

7-Day Luxury Everest Base Camp Trek

URL: <https://himalaya-discovery.com/trip/7-day-luxury-everest-base-camp-trek/>

Trip Code

EBT073

Destination

Nepal

Start / End Point

Kathmandu

Duration

7

Per Person From

USD 5,450

Accommodation

Hotel

Hotels in Nepal range from budget-friendly to luxury, offering modern amenities like Wi-Fi, hot water, and comfortable rooms.

Region

Everest

Max. Altitude

5,364m

Nature Of Trek

Lodge to Lodge

Best Season

Spring & Autumn

Activity Per Day

4 - 6 hrs.

Group Size

2 - 10

Transportation

Flight

BLD

Breakfast, Lunch, Dinner

Medium

Medium trekking involves more challenging trails with moderate climbs and longer durations, requiring a good fitness level.

Trip Overview

The ultimate luxury trek to Everest Base Camp in just 7 days! Our exclusive trip package includes a helicopter ride back to Kathmandu, allowing you to soak in the breathtaking views of the Himalayas in style. With comfortable accommodations, gourmet meals, and experienced guide, this is the perfect way to conquer the world's highest peak.

This Luxury Everest Base Camp Trek 7 days shares similarities with the standard [Everest Base Camp Trek 14 days](#) but distinguishes itself by offering lavish accommodations at “[Marriott Hotel](#)” or other similar-class hotels in Nepal. This exclusive trek offers the perfect balance of exhilarating trekking and

world-class amenities, making it a truly unforgettable experience

One of the highlights of this incredible trek is the helicopter return to Kathmandu. Say goodbye to long, exhausting hours of trekking back down the mountain and instead, soar high above the gorgeous scenery in a helicopter. Witness breathtaking views of the Himalayas from a whole new perspective, all while enjoying the ultimate VIP treatment.

But the luxury doesn't stop there. Throughout the trek, you'll stay in the finest lodgings, dine gourmet cuisine prepared by chefs, and be pampered by a team of experienced Sherpa guides and porters who will ensure your comfort and safety every step of the way.

The Luxury [Everest](#) Base Camp 7 days trek is the perfect choice for adventurers who crave a once-in-a-lifetime experience without sacrificing the comforts of home. Whether you're an experienced trekker or a first-time explorer, the Everest Base Camp 7 Day trek offers something for everyone. So, why wait? Book your luxury trek today and experience an extraordinary journey to the top of the world.

Trip Itinerary

Day 1: Flight to Lukla by Helicopter and trek to Phakding

Are you ready to embark on the adventure of a lifetime? Day 1 of your Everest Base Camp trek is sure to set the tone for an unforgettable journey. Imagine starting your day with a scenic helicopter flight to Lukla, giving you a bird's eye view of the majestic Himalayas below. This thrilling ride will have you feeling like a true adventurer from the moment you take off.

Once you touch down at Lukla, your trek to Phakding begins. The fresh mountain air and stunning views will invigorate you as you make your way through the picturesque landscape. You'll pass through quaint villages, cross rushing rivers, and marvel at towering mountains that seem to touch the sky.

After a rewarding day of trekking, you'll arrive at your accommodation for the night - a private room with an attached bathroom. This is a rare treat on the trail, where most accommodations are basic teahouses with shared facilities. Soak in the comfort and privacy of your room as you unwind and reflect on the day's adventures.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 135 km Flly, 7.83 hrs KM Trekking		2,610m

Flight Hours:	Meals:	Accomodations:
40 mins.	BLD	Hotel

Day 2: Trek to Namche bazaar

If you thought trekking in the Himalayas meant roughing it in basic accommodation, think again. On day

2 of our trek to Namche Bazaar, prepare to be pleasantly surprised as we check into private rooms with attached bathrooms – a touch of luxury in the heart of the world’s highest mountain range.

After a hearty breakfast at our lodge, we set off for Namche Bazaar, a bustling hub of Sherpa culture and commerce. The trail winds through rhododendron forests and across suspension bridges, offering stunning views of snow-capped peaks at every turn.

But the real highlight of the day comes when we arrive at our accommodation, a cozy lodge with private rooms that offer a welcome respite from the day’s exertions. With comfortable beds, hot showers, and en-suite bathrooms, you’ll feel like you’ve checked into a mountain retreat rather than a trekking lodge.

