the mountains from Everest base camp! Observe the expedition life at Everest base camp and share the night with some of the intrepid Everest climbers! Thrilling camping at Everest base camp! You might not get sound sleep but the sleepless night is worth this adventure! Walking Accommodation: Local lodge. Included Meals: B, L, D.

Day 12: Trek back to Pangboche (3930m/12890ft): 17.5km/7-8 hours

Early Morning our camping staffs will prepare breakfast for you. After breakfast we retrace towards Pheriche. As we will lose a lot of elevation the lack of oxygen is no longer a hurdle to breathe. A few miles beyond the Everest memorials, we descend a steep hill into a valley. We can see Pheriche even we are very far from it. We follow same trail that we used on our way up to Everest base camp to be back. We reach Lobuche after about four hours walk and have rest and lunch at Lobuche. We walk through the valley floor following local tracks alongside streams and it takes about 3-4 hours for us to reach our cozy mountain lodge at Pangboche. Accommodation: Local lodge. Included Meals: B, L, D.

Day 13: Pangboche-Tengboche-Namche Bazzar (3,440 m/11,280 ft): 10km/5-6 hours

The triumph of reaching Everest Base Camp erased all remaining worries from our heads about altitude sickness because we are heading down. We are trekking gradually towards lower altitude but we still have to deal with sporadic uphills and downhills on the way back. The pressure on the knees during descents is quite bothering. From Pheriche we cross the Khumbu Khola River and ascend a short steep trail to the top of a small ridge for great views of Imja Valley, Ama Dablam and Kantega. We then descend to small settlements at Orsho and Shomare before passing through Lower Pangboche to reach the suspension bridge over the Imja Khola River to ascend back to Tengboche for lunch. In the afternoon we descend steeply through beautiful forest of juniper, rhododendron and fir to Phunki Tenga. After a welcome break and perhaps a cup of tea, we cross the Dudh Kosi River and ascend to Tashinga. From here the trail contours high above the valley through Shanasa and on to Namche Bazaar, where we spend the night (if agreed the group all together can trek down to Monjo too). Walking time: 5-6 hours. Accommodation: Local lodge. Included Meals: B, L, D.

Day 14: Namche Bazaar - Lukla: 19 km/6-7 hours

The air is warmer, body feeling stronger. We get out through the entrance gate of Namche Bazzar, and start the 600m descent down the huge hill upon which Namche sits. We pass through the permit check post and continue. Although not as steep as the hill from Tengboche, it is still a challenge for the knees and ankles. We catch one last glimpse of the tallest mountain in the world. Everest view is obscured as we continue down and down and down until finally we could hear, and then see, the roaring river beneath us. We come across conjunction of Dudh Koshi and Bhote Koshi Rivers (Larja Dhovan) and cross the suspension bridge. This stretch of trail is exceptionally scenic with pine trees lining the turquoise river. We come across another suspension bridge and second check post for the day before entering Jorsale. Its now hard climb to Monjo. We trek back through the gateway which marked the entrance/exit to Sagarmatha National Park. We walk past Toktok and Phakding following the long trail to Ghat. Our entry into Ghat is another steep climb through boulders painted with Tibetan scripts. Our arrival at the top of the hill is marked by the mani walls, shrines and chorten. More series of mani walls and we eventually see the gateway to Lukla. Finally, we walk at flat surface at Lukla and check into local mountain lodge with private bath. Soothing hot

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shower is important after the gruesome walk. We enjoy our successful trek with the trekking crews. Tips are distributed to porters as they will not fly to Kathmandu. Walking time: 6-7 hours. Accommodation: Local lodge. Included Meals: B, L, D.

Day 15: Fly back to Kathmandu

Wake up early morning for the scheduled early morning flight. Kathmandu-Lukla-Kathmandu flights are scheduled for early morning as in Himalaya early mornings are clearer than late morning or noon. If the weather is clear and the visibility is good, you will board a small plane back to Kathmandu. Also be prepared for flight being delayed or even cancelled because it all depends upon weather. Upon arrival in Kathmandu, you will be transferred to hotel. Relax at your hotel rest of the day. You are free to walk through markets and shop around. A farewell dinner will be organized by us if you are not too tired to move to one of the good restaurants around Thamel. Included: Hotel and farewell dinner.

Day 16: Contingency Day

Due to the possibility that the flights can be cancelled we keep an extra day so that you don't have hassles rescheduling your flight back home. If Kathmandu to Lukla or Lukla to Kathmandu flight is delayed only by a day, we can still use this day as back up day. Accommodation: Hotel. Included Meals: B

Day 17: Depart Kathmandu

If you have extended your stay to explore more of Nepal, you can add programs like Jungle Safari, city tours, Pokhara city tour, white water rafting, etc. If you are departing for home, we will drop you to airport three hours before your flight. We hope you are fascinated by Nepal, its adventure, culture and people and would make visit to this Himalayan nation soon. B