



14 Days Everest Base Camp Trek

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

Duration

14 Days

Per Person Cost

USD 1590

Difficulty

Strenuous

Group Size

1-16

Maximum Elevation

5555 meters

Accommodation

3-star hotel in Kathmandu and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Highlights Of Everest Base Camp Trek

Take a sightseeing tour of the UNESCO World Heritage Sites in Kathmandu.

Embark on the journey with a scenic flight to Lukla.

Traverse through traditional and charming Sherpa settlements.

Visit the famous capital of Sherpa, the Namche Bazaar.

Hike through the forest trails of Sagarmatha National Park.

Witness the stunning mountain views of Everest, Lhotse, Nuptse, Ama Dablam, and other surrounding peaks.

Take blessings from ancient monasteries and stupas, including the Tengboche Monastery.

Explore the Everest Base Camp and Kala Patthar vantage point.

Immerse yourself in the Sherpa culture, traditions, and warm hospitality.

Trip Overview

The Everest base camp trek is one of Nepal's most popular high-altitude routes. It takes you to the foot of the World's tallest peak, [Mount Everest](#), and is a boast-worthy experience as the base camp sits at **5400 meters**. The trek is full of spectacular panoramas of mountains and the endearing Sherpa settlement. The trail elevates the Dudh Koshi valley to Namche Bazaar to Kala Patthar (**5555m**)- the towering point of our trek. For adventure enthusiasts, no place could be better than this. Along the trail, we reach Tengboche Monastery, the highest monastery in the Khumbu region. We also come adjacent to four of the world's six tallest peaks: Mt Everest, Mt Lhotse, Mt Makalu, and Cho-Oyu.

The trek to Everest Base Camp takes place within the Sagarmatha National Park. Yet, the journey begins with the kicking of a short flight from Lukla, the gateway to Everest, guaranteeing you chill while landing on the narrow airstrip on a cliff. After reaching **Base Camp (5365m)** and conquering Kala Patthar, we return leisurely to Namche and finally to Lukla for our return flight to Kathmandu.

Upon reaching our destination, Everest Base Camp, the mammoth Everest, and other mountain ranges that stand tall before your eyes are worth the challenge and effort. Trekkers in good shape and with little experience trekking in high altitudes can also take this trip. However, [Everest Classic Trek](#) would be the best choice for trekkers with average physical fitness. Furthermore, [Everest High Passes Trek](#) is ideal for adventurous hikers who love taking up challenges.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playing card imprinted with your name. He/she will then transfer you to the designated hotel. In the evening, we can enjoy a welcome dinner hosted by Naata Trek and Tours. We can enjoy Nepalese cuisine during the dinner, which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Fly to Lukla and Trek to Phakding

We take an early morning flight to Lukla which is where all Everest treks begin. After we land in Lukla we meet the rest of the team including our porters and get set for the trek. We walk on a trail that gradually descends to Cheplung village, from where we can get a brief view of Mt. Khumbila. It is a sacred mountain that has never been climbed. From here on, we gradually descend to Phakding.

Time:

3-4 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2651 meters

Day : Phakding to Namche Bazaar

After breakfast, we continued our trail, passing through a pine forest and Benkar Valley. We cross the Dudh Koshi River, and after passing through the villages of Chumoa and Monjo, we reach the entrance of Everest National Park. The trail then ascends steeply, and after ascending for a while, we reach Namche Bazaar, the biggest town in the Everest region. We stayed the night in Namche Bazaar.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3448 meters

Day : Namche Bazaar Acclimatization

We spent more days in Namche Bazaar to acclimate to the high elevation and the thinning air. We take a tour of the town, which has everything in its locker, like ATMs, internet cafes, restaurants, government offices, etc. We also tour Sagarmatha National Park and enjoy the views of Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde, and many more. We also visited the Hillary School and monastery, which houses a yeti scalp. We can also hike to Khumjung village if time permits. We stayed the night in Namche bazaar.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3448 meters

