



Earthbound Expeditions

Classic Everest Base Camp Trek

16 days, from US\$1,867 per person

Duration

16 days

Start and end

Kathmandu

Accommodation

Teahouses

Getting there

Fly to Lukla

Grade

Strenuous

On the trail

5 to 7 hours a day

Meals

All meals on the trek

Max altitude

5,545 m

Best season

Mar to May, Sep to Nov

Group size

Up to 8

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Classic Everest Base Camp Trek Overview

Follow the well-known trail through Sherpa villages, glacial moraines and Buddhist monasteries to the foot of the world's highest mountain.

Trek overview

The trip lasts sixteen days: eleven on the trail, including two acclimatisation days at altitude. You fly to Lukla, walk up the Dudh Koshi valley through Phakding and Namche, climb through Tengboche and Dingboche to Lobuche, and reach Base Camp on the tenth day. The next morning you climb Kala Patthar before dawn for a view of Everest that cannot be seen from Base Camp, and then walk back down the same way.

Who this trip is for

Anyone who can walk five to seven hours a day, on consecutive days, on rough ground, with about half the oxygen they are used to. The trek is not technical: there are no ropes, no ice axes and no passes over 5,000 m. It requires stamina and patience rather than skill, and the people who struggle are rarely those who were concerned about their fitness.

Why the trip takes 16 days

Some operators offer twelve-day versions of this trek, but we do not. The two acclimatisation days at Namche and Dingboche are essential for safe acclimatisation, and the spare day in Kathmandu at the end allows for Lukla flights, which are cancelled by weather several times a month in every season. A twelve-day itinerary removes these days and requires you to climb faster.

Planning your trek

Read our complete guide to the Everest Base Camp trek and how to prepare for it. For a longer or harder route, the Gokyo Lakes and Everest Base Camp trek and the Everest Three High Passes trek add high passes and quieter valleys. With less time, the Everest Base Camp Luxury Trek returns by helicopter, and Island Peak Climbing adds a 6,189 m summit.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Kathmandu valley sites	–	–	1,400 m
3	Fly to Lukla, walk to Phakding	3–4 hrs	8 km	2,651 m
4	Phakding to Namche Bazaar	6–7 hrs	11 km	3,440 m
5	Namche, acclimatisation day	2–4 hrs	–	3,440 m
6	Namche to Tengboche	5–6 hrs	10 km	3,860 m
7	Tengboche to Dingboche	5–6 hrs	11 km	4,410 m
8	Dingboche, acclimatisation day	4–5 hrs	–	4,410 m
9	Dingboche to Lobuche	5–6 hrs	8 km	4,940 m
10	Lobuche to Base Camp, sleep Gorak Shep	7–8 hrs	13 km	5,364 m

11	Kala Patthar at dawn, down to Pheriche	8–9 hrs	15 km	5,545 m
12	Pheriche to Namche	6–7 hrs	15 km	3,440 m
13	Namche to Lukla	6–7 hrs	13 km	2,840 m
14	Fly to Kathmandu	–	–	1,400 m
15	Spare day in Kathmandu	–	–	1,400 m
16	Fly home	–	–	–

Day 1

Arrive in Kathmandu

When you land in Kathmandu, we meet you at the airport and take you to your hotel. If there is time, you can explore the old streets and temples nearby. In the evening we have dinner together and go through the trek so that you know what to expect.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Kathmandu Valley sightseeing

A relaxed day visiting the valley's historic sites: Swayambhunath (the Monkey Temple) on its hill, the riverside temples at Pashupatinath, the great stupa at Boudhanath and the carved squares of Patan. It is a good way to recover from the flight before the trek.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 3

Fly to Lukla and trek to Phakding

An early mountain flight to Lukla, the small airstrip where the trek begins. From there you walk gently downhill for half a day beside the Dudh Koshi river to Phakding, an easy start to the trek.

Altitude: 2,651 m On foot: 8 km, 3–4 hrs Night: Teahouse, Phakding Meals: Breakfast, Lunch, Dinner

Day 4

Trek to Namche Bazaar

The trail follows the river across suspension bridges, then climbs steeply through pine forest to Namche, the busy Sherpa town built around a hillside. On a clear day you have your first view of Everest on the way up.

Altitude: 3,440 m On foot: 11 km, 6–7 hrs Night: Teahouse, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 5

Acclimatisation day in Namche Bazaar

A day to allow your body to adjust to the altitude. You can explore Namche's stone lanes and bakeries, or take the short climb to the viewpoint above the town for views of Everest, Lhotse and Ama Dablam, before returning to sleep lower down.

Altitude: 3,440 m On foot: Optional 2–4 hrs Night: Teahouse, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 6

Trek to Tengboche

An open, scenic day with mountains in view most of the way. You descend to the river, then climb for a long time to Tengboche and its well-known monastery, on a ridge with Ama Dablam directly behind it.

Altitude: 3,860 m On foot: 10 km, 5–6 hrs Night: Teahouse, Tengboche Meals: Breakfast, Lunch, Dinner

Day 7

Trek to Dingboche

You walk through the last of the forest and past the village of Pangboche, then up into open country above the tree line. The trail follows the Imja River to Dingboche, a cluster of stone-walled fields below the high peaks.

Altitude: 4,410 m On foot: 11 km, 5–6 hrs Night: Teahouse, Dingboche Meals: Breakfast, Lunch, Dinner

Day 8

Acclimatisation day in Dingboche

The second acclimatisation day, and an important one. If you feel well enough, a slow climb up the ridge behind the village gives views of Makalu and Lhotse, two of the highest mountains in the world. Otherwise, you can rest in the village.

Altitude: 4,410 m On foot: Optional 4–5 hrs Night: Teahouse, Dingboche Meals: Breakfast, Lunch, Dinner

Day 9

Trek to Lobuche

A shorter, higher day up the Khumbu valley. You pass the stone memorials at Thukla, built for climbers who died on Everest, before reaching Lobuche near the edge of the glacier, the last stop before Base Camp.

Altitude: 4,940 m On foot: 8 km, 5–6 hrs Night: Teahouse, Lobuche Meals: Breakfast, Lunch, Dinner

Day 10

Trek to Everest Base Camp

The main day of the trek. A rocky walk along the glacier leads to Gorak Shep for lunch, then across the moraine to Base Camp itself, directly below the Khumbu Icefall. In spring it is filled with climbers' tents. We return to Gorak Shep for the night.

Altitude: 5,364 m at Base Camp On foot: 13 km, 7–8 hrs Night: Teahouse, Gorak Shep Meals: Breakfast, Lunch, Dinner

Day 11

Hike to Kala Patthar and trek to Pheriche

A cold, dark and early start up Kala Patthar, the highest point of the trek, for the best view of Everest as the sun reaches it. This is followed by a long descent to Pheriche, where the air is thicker and a hot shower and a warm meal are available.

Altitude: 5,545 m at Kala Patthar On foot: 15 km, 8–9 hrs Night: Teahouse, Pheriche Meals: Breakfast, Lunch, Dinner

Day 12

Trek to Namche Bazaar

You walk downhill with Everest behind you and Ama Dablam ahead. As the air thickens the walking becomes easier, and you descend back into the forest on the way to Namche.

Altitude: 3,440 m On foot: 15 km, 6–7 hrs Night: Teahouse, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 13

Trek to Lukla

The last full day on the trail, back across the bridges and through the villages to Lukla. In the evening we have a meal with the guides and porters to mark the end of the trek.

Altitude: 2,840 m On foot: 13 km, 6–7 hrs Night: Teahouse, Lukla Meals: Breakfast, Lunch, Dinner

Day 14

Fly to Kathmandu

A short morning flight back to Kathmandu, with the rest of the day free to rest or shop for gifts. There is a farewell dinner in the evening.

Altitude: 1,400 m On foot: None, flight day Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 15

Spare day in Kathmandu

This day is held in reserve, because Lukla flights can be delayed by weather. If everything has gone to plan, you are free to explore the city; if a flight was delayed, this day protects your onward travel plans.

Altitude: 1,400 m On foot: None, spare day Night: Hotel, Kathmandu Meals: Breakfast

Day 16

Departure

We take you to the airport for your flight home. We recommend allowing a couple of spare days in your wider travel plans in case the weather at Lukla causes delays.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- In Kathmandu: Four nights in a three-star hotel, in twin or double rooms with a private bathroom and hot water: two nights before the trek and two after.
- On the trek: Eleven nights in teahouses on a twin-share basis, with private bathrooms in most lodges at Phakding, Namche and Lukla, and shared bathrooms higher up.
- On the trek: Breakfast, lunch and dinner every day from day 3 to day 13, with tea or coffee at every stop.
- In Kathmandu: Breakfast every morning, dinner on day 1 and day 14, and all three meals on the valley sightseeing day.
- Lukla flights: Both directions, from Kathmandu or from Ramechhap, depending on the month.
- Airport transfers: Pick-up and drop-off at Kathmandu airport in a private vehicle.
- Ramechhap drive: The early road transfer to Ramechhap, in the months when the Lukla flight departs from there.
- A government-licensed guide with wilderness first aid training leads every departure.
- One porter for every two trekkers, carrying up to 20 kg.
- A second guide for groups of nine or more.
- Wages, insurance, food and accommodation for every guide and porter, including cover for altitude and helicopter evacuation.
- Sagarmatha National Park entry permit
- Khumbu Pasang Lhamu Rural Municipality permit
- Kathmandu Valley tour: Swayambhunath, Pashupatinath, Boudhanath and Patan with a guide on day 2.
- Sleeping bag: Rated to -15°C, for the trek.
- Down jacket: For the trek.
- Duffel bag: Provided for the porter to carry.
- Luggage storage: Free of charge at our Kathmandu office, for anything you do not need on the trek.
- Farewell dinner: With a Nepali cultural show, in Kathmandu on day 14.
- First aid: A group medical kit, carried by your guide.

Not included

- International flights to and from Kathmandu
- Nepal entry visa, obtained on arrival
- Travel insurance covering trekking to 6,000 m and helicopter rescue, which is compulsory
- Lunch and dinner in Kathmandu, other than the meals listed above
- Hot showers, device charging and wifi in the teahouses, \$3 to \$8 each time
- Drinking water, snacks, and drinks other than tea and coffee
- Rescue and evacuation costs, which are covered by your travel insurance
- Excess baggage on the Lukla flight, about \$1.50 per kilo over 15 kg
- A helicopter flight out, if you choose one, from \$500 a seat
- Personal trekking clothing and equipment
- Tips for your guide and porters, usually \$150 to \$250 per trekker
- A single room in Kathmandu, available as an optional extra

Packing list

Two baggage limits, and the flight limit is stricter

Your porter carries a strict maximum of 20 kg, shared between two trekkers. The Lukla flight allows 15 kg in total, 10 kg checked and 5 kg hand baggage, and bags are weighed. In practice, the flight allowance is the main limit. Anything you do not need on the trek can be stored free of charge at our Kathmandu office. We provide the duffel bag, sleeping bag and down jacket, so you do not need to bring them.

Headwear and sun protection

- A sun hat with a brim, and a warm hat that covers your ears
- Two buffs or neck gaiters
- Sunglasses, category 3 or 4. Snow glare above Lobuche is strong
- Head torch and spare batteries. The climb to Kala Patthar starts at four in the morning
- Sunscreen SPF 50 and lip balm with sun protection

Clothing

- Three or four merino or synthetic base layers, not cotton
- Two mid layers: one fleece and one light insulated jacket
- Down jacket. We provide one; bring your own if you feel the cold at night
- A waterproof jacket and trousers that pack small
- Two pairs of trekking trousers, one lined
- Underwear for four or five days, washed along the way

Gloves and footwear

- Liner gloves and insulated outer gloves or mittens
- Trekking boots with ankle support, worn in before the trek. This is essential
- Four pairs of wool trekking socks

- Camp shoes or trainers for the evenings
- Gaiters, if you are travelling in winter or early spring

Bags

- Duffel bag for the porter, 20 kg maximum. We provide one
- Daypack, 30 to 35 litres, with a rain cover
- Dry bags or thick liners. Nothing stays waterproof for long on this trail

Sleeping

- Sleeping bag rated to -15°C. We provide one
- Silk or cotton liner, for warmth and hygiene
- Earplugs. Teahouse walls are made of plywood

Health

- Personal first aid kit: blister plasters, tape, painkillers and rehydration salts
- Diamox, if your doctor agrees, plus any regular medication
- Water purification: tablets, a filter or a SteriPen
- Hand sanitiser and wet wipes. There are no showers above Dingboche
- Throat lozenges. The dry cough known as the Khumbu cough is very common

Documents and money

- Passport valid for six months, plus two photocopies
- Four passport photographs for permits
- Travel insurance certificate showing helicopter cover to 6,000 m
- \$300 to \$500 in small notes. There is no cash machine above Namche

Classic Everest Base Camp Trek

16 days | Highest point 5,545 m | Strenuous



Start: Fly to Lukla, walk to Phakding

End: Fly back to Kathmandu

Altitude by day



Optional extras

Helicopter return from Gorak Shep

from \$500 a seat, saves 3 days

Fly out from Gorak Shep or Pheriche to Lukla or directly to Kathmandu. Most people choose this to save time or to avoid the descent on their knees.

Everest scenic flight

\$220, 1 morning

A one-hour flight along the range from Kathmandu, with a guaranteed window seat. It is a good alternative if cloud keeps Lukla closed.

Chitwan or Bardia, three days

from \$390, +3 days

Travel south to the lowland jungle to see rhino, and possibly tiger at Bardia. A good way to recover after eleven days above 3,000 m.

Guided Kathmandu Valley tour

\$95, 1 day

Bhaktapur, Patan and Boudhanath with a guide who explains the religious art and symbolism. Day 2 includes a shorter version of this tour.

Gokyo Lakes and Cho La

from \$640, +5 days

Return by a loop over a 5,420 m pass and past the six Gokyo lakes. A demanding route, and one of the finest in the Khumbu.

Single room in Kathmandu

\$180

A room to yourself for all four hotel nights. On the trek, lodges are twin-share only.

Luxury lodge upgrade in the lower Khumbu

Price on request

Where the route passes one, we book a premium lodge instead of the standard teahouse. Mountain Lodges of Nepal has lodges at Lukla, Phakding, Monjo, Namche and Deboche, and Everest Summit Lodges has lodges at Lukla, Monjo, Tashinga and Pangboche. Expect warmer rooms, better beds, private bathrooms in most rooms and a quieter dining room. There are no premium lodges above Pangboche, so the higher nights are in standard teahouses. We confirm which lodges have rooms on your dates before you book.

Photos, videos and reviews of this trip: enepaltrekking.com/classic-everest-base-camp-trek