

Everest Base Camp Trek - 14 Days

URL: <https://himalaya-discovery.com/trip/everest-base-camp-trek-14-days/>

Destination Nepal	Activity Trekking in Nepal	Start / End Point Lukla / Lukla
Duration 14	Per Person From USD 1,750	Accommodation Lodge
Region Everest	Max. Altitude 5545m	Nature Of Trek Tea House to Tea House Trekking
Best Season February to May, & September to December	Activity Per Day 4 - 5 hrs	Group Size 2 - 10
Transportation Flight	Lodge Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.	BLD Breakfast, Lunch, Dinner

Moderate

14-Day Everest Base Camp Trek Highlights

- Visit Everest Base Camp and experience the camaraderie as climbers attempt the world's highest peak
- Highly experienced Sherpa leaders
- Stand on the summit of Kala Patar at 5,645 m. (18,519 ft) for stunning views of Everest
- Visit ancient monasteries and receive a blessing from a monk/lama

Everest Base Camp Trek

The ultimate adventure of Everest Base Camp Trek 14 Days offers breathtaking mountain panoramas, if you like to walk this is one of the most inspiring places in the world to do it.

The tallest summit of the earth standing tall at a height of 8,848 meters is not only the aspiration of mountaineers from all over the world, but its base camp, Everest Base Camp is also one of the most popular and rewarding trekking destinations. More than 30,000 trekkers trek to this region every year.

Our 14-days Everest Base Camp Trek is a great introductory lodge trek that offers sensational mountain views and an insight into the lives of the Sherpa people. Everest Base Camp trek trail follows the trail for the [Mount Everest expedition](#) till the base Camp.

After discovering the temples, shrines, bazaars and restaurants of Kathmandu we take an exciting mountain flight to Lukla and trek up the Dudh Kosi Valley, surrounded by the soaring peaks of Thamserku and Kusum Kanguru. It's a steep ascent to Namche Bazaar, the capital of the Kumbu Sherpas, where we are again greeted by spectacular mountain vistas.

A rest day here aids acclimatization and there are great optional walks to enjoy the area. We then follow the trail to famous Tengboche, located high on a ridge where a magnificent 360-degree panorama awaits. The views of Everest, the Lhotse-Nuptse Wall, Ama Dablam and Kantega dominate this peaceful and spiritual location - surely one of the most tranquil and inspiring places in the world.

The Everest Base Camp Trek 14 Days is not only famous for its nearness of world's highest peak but also for its friendly [Sherpa people](#), world's highest Buddhist monasteries, picturesque Sherpa villages, great variety of cultures, traditions and active Buddhist monasteries.

This stunning Everest Base Camp trekking visits both, Everest base camp and Kala-patthar (5645 meters), a viewpoint recognized as the best vantage point to see Mount Everest which is a premier goal for many adventurous walkers in the Himalaya.

14-Day Everest Base Camp Trek Difficulty

Firstly, it should be noted that no climbing expertise is required for the Everest Base Camp Trek and there are no technical climbing sections.

Many people believe that a super high fitness level is required for the EBC trek. While a good fitness level will certainly make the trek more enjoyable, you definitely don't have to be an Olympic athlete.

An EBC trek tires most people due to the altitude and hilly nature of the path, but we think that any novice-trekker can tackle the hike with a little basic training.

Certainly some days are easier than others, and preparing for the tough days is sensible, not the easy ones. If you have minimal fitness, walking to EBC for 4 to 6 hours a day will bring it out of you.

[Everest Base Camp Trek difficulty](#), the altitude is undoubtedly the most difficult and underestimated aspect of the EBC trek. Certainly, the trek's high altitude profile makes it going more difficult.

If it wasn't for altitude, the EBC trek would actually be very basic. Acute Mountain Sickness (AMS), especially at altitudes reached on the EBC trek, should not be taken lightly or underestimated.