After settling in and freshening up, we head out to explore Namche Bazaar, a town buzzing with energy and activity. Shops selling traditional handicrafts, cozy cafes serving up steaming cups of chai, and trekkers swapping stories of their mountain adventures – Namche has it all.

Trek Distance:	Trek Duration	Highest Altitude:
9.4 KM	5 – 6 hrs.	3,438m
Meals:	Accommodations:	
BLD	Hotel	

Day 3: Trek to Tengboche / Debuche

Imagine waking up to the sound of prayer flags fluttering in the wind and the distant tinkling of yak bells, before enjoying a delicious breakfast on a sunny terrace overlooking the snow-capped peaks. After a day of hiking through the stunning landscape, you can return to your cozy room with a warm bed, hot shower, and perhaps even a crackling fireplace to relax by.

Not only does staying in a private room offer a welcome respite from the sometimes crowded and noisy tea houses, but it also allows you to fully recharge and rejuvenate for the next day’s adventures. Plus, many lodges and guesthouses in Tengboche and Debuche pride themselves on their warm hospitality and personalized service, making your stay truly unforgettable.

Trek Distance:	Trek Duration	Highest Altitude:
9.2 KM	5 hrs.	3,870m
Meals:	Accommodations:	
BLD	Hotel	

Day 4: Trek to Dingboche

Embarking on a trek to Dingboche in the Khumbu region of Nepal is a truly unforgettable experience. The stunning landscapes, the breath-taking views, and the warm hospitality of the local Sherpa people make it a journey like no other. And when it comes to accommodation, there is no better way to immerse yourself in the culture and charm of the area than by staying in a private room.

Staying in a private room during your trek to Dingboche allows you to relax and unwind in comfort after a long day of hiking. You'll have your own space to rest and recharge, ensuring that you are ready to tackle the next day's adventures with renewed energy. And with the option of hot showers and cozy beds, you'll feel like you're in your own little oasis in the heart of the Himalayas.

Trek Distance:	Trek Duration	Highest Altitude:
9.5	5 - 6 hrs.	4,360m
Meals:	Accommodations:	
BLD	Hotel	

Day 5: Trek to Lobuche

Lobuche is not for the faint of heart, but for those who crave the thrill of challenging themselves in one of the most breathtaking landscapes on Earth. The trek to Lobuche will take you through rugged terrain, past towering peaks, and across crystal-clear mountain streams. It is an experience that will test your physical and mental strength, but will reward you with memories that will last a lifetime.

One of the highlights of trekking to Lobuche is the chance to witness some of the highest peaks in the world up close and personal. You will see iconic mountains like Everest, Lhotse, and Nuptse, standing tall against the clear blue sky. The sense of awe and wonder that comes from being in the presence of such natural beauty is truly incomparable. Overnight at private rooms with attached bathroom.

Trek Distance:	Trek Duration	Highest Altitude:
8 KM	4 hrs.	4,910m
Meals:	Accommodations:	
BLD	Hotel	

Day 6: Visit Everest Base Camp and Lunch at Gorakshep & trek back to Louche

Starting from Lobuche, you will embark on a grueling yet rewarding journey towards Everest Base Camp. The trek takes you through stunning landscapes, from rugged mountain passes to majestic glaciers, providing a truly immersive experience in the heart of the Himalayas.

One of the highlights of this trek is reaching Everest Base Camp itself. Situated at an altitude of 5,380 meters, this legendary site serves as the starting point for climbers attempting to summit Mount Everest. Standing in the shadow of the towering peak, you can't help but feel a sense of awe and admiration for the brave souls who have dared to conquer this formidable mountain.

But the adventure doesn't stop there - after a morning of exploring Everest Base Camp, we'll make our way to Gorakshep for a much-needed lunch break. Here, you'll be treated to a delicious meal that will fuel you up for the trek back to Louche. From hearty soups and sandwiches to warm drinks and sweet treats, there's something for everyone to enjoy as you refuel and recharge for the journey ahead.

