TOUR ITINERARY

NAGARJUNA TRAVELS

TOURS, TRAVELS & HOLIDAY PACKAGES

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Everest Base Camp Trek: Details, Itinerary and Dates

Nagarjuna Travels • Destination: **Kathmandu**

DURATION	DESTINATION	STARTING COST
14D / 13N	**Kathmandu**	**₹67,000 INR**

Tour Overview: The Everest Base Camp Trek is not just about reaching a point on the map. It's about immersing yourself in a land where ancient peaks tell stories, rivers rush with Himalayan rhythm, and every turn on the trail offers something unforgettable. With Nagarjuna Travels, this iconic journey becomes accessible to all—be it young adventurers exp...

DAY-WISE ITINERARY

DAY 1 Arrival in Kathmandu

Upon landing at Tribhuvan International Airport, the Nagarjuna Travels team will warmly receive you and transfer you to your hotel in the heart of Kathmandu. Stroll through the vibrant streets of Thamel, filled with colorful prayer flags, trekking gear shops, and Himalayan cafés. In the evening, we gather for a delightful welcome dinner at a traditional Nepali restaurant, featuring authentic Thali cuisine and live cultural music.

DAY 2 Flight to Lukla – Trek to Phakding

We begin the day with a thrilling scenic flight to Lukla (2,860m), one of the world's most adventurous airstrips. After a hearty breakfast in Lukla, we start our trek through beautiful Sherpa villages and pine forests, crossing suspension bridges over the Dudh Koshi River. We arrive in Phakding (2,610m) by afternoon and enjoy the tranquil surroundings. In the evening, we visit the Phakding Monastery to soak in the Himalayan serenity.

DAY 3 Trek to Namche Bazaar

Our journey continues alongside the glacial Dudh Koshi River. After entering Sagarmatha National Park at Monjo, we cross the iconic Hillary Suspension Bridge. A challenging uphill trek brings us to Namche Bazaar (3,440m), the bustling heart of the Khumbu region. Enjoy the vibrant atmosphere, with views of snow-capped peaks beginning to emerge.

DAY 4 Acclimatization in Namche Bazaar

To help your body adapt to the altitude, we spend a day exploring Namche. A short acclimatization hike to Hotel Everest View (3,880m) offers breathtaking views of Mount Everest, Ama Dablam, and Lhotse. We also visit the Sherpa Museum to learn about local culture and legendary mountaineers. Later, enjoy free time wandering Namche's quaint cafés and local markets.

DAY 5 Trek to Tengboche

The trail today offers a blend of forested paths, river crossings, and spectacular mountain views. We descend to Phunki Tenga and climb through pine and rhododendron forests to reach Tengboche (3,860m), home to the most significant monastery in the region. The backdrop of Ama Dablam here is unforgettable. In the evening, you may witness the monks performing daily prayers in the tranquil monastery.

DAY 6 Trek to Dingboche

Our journey takes us through Pangboche, the last permanent Sherpa village en route to Everest. We pass ancient mani walls and chortens fluttering with prayer flags. The trail gradually climbs as we reach the high-altitude village of Dingboche (4,410m), surrounded by dramatic Himalayan scenery.

DAY 7 Acclimatization Day in Dingboche

We dedicate another day to acclimatization, with a scenic hike to Chukhung Ri or Nagarjun Hill. These vantage points provide unmatched views of Ama Dablam, Makalu, and Island Peak. After the hike, return to Dingboche to relax, hydrate, and prepare for the next leg of the adventure.

DAY 8 Trek to Lobuche

We trek through alpine meadows and glacial moraines. At Thukla, we pause for lunch and ascend to the Thukla Pass, where memorials honor climbers who lost their lives on Everest. This emotional and reflective point is a reminder of the mountain’s power. We continue to Lobuche (4,940m), a rugged outpost nestled at the base of towering peaks.

DAY 9 Trek to Everest Base Camp – Return to Gorak Shep

Today is the highlight of the trek. We hike to Gorak Shep (5,164m) and then continue to Everest Base Camp (5,364m). Surrounded by glaciers, prayer flags, and the legendary Khumbu Icefall, reaching Base Camp is a dream come true. After soaking in the achievement and taking photos, we return to Gorak Shep for a well-earned rest.

DAY 10 Hike to Kala Patthar – Trek to Pheriche

Early morning, we ascend Kala Patthar (5,545m) to witness a magical sunrise over Mount Everest. The golden light on Everest, Nuptse, and Pumori creates a surreal moment. After descending and having breakfast in Gorak Shep, we trek down to Pheriche (4,371m), a peaceful village ideal for rest.

DAY 11 Trek to Namche Bazaar

We retrace our steps through Pangboche and Tengboche, enjoying the warmer air and familiar trails. Reaching Namche feels like a return to comfort. Celebrate the successful journey with a warm drink, a hearty meal, and the camaraderie of fellow trekkers.

DAY 12 Trek to Lukla

Our final trekking day brings us back through Monjo and Phakding. With memories of mountain peaks and village trails, we reach Lukla, where we celebrate the completion of this epic trek with our guide and porters.

DAY 13 Fly Back to Kathmandu

After breakfast, we take the flight back to Kathmandu. Upon arrival, you’re transferred to your hotel. Enjoy the rest of the day shopping, sightseeing, or relaxing. In the evening, Nagarjuna Travels hosts a farewell dinner where stories are shared and memories are cherished.

DAY 14 **Departure Day**

After breakfast, we transfer you to Tribhuvan International Airport for your onward journey. As you leave Nepal, you carry more than photographs—you take with you an experience of a lifetime.

PACKAGE INCLUSIONS & EXCLUSIONS

PACKAGE INCLUSIONS

- ✓ Airport Transfers: Private vehicle pick-up and drop-off in Kathmandu.
- ✓ Kathmandu–Lukla–Kathmandu Flight: Round-trip domestic flight with transfers.
- ✓ Accommodation: Twin-sharing rooms in comfortable teahouse lodges during the trek.
- ✓ Meals: All meals (breakfast, lunch, and dinner) with tea/coffee during the trek.
- ✓ Trekking Guide & Porters: Experienced English-speaking guide and porter (1 porter for every 2 trekkers).
- ✓ Permits & Paperwork: All necessary permits – Sagarmatha National Park Permit, Khumbu Rural Municipality Permit, TIMS Card.
- ✓ Medical Support: Basic first-aid kit and oximeter for altitude monitoring.
- ✓ Trekking Duffle Bag: Provided for your use during the trek.
- ✓ Taxes: All government and local taxes included.

PACKAGE EXCLUSIONS

- ✗ International Flights: Travel to and from Nepal.
- ✗ Nepal Visa: Entry visa for Nepal (can be obtained on arrival or online).
- ✗ Accommodation in Kathmandu: Hotels before and after the trek (available upon request).
- ✗ Meals in Kathmandu: Lunch and dinner before/after the trek.
- ✗ Personal Expenses: Snacks, drinks, internet, hot showers, battery charging, etc.
- ✗ Travel Insurance: Mandatory – must include high-altitude trekking and emergency evacuation.
- ✗ Trekking Equipment: Sleeping bags, jackets, trekking poles (available for rent).
- ✗ Tips: Gratitude for guides and porters (optional but appreciated).

IMPORTANT TRAVEL NOTES & GUIDELINES

• **Valid ID Proof:** All travelers must carry an original government-issued photo ID (Aadhaar Card, Passport, or Voter ID) during travel and hotel check-in.
• **Itinerary & Schedule:** Tour schedules and sightseeing orders may vary depending on local weather conditions, traffic, or operational requirements.
• **Terms & Cancellations:** Package bookings, transport, and accommodations are subject to Nagarjuna Travels standard booking and cancellation policies.

Plan Your Trip With Nagarjuna Travels

Reach out to our team for bookings, customized packages, and inquiries.

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