We advise you do a couple of 4 - 6 hour treks at home so that your body is used to that kind of exercise period. Start about 5-7 weeks in advance, and slowly build up time and distance so that you can walk a strong 5-hours trekking time.

Best Season for Everest Base Camp Trek 14 Days

From September to November (autumn) and March to May (spring) are the [best season](#) to trek to Everest Base Camp. June to August (monsoon) is the rainy months but this time is best for keen botanists and has clear sky sometimes. During the hike, it offers grand spectacles of blooming rhododendron flowers during months of March, April and May.

The view of Mt. Ama Dablam with the rising sun shining on it is one of the superb views of this trek. At the highlight of this trek, you will climb Everest Base Camp and Kala Patthar at dawn to enjoy one of the most brilliant mountains views on the Earth. If you want to avoid crowds then winter trekking (December - February) is recommended.

The morning temperature is cold but not unbearable and during the day it is warm and clear sky with a fantastic view for most days.

14-Day Everest Base Camp Trek Packing List

1. Base Layer 2. Trekking Shirts 3. Trekking Trousers and Shorts. 4. Fleece Jacket 5. Insulated Jacket 6. Hard Shell Jacket and Rain Gear 7. Sun Protection Hat 8. Trekking Backpacks 9. Camera Gear and Accessories 10. Hiking Boots and Socks 11. Jackets and Other Outerwear 12. Long Underwear and Base Layers 13. Gloves, Hats, and Rain Gear Other Essentials.

It is advisable to use good quality worn-in boots to protect your feet. For more detail check out [here](#)

Food 14-Day Everest Base Camp Trek

[Everest Base Camp Trek](#) is in the mountainous region, so you should not expect to find a variety of western food. Yet you'll for sure taste authentic Sherpa, Tibetan and Nepali food on this trip.

Also, it would be best if you avoided eating meat dishes during the journey as it is not fresh and hygienic. Because animal slaughtering is prohibited in the Everest region, any meat available there is transported by yak or porter from Kathmandu or Kharikhola.

However, the vegetarian meals served in the home-stays are both nutritious and delicious, and it gives you enough energy to complete a day hike. Every day, you will be served a different breakfast and lunch menu.

14-Day Everest Base Camp Trek Cost

The [Everest Base Camp Trek cost](#) anywhere between \$1350 and \$2000, depending on the services, outfitter, and route. And our [Everest Base Camp Trek](#) 14 Days is more affordable compared to other trek packages.

Our package includes a guide, meals, accommodation, a porter, and other services. However, it does not cover your personal expenses, so bring between \$12 and \$18 for each day of the trek.

Be sure to carry the cash because they do not have money exchanges, ATMs, or banks except Lukla and Namche. You'll need cash to pay for things like bar bills, hot showers, snacks, phone or camera charging, and so on.

Accessing 14-Day Everest Base Camp Trek

The Everest Base Camp Trek 14 Days starts at [Lukla](#) and leads you through the Khumbu Valley to the Everest Base Camp situated on the south side of Mount Everest.

Most trekker's however, begins in Kathmandu. From there it is a short, yet unforgettable flight into Lukla 30mins from where you will start the actual trekking.

The entire journey including the trek typically lasts between 14 and 16 days, with 12 days on the trail. Of these 12 days, 2/3 will be spent acclimatizing to the high altitude, so 10 days of actual trekking can be expected.

For those who don't want to start their trek by flying into Lukla Airport, the [Jiri to Everest Base Camp Trek](#) variation provides a unique alternative.

This trek starts with a bus ride from Kathmandu via Jiri to Deurali/Bhandar from where the trekking starts. Because Jiri is considerably further away than Lukla, this variation will add around 5 to 6 days into the trek.

Itinerary

Our Sherpa guides have been to the Everest region more than once and are thus in the best possible position to enable you to extract the best out of your experience. Our 14-day Everest Base Camp Trek package is actually formulated to have the maximum possible exposure to scenic views and unimpeded cultural exposure along the trail. Day-to-day itineraries will inform you about where you will go, what you will do, and where you will stay. Our experience will make your Himalayan trekking completely hassle-free and trouble-free.