As you make your way back to Louche, you'll have the chance to take in even more of the stunning Himalayan scenery that surrounds you. The crisp mountain air, the towering peaks, and the rugged terrain all combine to create an experience that is truly unforgettable. And when you finally make it back to your accommodations at Louche, you can relax and unwind in your private room with an attached bathroom, knowing that you've conquered Everest Base Camp and experienced a day like no other.

Trek Distance:

14.6

Trek Duration

7 - 8 hrs.

Highest Altitude:

5,364m

Meals:

BLD

Accommodations:

Hotel

Day 7: Return to Kathmandu by Helicopter

You will enjoy your last breakfast in the Everest. After that, you will fly back to Kathmandu by Helicopter which you'll be treated to stunning views of the towering peaks and lush valleys below.

Forget about the days of grueling trekking back to the city - a helicopter transfer will have you back in the bustling streets of Kathmandu in no time. Say goodbye to sore muscles and blistered feet as you relax in the comfort of your Helicopter ride.

But the perks don't stop there. Not only will you save time and energy, but you'll also have the opportunity to see the rugged terrain of the region from a whole new perspective. Marvel at the snow-capped peaks and sprawling glaciers as you fly over some of the world's most treacherous terrain.

Whether you're a seasoned adventurer looking for a touch of opulence or a first-time trekker wanting to experience the ultimate in luxury travel, a helicopter ride back to Kathmandu from Lobuche is an experience you won't soon forget.

Trek Duration

7 - 8 hrs

Highest Altitude:

1400m

Flight Hours:

1 hr.

Meals:

BLD

Accommodations:

Hotel

Price Includes

- Airport transfers pick-up and drop-off.
- Accommodation in Kathmandu at **Marriott Hotel** or Similar with breakfast.
- **Private charter Helicopter both ways:** Kathmandu to Lukla & Gorakshep to Kathmandu.
- Luxury accommodation at **Yeti Mountain Home** by Mountain Lodges of Nepal for 3 nights or **Everest View Hotel Namche** (1 Night in Phakding and 2 nights in Namche Bazar)

- 3 nights semi-luxury lodge accommodation in Tengboche, Debuche and Dingboche with full board meal.
- The best available lodge accommodation at Lobuche.
- Everest trekking permit & **Trek Card:** Khumbu Pasanglhamu Rural Municipality.
- All meals (breakfast, lunch, dinner) during the trip.
- Tea/Coffee three times a day.
- Mineral water during the trip.
- Fresh fruit every evening after the dinner.
- Transportations, accommodation, wage, food, insurance, equipment for the guide & porter.
- All accommodations during the trek.
- English speaking Sherpa trek guide.
- All necessary paper works, Everest National park entry permit.
- Porter to carry your luggage during the trek (1 porter for 2 people)
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- Tips for staff. (tipping is expected).
- Any others expenses which are not mentioned on the 'Service Includes' section.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 6,470
2 - 2	USD 5,450
3 - 4	USD 4,485

General Packing List

- Hiking boot (ankle support boot recommended)
- Sleeping bag (**optional / lodges provides blankets**)
- Down jacket (**we will provide / Return**)
- Gloves
- Sunscreen & Lip guard

- Ear plug & Eye mask
- A woolen cap
- Sunglasses
- A pair of hiking sandals
- Underwears
- Comfortable Sports Bras (for girls)
- Sanitary pads (for girls)
- Thermal vest and long johns to keep the heat in
- Pair of comfortable (quick-dry) hiking pants
- Hiking socks (woolen socks are recommended)
- Duffel bag (**we will provide / Return**)
- Hiking Poles (**we will provide / Return**)

Frequently Asked Questions

Why Choose Himalaya Discovery?

We have an experienced team of [Sherpa guides](#) on the mountain and ground staff in Kathmandu to make sure you are well taken care from the moment you arrive. Our guides have also attended a Wilderness First Aid course dealing with acclimatization issues on the mountain.

What is the best season for this trekking?

The best times for trekking in Nepal are from March to [May](#) and from [September](#) to November. And also trekking is possible in winter from December to February which is a good time to avoid the crowds but you will need to be prepared for colder temperatures.

Are there any age limits for 7 Day Everest Base Camp Trek?

There's no limit on our excursions, as long as participants are healthy and willing! We had seen families with children as young as 8 years do the [Everest Base Camp Trek](#), and our eldest trekkers are in their late 70s.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal