

Base Camp Trek

This special version of the trek to Everest Base Camp is designed for anyone who is very fit and has some trekking experience. The route to base camp is the same as the longer trek but with a faster pace that requires one less day on the ascent to base camp and two less days on the descent.

Highlights of the trek

The trek reveals some of the most breathtaking scenery in the Himalayas. The trail follows the course of the Dudh Kosi, the 'River of Milk', gradually climbing through forests of rhododendron and magnolia. There are rest days at Namche Bazaar (the Sherpa capital) and at Dingboche village (set below the spectacular peak of Ama Dablam) – to help adjust to the altitude. By the time, you reach Lobuche the temperature will have dropped and you will be walking among frozen rivers in an icy wilderness next to the Khumbu Glacier, and finally to base camp itself. The next day brings you to the final highlight – Kala Patar peak (5545m) with stunning views of Mt. Everest and surrounding Himalayan peaks.

Trek dates

October to early December and end of February to May

Trek Details

Trek dates

Daily

Season

October to early December and end of February to May

Duration

15 days

Trekking days

13 days

Trekking grade

Medium-Difficult

Maximum altitude

5545m

Starting point of trek

Lukla

Finishing point of trek

Lukla

Trek Style (Accommodation)

Tea House

Meals and Drinks

Read more

Equipment

View list

Trek code

E9

Detailed Itinerary

Itinerary can be *customized* according to your needs and length of stay if you are not planning to join a scheduled group trek.

📍 Day 1 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel in Kathmandu or Bhaktapur. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

Day 2: Trek preparations in Kathmandu

Today we will be finalizing your trek preparations and permits. There will be a half day tour of World Heritage sites in Bhaktapur or Kathmandu, and time to shop for any last minute items you might need for the trek. In the evening you will enjoy a traditional Nepali welcome dinner and a trek briefing with your guide.

Day 3 – Kathmandu to Phakding

Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the 35 minute flight to Lukla. At Lukla we will meet with our porters and head north to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called “trekking peaks”. Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and then cross a bridge over the Dudh Kosi river to our overnight lodge in Phakding (3 hrs).



Day 4 – Phakding to Namche Bazaar

From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the

Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times we make a long, steep ascent up to Namche Bazaar (3420m). Namche Bazaar is the main trading centre in this region and features numerous shops, hotels and restaurants (6 hrs).

Day 5 – Acclimatisation in Namche Bazaar

Acclimatisation is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascend towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar (5 hrs).

Day 6 – Namche to Tengboche/Deboche

Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m. The view from here is rightly deemed to be one of the worlds most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablan, Kantega and Thamskerku provide an inspiring panorama of Himalayan giants. From Tengboche we end our day by descending for about 30 minutes through forests of birches, conifers and rhododendrons to the village of Deboche where we will spend the night at an idyllic Sherpa lodge . (5 hrs).

Day 7 - Deboche to Dingboche

From here the level trail passes many mani walls in a deep rhododendron forest. After crossing the Imja Khola River the route climbs past some magnificently carved mani stones to Pyangboche (3860m). This is the highest year-round settlement in the valley, and the Pangboche gompa is the oldest in Khumbu and contains relics that are said to be the skull a yeti. Beyond Pangboche the route enters alpine meadows above the tree line, mostly consisting of scrub juniper and tundra. We will cross the Khumbu Khola river then head northwest toward the Chukkung Valley and arrive in Dingboche at the foot of the valley (4:30 hrs).

Day 8: Acclimatisation day in Dingboche

To help insure our proper acclimatization before ascending further up to EBC we will spend another day in Dingboche. A good way to spend the day is to hike up to the small summer settlement of

Chhukung where we can briefly experience higher altitudes at 4730m. From here we have tremendous views of Island Peak (6189m), the south face of Lhotse and the south eastern face of Ama Dablam. After enjoying the views here we return back to Dingboche to spend the night at lower altitude (4 hrs).

Day 9: Dingboche to Lobuche

From Dingboche the trail goes directly up a ridge overlooking the deep valley and the village Periche. After a steep climb from Dulgha where we can stop for tea we reach the memorial area known as Chukpilhara which was built in memory of six Sherpas who died in an avalanche during the 1970 Japanese skiing expedition on Everest. From here the trail drops a bit and follows the western side of the valley to Lobuche, a summer settlement at 4930m that has become a major trekking stop. The sunset on Nuptse, seen from here, is a memorable sight.(5 hrs)

Day 10: Lobuche to Gorak Shep and Everest Base Camp

The first section of today's trail follows the western side of the broad Khumbu valley and ascends gently through meadows beside the glacial moraine. The ascent becomes steeper and rougher as it crosses several side moraines. After rounding a bend in the trail, the conical peak of Pumori comes into view. On the lower slopes of this mountain a ridge extending to the south terminates in a small peak, known as Kala Pattar (5545m), meaning 'black rock'. The trail then makes a short descent onto the sandy, flat expanse of Gorak Shep. From here we will continue to the current Everest base camp, which is about a 4 hours return walk from Gorak Shep. We will return to this small settlement after our visit to the base camp (6 hrs).

Day 11: Gorak Shep to Periche

We will start our day very early by climbing the Kala Pattar (5545m) for a spectacular dawn view of the classic Himalayan peaks. This is a steep ascent up the grassy slopes west of Gorak Shep. From Kala Pattar the entire Everest south face is visible as well as Lho La (the pass between Nepal and Tibet, also named the Western Cwm), Changtse (the northern peak of Everest) and most of the West-Ridge route. We return to Gorak Shep and continue to descend to Lobuche and Periche which we trekked above on our way up to EBC. (6 hrs).

Day 12: Periche to Namche

The route from Periche descends the Imja valley, then crosses the Khumbu Khola on a wooden bridge and climbs to rejoin the upward trail at some stone huts. Following the trail downhill from here we will arrive at Tengboche in time for lunch (5 hrs). From Tengboche we retrace our steps down to the Dudh Kosi River before ascending back up to Namche. (7 hrs)

Day 13: Namche to Lukla

Today we retrace our trail down toward Monjo and hike along the river before ascending up to the entry of the Sagarmatha National Park where we will have our trekking documents checked. It's a fairly long trek day but mostly downhill and flat until a final one hour moderate climb up to Lukla, where we will reconfirm our flight tickets for the next day and spend the night (5 hrs).

Day 14: Lukla to Kathmandu

The 35 minute flight from Lukla will bring us back to Kathmandu. Since the flight usually arrives in the morning you should have plenty of free time for sightseeing or shopping in Kathmandu.

Day 15: Kathmandu

Transfer to airport for international departure flight or continue to your next destination in Nepal.

Note: The trek program is – because of weather or unforeseen events – subject to change.

Services and costs included in the price

- International and domestic airport pick-up and drop-off
- Three nights hotel accommodations in Kathmandu or Bhaktapur (with breakfast)
- Licensed and trained trekking guides
- Porters for carrying luggage and supplies
- All accommodations (teahouse lodges) during trek
- All meals with hot beverages whilst trekking
- All necessary documents and permits for trekking
- Trek equipment including sleeping bag and down jacket
- First aid supplies
- Insurance equipment for staff
- Coordination of Rescue service (costs covered by your insurance plan)
- Guided tour of World Heritage sites in Kathmandu area
- Traditional Nepali welcome dinner

Services and costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 10kg and hand bag more than 5kg in domestic flights
- Nepal visa fees
- Airport departure tax
- Rescue charge
- Bottled drinks (cold and alcoholic)
- Expenses of personal nature
- Lunches and dinners whilst not trekking