Day 01: Arrive in Kathmandu.

You will arrive at Kathmandu where we will pick you up from TIA and drop you to the hotel. Meanwhile, you can take your time to stroll around to visit the temples and monuments.

There are plenty of places that you will find fascinating if you wander around. In the evening you will have dinner and stay overnight at the hotel.

Trek Distance:

Free day

Trek Duration

Free day

Highest Altitude:

1400m

Meals:

Breakfast

Accommodations:

Hotel

Day 02: Fly to Lukla from Manthali, and then trek to Phakding.

Everest Base Camp trekking adventure starts on the second day with a scenic flight from Manthali Airport, Ramechhap or Kathmandu Airport to Tenzing Hillary Airport at Lukla (2,804 m).

Upon arrival at Lukla, you will meet our porters who will carry your luggage bags. After a short glimpse of Lukla village, the Everest Base Camp hike commences, where you will pass Chaurikharka village, then descend towards Dudh Koshi Ghat. From there, you follow the trails via Dudh Koshi River bank to Phakding and stay overnight at a guest house.

Please note: Kathmandu to Lukla flight has been shifted to Manthali airport, Ramechhap in peak trekking season Spring (March, April, May) and Fall (September, October, November) due to increased traffic as well as renovation in Kathmandu airport since March 2019. Manthali airport can be reached within 4 to 6-hour drive in road from Kathmandu.

This means you need to wake up early in the morning around 2:30 am to go for a drive and catch your early morning Lukla flight from Manthali.

Trek Distance:	Trek Duration	Highest Altitude:
8 km trek, 132 km (Manthali to Lukla).	3 - 4 hrs	2651m

Flight Hours:	Meals:	Accommodations:
15-20 minutes	Breakfast, Lunch, Dinner	Teahouse

Day 3: Trek to Namche Bazaar.

Early in the morning, you will have your breakfast and then begin your trek to Namche Bazaar. You will walk 7.4 km from Phakding to Namche Bazaar.

You begin walking through the beautiful forest of rhododendron and cross Hillary Suspension bridge before you enter the Namche Bazaar.

After you reach the village of the Sherpas, you will rest and have your meals. You can take your time to stroll around and meet the locals. You will see the local yaks as a means of transportation there. You will also witness the head of the dominant mountain, Nupla.

You will stay overnight at Namche Bazaar.

Trek Distance:	Trek Duration	Highest Altitude:
10-12 km	5 - 6 hrs	3438m
Meals:	Accommodations:	
Breakfast, Lunch, Dinner	Teahouse	

Day 04: Acclimatization day / Discover Namche Bazaar.

The fourth day is the acclimatization day. This means that your body needs to adapt to a new environment. So, you need to take a day break so that you can adjust to a completely new altitude of Namche Bazaar.

The acclimatization only takes a short time for your body to get adjusted. Meanwhile, you can take your time to wander around the beautiful village.

You can know some more about the lifestyles and people there. You might get the chance to see Mount Sagarmatha from here if the weather is clear.

The simplicity of the Sherpas is something that you will remember for a very long time. You can take your time to visit the Sagarmatha National Park and Sherpa Museum.

You will spend the night there at Namche Bazaar.

Trek Distance:	Trek Duration	Highest Altitude:
Optional short hikes (2-4 km)	2-3 hours	3438m
Meals:	Accommodations:	
Breakfast, Lunch, Dinner	Teahouse	

Day 05: Trek to Tengboche.

Early in the morning, you will leave for Tengboche. You will pass through the banks of the Dudh Koshi river to reach Tengboche. You will also get to visit the local monasteries.

You will enjoy the views while trekking and the water resources will freshen up your mood. After only a short trek, you will see a clear view of the mountains. If you are early, you can also take your time to visit a military museum on the way.

After reaching Tengboche, you will have your meals and stay there for the night.

Trek Distance:	Trek Duration	Highest Altitude:
10-12 km	5 hrs	3870m
Meals:	Accommodations:	
Breakfast, Lunch, Dinner	Teahouse	

Day 06: Trek to Dingboche.

Early morning, you will walk down to Indrakhola and climb up to Dingboche. At the height of 4360 m, you will see the gorgeous view of Mt. Lhotse and also the striking Mt. Ama Dablam.

You will also see a clearer view of Everest on the trek from Tengboche to Dingboche. It is a sight to cherish.

This place will also be a spot for you to take a rest and for the second acclimatization. You can take your time to get adjusted for a while and also enjoy the view. This spot is also considered to be among the best viewpoint in the region. You will stay there the night.

Trek Distance: 10 km	Trek Duration 5 hrs	Highest Altitude: 4360m
Meals: Breakfast, Lunch, Dinner	Accomodations: Teahouse	

Day 07: Trek to Lobuche.

You will walk through the base of Mt. Lobuche. This is yet the most difficult part of the trekking journey. The roads are a bit harder to walk on in the higher altitudes.

The trails are completely safe. But, do take your time and maintain your pace with it and not hurry. You will stay overnight in Lobuche.

Trek Distance: 11 km	Trek Duration 5 - 6 hrs	Highest Altitude: 4940m
Meals: Breakfast, Lunch, Dinner	Accomodations: Teahouse	

Day 08: Trek to Everest Base Camp and Back to Gorakshep.

On the eighth day, you will walk towards the Everest Base Camp from Lobuche.

You will walk through the highest glacier of the world, Khumbu Glacier. The views of the pristine mountain are absolutely captivating when you are surrounded by the icy glacier.

After walking for about 7 hours, you will reach Everest Base Camp.

After your time at the Base Camp, you will again head back for Gorakshep where we will rest and spend the rest of the day.

Trek Distance: 12 km	Trek Duration 6 - 7 hrs	Highest Altitude: 5364m
Meals: Breakfast, Lunch, Dinner	Accomodations: Teahouse	

Day 09: Visit Kalapatthar and trek back to Pheriche.

Although Everest Base Camp might seem like the last destination for you but the views from Kalapatthar are spectacular.

Yes, you will trek up to Kalapatthar from where you can have the best view of Mount Sagarmatha.

So, enjoy the view while you can. And you will climb down to Lobuche for lunch and head to Pheriche where you will spend the night.

Trek Distance:	Trek Duration	Highest Altitude:
13 km	7 - 8 hrs	5545m

Meals:	Accomodations:
Breakfast, Lunch, Dinner	Teahouse

Day 10: Trek to Namche Bazaar.

After breakfast, like every other day, you will prepare yourself to leave Pheriche. From Pheriche to Debuche and then an hour climbs to Tengboche once again.

You will again descend to Phunkithanga (3200 m) and finally, hike towards Namche. After days of hard work and after a feeling of accomplishment, we will enjoy at Namche.

After days of adjusting, enjoy the variety of food at Namche. Because this is a transit point, it is a settlement that has prepared to adjust to the growing number of tourists. Which is why it is quite facilitated. Enjoy the day and rest well. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
14 km	5 - 6 hrs	3440m

Meals:	Accomodations:
Breakfast, Lunch, Dinner	Teahouse

Day 11: Trek to Lukla.

The trail from Namche to Lukla follows a steeply downwards path passing a suspension bridge. Here, The Dudh Koshi River comes up with a gorgeous feel to the natural surroundings.

This is the last destination and tomorrow you will head to Kathmandu. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
19 km	6 - 7 hrs	2860m

Meals:	Accomodations:
Breakfast, Lunch, Dinner	Teahouse

Day 12: Fly to Manthali and then drive to Kathmandu.

Early in the morning we will catch a scenic flight back to Kathmandu or Manthali over the Himalayas. Arrive at Kathmandu and, back to the hotel. You can take a rest or spend the rest of your day strolling around Thamel.