Day : Namche Bazaar to Tengboche

We have an early morning breakfast and start the trek with the well-known descent to Dudh Koshi River and the equally impressive ascent through rhododendron forests to Tengboche. We can get clear views of

Mount Everest, Lhotse, Nuptse, Ama Dablam, and Thamserku while descending the Dudh Koshi River. Once we reach Tengboche, we will visit Tengboche monastery, the largest monastery in the Everest region. We stayed the night in Tengboche.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3870 meters

Day : Tengboche to Dingboche

Today, we descend through a forest of birch, conifers, and rhododendrons with views of Mt. Everest, Lhotse, and Ama Dablam to give us company. The trail then dives into Imja River and takes us to Pangboche. We ascend to upper Pangboche, where there is Pangboche Monastery. The trail leads us to Imja Valley, Lobuche River, and Dingboche. We stayed the night in Dingboche.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4360 meters

Day : Acclimatization hike to Nagkartshang Peak

Today, we took a day off to acclimate to the thinning air and high altitude. It is vital to let the body get used up to the surroundings. We hike up to Nangkartshang Peak, which lies just above Dingboche. It is also a great viewpoint from where we can view the striking Ama Dablam. We can see Ama Dablam from head to toe if the weather permits. We can also use this day to tour the surrounding villages.

Time:

4 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5083 meters

Day : Trek to Lobuche

We continue the trail that leads to the lateral moraine of Khumbu Glacier and pass by stone memorials dedicated to the climbers who have lost their lives doing expeditions. We continue our climb and head towards Lobuche at the foot of Lobuche peak. We stayed the night in Lobuche.

Time:

5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4910 meters

Day : Trek to Everest Base Camp and Trek back to Gorakshep

We have a difficult day since we walked along the Khumbu Glacier up to Everest Base camp. This is the closest you can get to Mount Everest without actually doing expeditions. During the springtime, we can see colorful tents of expedition teams against the grey surroundings. The view of the Khumbu Icefall from the base camp is quite a beautiful sight. We return to Gorak Shep, where we stay the night.

Time:

8 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5365 meters

Day : Morning hike up to Kala Patthar and trek back to Pheriche

Today is the hardest part of the trek, and to our content, it is the most rewarding as well. We started early on our climb to Kala Patthar, which has a small peak of 5,555m. The ascent is quite steep, but we will be rewarded by spectacular views of Mount Everest, which towers before us at 8,848m. Alongside Everest, we will be surrounded by peaks such as Nuptse, Lhotse, Chagatse, Pumori, and many others. We do a short descent back to Gorak Shep to have lunch and trek back to Pherice where we stay the night.

Time:

7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5555 meters

Day : Trek to Namche Bazaar

We leave the majestic mountains behind us and descend to Namche Bazaar through Pangboche and Tengboche. It is the same trail that we ascended, but the views are one to savor. We arrive in Namche in the afternoon where we stay the night.

Time:

7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3448 meters

Day : Trek to Lukla

Today is the last day of trekking, and we return to Lukla, the starting point of our trek. We have plenty of time today to roam about and appreciate our personal and the team's achievements on the trek. We can have a few celebratory drinks in the evening as well. We stayed the night in Lukla.

Time:

6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2804 meters

Day : Flight from Lukla to Kathmandu

We catch the earliest flight to Kathmandu possible, allowing us to catch a last glimpse of the mountain ranges. It takes us around 35 minutes to reach Kathmandu.

You also have the option to extend the trip by doing tours and going on a jungle safari. In the evening, Naata Trek and Tours will organize a THANK YOU farewell dinner program where we can recall the beautiful memories of the trip and have a good time all together.

Accommodation

Teahouse

Meals:

Breakfast and dinner

Day : Final Departure

Our trip concludes today, and a Naata Trek and Tours representative will escort you to the international airport for your departure.

Accommodation

Teahouse

Meals:

Breakfast

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Domestic flights (Kathmandu-Lukla-Kathmandu)
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Trek and Tour's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Lukla in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Is 14 Days Everest Base Camp Trek Worth it?

Absolutely yes! The 14-Day Everest Base Camp Trek is worth the challenge and effort. The journey takes you to the remote Khumbu region, near the world's highest mountain, Mt Everest. It is an awe-inspiring trek experience that is on the bucket list for trek enthusiasts all over the world.

The tranquil and scenic routes, mountain panoramas, unique Himalayan biodiversity, and rich Sherpa culture attract thousands of trekkers to EBC annually. You will begin with an incredible flight to Lukla, which takes around **30 minutes**. Your trek starts here at Everest Base Camp (**5,364 meters**) and Kala Patthar (**5,555 meters**). The trekking trails enter the Sagarmathe National Park from Monjo, a

UNESCO World Heritage Site. There are chances of catching sight of red pandas, musk deers, Himalayan tahr, danfe, monal, and more.

As you trek from the subtropical forests of rhododendrons, oaks, and firs to highland pastures, you will cross several suspension bridges over rivers and pass by waterfalls, beautiful villages, paddy fields, monasteries, glaciers, and moraines. *Throughout the trek, you will get to witness the mountain views of Mount Everest, Ama Dablam, Lhotse, Nuptse, Pumori, and many other peaks.* You can get a more personal and up-close view of the base camp and Kala Patthar.

As you get closer to the base camp, you will see spectacular views of the Khumbu Glacier and Khumbu Icefall. Staying in small but cozy accommodations during the trek offers a unique experience. *You will experience warm hospitality and a sneak peek at the local culture and lifestyle.* Therefore, the classic Everest Base Camp Trek is more than a trekking trip. It is a memorable experience that makes the Everest Base Camp tour an ultimate trip.

Everest Base Camp with Three Passes Trek

If you need more stirring adventure, take the Everest Base Camp Trek with Three Passes Trek. It is a famous trek that allows you to hike on the classic EBC route while also taking a detour to cross the three mountain passes of the Khumbu region. The three high mountain passes include **Kongma La Pass (5,550 meters), Cho La Pass (5,420 meters), and Renjo La Pass (5,360 meters).**

The Everest Base Camp Trek with Three Passes is more challenging, and the entire trek covers approximately 166 km. It also begins with a flight from Kathmandu to Lukla. The trek is **17 to 22 days**, and average trekking hours range from **6 to 8**, depending on the destination. Crossing the mountain passes is a physically strenuous journey requiring significant fitness, strength, and stamina than the Everest Base Camp hike. However, the trek is an opportunity to explore the best of the Khumbu region.

With this great trek, you will enjoy magnificent mountain views, remote hikes to the turquoise [Gokyo Lake trek](#), the iconic Everest Base Camp route, and Kala Patthar. The Everest Base Camp Trek with Three Passes will push your physical limits and reward you with fulfillment and achievement.

Challenges during 14 Days Everest Base Camp Trek

The Everest Base Camp Trek is a physically and mentally demanding journey. *It takes reasonable health and fitness and requires no prior trekking experience to complete the trek.* The whole trek covers approximately **130 km** round trip distance. Generally, it is a **12-day to 15-day** trek. The trekking trails to Everest Base Camp have steep, narrow sections with rough and rocky terrains. Trekking on these rough pathways for **5 to 6** hours daily during the trek is much more challenging, and reaching Everest Base Camp is more leisurely said than done. The higher you go, the more difficult it gets.

As you go higher, the trails become narrower, with steep drops and icy slopes. The weather also becomes unpredictable. *Sudden strong breezes, temperature drops, rainfall, or snowfall can further make the Everest Base Camp Trek challenging.* The high elevation can also affect the trekkers, who may start experiencing altitude-related sickness. The decreasing level of oxygen and reduced air pressure are the main reasons behind altitude sickness.

The trails get rougher and more challenging when you begin your hike to Everest Base Camp and Kala Patthar. Thus, you can put an extra day in the itinerary as a spare day for the trek. *Hence, trekkers must*

thoroughly understand the challenges of the Everest Base Camp Trek to better prepare for it. It helps them to make proper physical, mental, and gear preparations to overcome the difficulties.

Best season for EBC Trek

Take a look at the different seasons and weather conditions for the Everest Base Camp Trek:

Spring season (March to May)

Spring is among the best times for the Everest Base Camp Trek with its blooming rhododendron forest trails. The weather is clear and pleasant, and visibility is clear. The days are sunny, bright, and warm. Moreover, the season is dry, as the precipitation level is low. The highest temperature is around 20°C during the daytime. But during the nighttime, the temperature can drop to -5°C.

Autumn season (September to November)

Autumn is another best time to trek to Everest Base Camp, with its crisp weather and stable temperature. The daytime temperature is around **25°C**, which can drop to **-10°C** at night. It is a peak trekking season, and the trails are busier. The landscape looks vibrant, fresh, and luscious. There is minimal rainfall, so the visibility is apparent. The biggest Nepalese festivals, Dashain and Tihar, also fall during autumn, adding to the already enjoyable trekking experience.

Summer season (June to August)

The summer season is an off-season for trekking due to heavy rainfall and muddy trails. The days are hot and humid, but rain makes trekking challenging. Likewise, there is a risk of landslides, mudslides, and floods during summer. The heavy rain clouds also obscure the views, and visibility is abysmal. So, it is not an ideal time for EBC Trek. The daytime temperature is around **27°C**, and the nighttime temperature is **5°C**.

Winter season (December to February)

Winter is also another off-season for trekking. The higher elevation regions start to receive heavy snowfall, and the temperature plunges below the freezing zone. It can reach below **-20°C** at night, and the average daytime temperature can range at **15°C**. There is also the risk of avalanches and high mountain passes getting blocked in winter. While the harsh weather does make trekking challenging, many experienced trekkers choose winter for an adventurous trek experience.

Accommodations and meals during 14 Days EBC Trek

You will mostly find teahouses, lodges, and guesthouses along the [Everest region](#) trek route of Everest Base Camp in Nepal. *Since the trekking route lies in remote areas, there are primarily basic accommodations with limited facilities.* However, Namche Bazaar, the region's trading hub, has a few luxury accommodations.

Most of these teahouses and lodges have rooms on a twin-sharing basis, communal dining halls, and shared bathrooms. *You can find lodges with single rooms and attached bathrooms in lower regions.* But as you begin ascending to higher elevations, the facilities become basic. These accommodations provide beds, mattresses, bedsheets, pillows, and blankets. For services like hot showers/ water, charging

electronic devices, heaters, WiFi/ internet, phone calls, etc, you will have to pay an extra charge of around USD 2 per service.

These accommodations also offer meal options. Most of the food on the Everest Base Camp Trek consists of Nepali staple food and local cuisines, but it may also include Western cuisine. *The menu mainly consists of bread (Tibetan/ chapati), eggs, porridge, cornflakes, oats, Dal Bhat, momo, chowmein, pasta, thukpa, Sherpa stew, sandwiches, soup, salad, spaghetti, etc.*

Frequently Asked Questions

How difficult is the 14 Days Everest Base Camp Trek?

14 Days Everest Base Camp Trek in Nepal is a moderate journey requiring no prior experience or technical skills, but having one is helpful. The trekking trails of EBC require you to ascend steeply and descend on varied terrains. Trekkers must prepare themselves to walk 5 to 6 hours daily. It can be physically and mentally demanding, especially for beginners.

Can I do the EBC Trek without a guide?

You can only do the EBC Trek with a trekking guide. You must hire a licensed guide for the trek. As of April 2023, the latest trekking rule has made hiring a licensed guide mandatory for trekking in Nepal. Hiring a guide and porter for the trek to EBC helps make your trek journey safe and enhances the experience.

Is there a risk of altitude sickness during the EBC Trek? How can I prevent it?

Yes, since you will be trekking to an elevation of 5,555 meters, there is a risk of altitude sickness during the EBC Trek. The best way to prevent altitude sickness is to take proper acclimatization days for rest. It helps to adjust your body to growing elevation. Similarly, ascend to higher altitude gradually and stay well-hydrated during the Mount Everest Base Camp trek.

How much does the Everest Base Camp Trek cost?

Usually, the Everest Base Camp Trek costs range from USD 1000 to USD 2000 per person. However, the cost of the trek varies depending on trek duration, season, group number, and services. For example, the trek's price is usually higher during peak season as the cost of transportation and accommodations increases. The Mt Everest Base Camp Luxury Trek costs more than the standard EBC Trek.

What exercises and training can I take to prepare for the Everest Base Camp Trek?

Cardiovascular exercises and training, such as running, jogging, hiking, swimming, and cycling, help prepare for the Everest Base Camp Trek. These exercises boost strength, stamina, and endurance. Trekkers can also undertake yoga, simulated altitude training, meditation, and aerobic workouts to prepare for the EBC Trek.

When is the right time for Everest Base Camp Trek?

Everest Base Camp Trek is doable throughout the year, but spring and autumn are the ideal times. These two seasons have the best weather conditions and clear visibility. The chances of rainfall are minimal as these are dry seasons. The weather is moderate, so you can enjoy a comfortable EBC Trekking weather during these seasons.

How crowded is the Everest Base Camp Trek?

Everest Base Camp is one of the most popular trekking destinations in Nepal, so it is crowded during peak season, which refers to spring and autumn. If you are traveling at any of these times, booking flights and accommodations in advance is best.

Can beginners take the Everest Base Camp Trek?

Yes, even beginners can take the Everest Base Camp Trek with proper preparation. They must be in good health and shape to undertake the challenge. There is no need for previous trekking experience, but having one helps. Beginners should prepare physically and mentally for the trek at least a few months before to make the journey comfortable.

Is the Everest Base Camp Trek risky?

Everest Base Camp is a safe trek but has some risks. It is a high-altitude trek with steep trails and rough terrain. Hence, there are some risks, but if trekkers follow proper safety guidelines, they can complete the trek safely. Trekkers must also prepare for the trek and research the routes. This helps them better understand the challenges and minimize the risk.

What is the highest point of the Everest Base Camp Trek?

The highest point of the Everest Base Camp Trek is Kala Patthar, at an altitude of 5,555 meters above sea level. The base camp is the second highest point of the trek, at an altitude of 5,364 meters above sea level.

Is it hard to breathe at Everest Base Camp?

Breathing at Everest Base Camp can be difficult due to its high altitude. The base camp sits at 5,364 meters, so there is a lack of oxygen and decreased air pressure in the atmosphere. It can cause difficulty breathing, and trekkers can experience various symptoms of altitude-related sickness. Acclimatization can help to prevent the problem.

What permits are necessary for the Everest Base Camp Trek?

The Everest Base Camp Trek requires a Khumbu Rural Municipality Permit and a Sagarmatha National Park Entry Permit. Trekkers can obtain the permits through a registered trekking agency in Kathmandu.

Is the Everest Base Camp Trek worth it?

Of course, yes! The Everest Base Camp Trek is the most popular destination in Nepal and is worth the

challenge. The adventurous trekking trails offer stunning views of the mountain panoramas and landscapes. It is also an enriching experience as trekkers will get insights into the culture and traditions of the Everest region and taste the hospitality of locals.

What is the success rate of Everest Base Camp Trek?

The Everest Base Camp Trek's success rate is 95 to 95%. It is a moderate trek, and even beginners can complete it with proper preparation. The main reason behind the trek's failure is altitude sickness. Hence, trekkers can successfully complete the Everest Base Camp Trek with proper planning and a well-planned itinerary.

Is the Everest Base Camp Trek harder than the Annapurna Base Camp Trek?

The Everest Base Camp Trek is harder than the Annapurna Base Camp Trek. The elevation of Everest Base Camp is over 5,000 meters, while the Annapurna Base Camp sits at 4,130 meters. Due to the higher altitude, trekking to the EBC Trek is more physically demanding. The accessibility of the ABC Trek route also makes it slightly easier than the EBC Trek.

Address

Naata Travel and Adventures Pvt. Ltd.
Kathmandu, Nepal