

Trek to Everest Base Camp



Highlights

How can you not be seduced by the idea of trekking through yak filled meadows and colourful Himalayan villages towards the gateway to the world's highest and most formidable mountain? This breath taking 17 day trek to Everest Base Camp will leave you inspired and awestruck by the beauty of the Himalayas and the Nepalese people

Kathmandu, the vibrant capital of Nepal, is where this adventure begins. A couple of nights will be spent here with time for a little sight seeing and generally acclimatising and getting to know your other group members and guides. In no time at all you will be comparing sore feet and witnessing the most incredible scenery in the world together, so why not share a beer and get those awkward introductions out the way quickly? From here, you will have a short flight and arrive in Lukla, where you will start your trek.

The next seven days will be spent on your trek to Everest Base Camp, with stops along the way to explore and acclimatise to the altitude. Your first such stop will be Namche Bazaar, from where you will get your first sight of the awe-inspiring Everest. After a day or two exploring locally, you will head off to Deboche, visiting Thyangboche monastery en route. From here, be over-whelmed and amazed by the magnificent panoramic vista of the Himalayan peaks.

With the excitement growing as you progress ever closer to the base camp of the world's highest peak, pass through the villages of Deboche and Dingboche. You will stay at the latter for two nights where you will enjoy yet more awesome views (you won't get bored of them.) Hike to the beautiful Imja Khola Valley and watch the yaks grazing in the meadows whilst sipping your tea and contemplating the days trekking ahead of you. Then, leave the lush rhododendron forests and pine trees behind you, hiking above the tree-line in a much starker and barren landscape. You will stop at Locuche before navigating the rubble and Khumbu Glacier to finally arrive at Everest Base Camp. After trekking for nine days, you will now be standing where Sir Edmund Hillary and many others began their conquests of the formidable peak. Inhale the air of anticipation and watch professionals preparing for their ascent. On your final day of hiking before beginning your trek back to Lukla, you will climb up to Kalapathar from where you will get your best views yet of Everest.

The trek back to Lukla is shorter as you don't need to acclimatise along the way and in just 5 days you will be back in Kathmandu enjoying yet again the buzz and colours of the atmospheric capital.

Is it for me?

There is no doubt about it, you do need a certain level of fitness to be able to enjoy this trek. You certainly don't need to be completing a triathlon every weekend, but you will be trekking for 5-8 hours each day for 18 days on the trot. Your group size will be a maximum of 12 people and within that group some people will be fitter than others. Everyone is able to walk at their own pace (often there is an hours gap between the first and last person arriving) allowing you to dictate your speed and also giving you ample opportunity to take photos and take in the amazing views.

You don't need to worry about carrying heavy bags, the porters will transport your belongings you just need to take a day pack with you.

Accommodation

Prices from
1,504 GBP (16 days) per person

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In Kathmandu you will be staying in hotels, on the trek you will stay at comfortable lodges.

Food is served along the way and prepared by the trekking chefs and might include dishes such as Yak curries and steak.

Itinerary

Day 1 - Arrive in Nepal's capital, Kathmandu. Briefing for the trek.

Day 2 - Fly to Lukla (2,840m) trek to Phakding. Overnight lodge. 2650m. 3 hours trek.

Day 3 - Trek to Namche Bazaar (3441m). (5 hours walking) Overnight lodging.

Day 4 - Namche Bazaar for acclimatisation and exploration day.

Day 5 - Trek to Pangboche via the famous Thyangboche monastery (3790m) and the Deboche Nunnery along with overnight lodging.

Day 6 - Hike up to the less trekked base camp of the most beautiful mountain in this region - Amadablam. The group will continue on to a ridge at an altitude of 5000m - perfect for acclimatisation while enjoying an off-the-beaten track which is taken only by mountaineers and the villagers when bringing their animals for summer grazing.

Day 7 - Trek to Dingboche (4320m) and up towards Nakardzong Ridge for acclimatisation. Overnight lodge, (5 to 6 hours walking)

Day 8 - Trek to Lobuche (4900m) Overnight lodge (5-6 hours walking).

Day 9 - Trek to Everest base camp and overnight lodging at Gorakshep (5120m).

Day 10 - Trek to Kalapathar and head back toward Lobuche or Pheriche with overnight lodging, (9 hours walking).

Day 11 - Trek Kyangjuma or Namche Bazaar. (Overnight lodging)

Day 12 - Trek to Phakding or Monjo. Overnight Lodge.

**Day 13 - Trek to Lukla. Last night party with the lads!
Overnight Lodging**

Day 14 - Fly Back to Kathmandu.

Day 15 - Morning walking tour of Ason (an old spice market) and the old Durbar Square (Palace).

Day 16 - International Departure

Details

Price includes

Price includes all accommodation, transfers, meals whilst trekking, guides, porters, good clothing for porters and crew, food for porters & crew members, insurance for crew and porters that includes helicopter evacuation when necessary and medical treatment, all permits.

Typical Duration

17 days

Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

Experience required

A reasonable level of fitness and interest is all that is needed

Travellers should bring

walking shoes