Trek Distance:	Trek Duration	Highest Altitude:
132 km (82 miles) from Manthali to Kathmandu	4-5 hrs (Drive)	1,400m

Flight Hours:	Meals:	Accommodations:
35 mins (Flight), (Lukla to Manthali)	20 mins Breakfast, Lunch, Dinner	Teahouse

Day 13: Free / Shopping day

It's a spare day in case of bad weather in Lukla.

Trek Distance:	Trek Duration	Highest Altitude:
Free day	Free day	1400m

Meals:	Accommodations:
Breakfast, Lunch, Dinner	Teahouse

Day 14: Free day / Farewell dinner / Fly to home.

It's an extra spare day in case of bad weather in Lukla. If you get interested to take some gifts from Nepal for friends and relatives, visit to some nearby shops or go out in Thamel for typical Nepalese goods which can be assisted by our guide or you can do it yourself too.

Optional activities: You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. The whole area is a maze of temples and images. Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls. Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Buddhanath which is one of the largest Stupas in the world.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

Trek Distance:	Trek Duration	Highest Altitude:
Free day	Free day	1400m

Meals:	Accommodations:
Breakfast	Hotel

Day 15: Fly to home.

The trip concludes! Our airport representative will drop you to the Kathmandu International Airport for your flight departure from Nepal.

Trek Distance:

Free day

Trek Duration

Free day

Highest Altitude:

1400m

Meals:

Breakfast

Price Includes

- Airport transfers pick-up and drop-off.
- Airfare both ways Kathmandu - Lukla - Kathmandu.
- Trekkers' Information Management System (TIMS) Permit.
- All meals (breakfast, lunch, dinner) during the trek.
- Tea/Coffee three times a day.
- Fresh fruit every evening after the dinner.
- All accommodations during the trek.
- 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.
- International Travel insurance which included rescue.
- Tips for guide & porter (tipping is expected)
- Any others expenses which are not mentioned on the 'Price Includes' section.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,950
2 - 3	USD 1,750
4 - 5	USD 1,650

Add Ons For Everest Base Camp Trekking 14 Days

Nepal's diverse adventure and extensive natural beauty offer trekking lovers the chance to combine other activities in order to make Everest Base Camp Trek more spectacular and unforgettable. Combining the trek with another adventure before or after, you are able to experience more of Nepal's lovely scenery and indigenous culture. Partaking in these other activities on the side makes the adventure more but ensures maximum utilization of time spent here in this mountain paradise.

- [Trishuli River Rafting](#)
- [Heli Sightseeing](#)
- [Kathmandu Food Tour](#)
- [Paragliding in Nepal \(Pokhara\)](#)
- [Ultra-Light Flight](#)
- [Kathmandu Day Tour](#)
- [Bardia Jungle Safari](#)
- [Chitwan Jungle Safari](#)
- [Bungee Jumping](#)

Sleeping Bag Rental

If you need extra comfort on your trek, you can rent a high-quality 4-season sleeping bag for the price of just USD 30. Sleeping bags are designed to withstand very low temperatures so that you can enjoy a warm, comfortable night's sleep. For you not to be charged an extra fee, return the sleeping bag in the same condition it was rented. In the event of loss or damage, a replacement value of USD 165 would be applied.

Personal Porter Services

Make your trekking experience a bit more convenient by availing the services of your own personal porter who will carry your packs. We coordinate expert porters to look after you, two clients each in the package. But for only USD 20 a day, they will carry a maximum of 25kg of your baggage and make arrangements for their meals, accommodation, and insurance independently. The added comfort allows you to hike when you want to, appreciate viewing of scenery and conserve energy for highland walking.

Useful Information

To prepare you for your trek, we have collated an information treasure regarding all that you should know before starting on your trek. From the climate and what to pack to acclimatization at high altitudes and permits, we provide you with the minimum bare essentials necessary to make sure that your trip is safe as well as enjoyable. We would be more than happy to help you gain the required knowledge and confidence to have a memorable Everest region trek.

More Info - Good to know before you travel

People and Culture

The Everest Base Camp Trek is not only famous for its nearness of world's highest peak but also for its friendly [Sherpa people](#), world's highest Buddhist monasteries, picturesque Sherpa villages, great variety of cultures, traditions and active Buddhist monasteries.

This stunning Everest Base Camp trekking visits both, Everest base camp and Kala Patar (5645meters), a viewpoint recognized as the best vantage point to see Mount Everest which is a premier goal for many adventurous hikers in the Himalayas.

How much Everest Base Camp Trek does it cost?

[Everest Base Camp Trek cost](#) range per person from USD 1200 to USD 2000 for an average 12 - 16-days trek. The price will vary according to group size, standard and deluxe trek plan you prefer. The most popular way to arrange a trek to Everest Base Camp.

Cost Includes: Roundtrip flight from KTM - Lukla - KTM, permits, accommodation, meals, but costs do not include: insurance, visa, personal equipment, drinks.

The advantage of booking a package trek to Everest Base Camp is that everything is taken care of for you. Accommodation will be booked ahead, meals will be paid for and arranged. You should get to meet your guide before the trek. The downside, if you prefer high-class accommodation you will still be paying for this.

Getting Everest Base camp

The Everest Base Camp Trek starts in Lukla and leads you through the Khumbu Valley to the Everest Base Camp situated on the south side of Mount Everest.

Most trekker's however, begins in Kathmandu. From there it is a short, yet unforgettable flight into Lukla 30mins from where you will start the actual trekking.

The entire journey including the trek typically lasts between 14 and 16 days, with 12 days on the trail. Of these 12 days, 2/3 will be spent acclimatizing to the high altitude, so 10 days of actual trekking can be expected.

For those who don't want to start their trek by flying into Lukla Airport, the Shivalaya or Deurali to Everest Base Camp Trek variation provides a unique alternative. This trek starts with a bus ride from Kathmandu via Jiri to Shivalaya or Deurali from where the trekking starts. Because Jiri is considerably further away than Lukla, this variation will add around 5-6 days into the trek.

Please note: The above information is a guide and standard template of what we provide. The trekking itinerary can be customized according to the duration of your holiday. We have many options for shorter visits based on your interests and budget.

On an adventure trip of this type, weather, political strikes, transport or a multitude of other factors beyond our control can result in a change of itinerary. It is however very unlikely that the itinerary would be substantially altered; if alterations are necessary the leader will decide what is the best alternative, taking into consideration the best interests of the whole group. Where a change does occur, we do everything we can to minimize its effect, but we cannot be responsible for the results of changes or delays.

Frequently Asked Questions

We've addressed some of the most common questions about the 14-day Everest Base Camp Trek, from trail conditions and safety protocols to emergency response etc. All done to prepare you and have you ready on your trek. Feel free to ask any further questions you might have; we'll be with you every step of the way.

Are there medical facilities or hospitals on the trek?

Basic medic center at Namche Bazaar and Dingboche. Airlift to Kathmandu if serious. A personal first-aid kit and proper insurance are advisable.

How much cash should I carry?

Though card machines are now a norm in all the teahouses, it is always better to carry sufficient Nepali rupees with you on the trek. ATMs are found in Lukla and Namche Bazaar.

Can I charge my electronic devices during the trek?

You can, with the majority of teahouses offering electricity with some additional fee. It is low voltage, and power outages too, so it is wise to keep the batteries in save mode and, as a fall-back option, have a power bank that is externally powered.

How do I manage my waste while on trek?

Take away all the non-biodegradable trash like sanitary towels and toilet paper. There are some places where garbage is collected for money. Getting rid of trash makes the world clean.

What is the typical daily itinerary?

The daily routine is 5-7 hours walking, eating, eating and resting. The day starts in the morning and in the afternoon, walking to the day's destination or acclimatization training and resting.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal