Short Everest Base Camp Trek

DURATION: 11 DAYS

Trip Facts

Group Size 1-10 Persons

Trip Grade Moderate

Accommodation Hotel, Guest House, Tea House

Max Height 5545 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus, Plane, Car, Jeep

Duration 11 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November.

Trip Overview

Short Everest Base Camp Trek is a condensed version of Nepal's renowned Everest Base Camp Trek, designed for those with limited time. The journey commences with a flight from Kathmandu to Lukla, passing through Namche Bazaar, Tengboche Monastery, and the Everest View Hotel. The primary highlight is reaching Everest Base Camp at an altitude of 5,364 meters, which involves a challenging ascent and proper acclimatization. The trek typically takes 10 to 12 days and requires good physical fitness and acclimatization. The best seasons for the trek are **March to May and September to November**. Throughout the trek, trekkers will be treated to stunning views of the Himalayas, including Mount Everest, Lhotse, Nuptse, and Ama Dablam. The Sherpa villages along the way provide a glimpse into the unique culture and way of life in the region. Trekkers will also have the opportunity to visit the famous Khumbu Icefall and interact with local Sherpa guides and porters. Overall, the Short Everest Base Camp Trek offers a once-in-a-lifetime experience in the heart of the world's highest mountain range.

Short Everest Base Camp Trek is a thrilling adventure that offers stunning views of the Himalayas, Sherpa villages, and the famous Khumbu Icefall. Trekkers must have proper acclimatization and physical fitness and interact with local guides and porters. The trek offers a deeper connection to the region and a sense of accomplishment, making it a **must-do for adventure seekers.** The memories and friendships formed during this unforgettable journey will last a lifetime. Additionally, the Short Everest Base Camp Trek allows trekkers to experience the unique culture and hospitality of the Sherpa people. The breathtaking landscapes and challenging terrain make this trek a truly rewarding experience for those **seeking an unforgettable adventure.**

MOUNT
ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 Kathmandu, Fly to Lukla, trek to Phakding (2,651m)

3.30 Hours | Breakfast, Lunch & Dinner | Hotel / Guest House | Bus / Flight | 2651 m

We take an early morning flight to Lukla which is where all Everest treks begin. We meet the rest of our team in Lukla and start trekking from there. We walk on a trail that gradually descends to Cheplung village from where we get a glimpse of Mt. Khumbila, a sacred mountain that has never been climbed. From here, we gradually descend to Phakding. Overnight in Phakding.

Day 2 Phakding to Namche Bazaar (3,438m/11,280 ft)

5 - 6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3438 m

Our trail passes through a pine forest and we continue our walk on the trail that goes north up the Benkar valley. We cross the Dudh Koshi River and pass Chumoa and Monjo villages before reaching the entrance of the Everest National Park. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is probably the biggest town in the Everest region. Overnight in Namche Bazaar.

Day 3 Acclimatization day in Namche Bazaar (3,440m/11,284ft)

Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

Today we'll tour Namche Bazaar, which is the primary town of the Everest or Khumbu region and has government offices, ATMs, internet cafes, shops, restaurants, and a colorful market. We can hike up to Sagarmatha National Park and enjoy the sunrise over the Himalayas including Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde, and so on. If we are interested in a day hike, we can trek to Khumjung village. Today we also visit the Hillary School and a monastery that houses a yeti scalp! Overnight in Namche Bazaar.

Day 4 Namche Bazaar to Tengboche (3,870m/12,694ft)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3870 m

The trek to Phunki is an easy walk. From here we ascend towards Tengboche village which houses the very famous Tengboche monastery which is the biggest monastery of the Everest region. It is located within the Sagarmatha National Park, which is a UNESCO World Heritage Site. The monastery is blessed with panoramic views of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam, and Thamserku. The Tengboche Monastery opens at 3:00 pm, so if we reach there by 3 o'clock we can observe a Buddhist religious ceremony. Overnight in Tengboche

Day 5 Tengboche to Dingboche (4,360 m/14,300 ft)

5.30 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4360 m

Our trail descends and passes through lush forests of birch, conifer, and rhododendron trees. While trekking, we can admire good views of Mt. Everest, Lhotse, and Ama Dablam. We walk downhill to Debuche and cross the Imja River to reach Pangboche. We choose the upper Pangboche trail and admire the Himalayan vista and the Pangboche Monastery. We continue our walk to the Imja Valley and Lobuche River before ascending to Dingboche. It is a picturesque village with beautiful barley, potato, and buckwheat field complete with grazing animals dotted along with those fields.

Day 6 Dingboche to Lobuche (4940 m/16,207 ft)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4940 m

We ascend to the steep terminal moraine of the Khumbu Glacier. The trail passes through boulder-strewn slopes as we ascend Chupki Lhara which is a ridge that provides spectacular mountain views. The top of the ridge is filled with prayer flags and stones which are memorial shrines for climbers who lost their lives on Mt. Everest. As the trail drops to the Khumbu Glacier moraine, we find ourselves facing several great peaks including Khumbutse, Lingtren, Pumori, and Mahalangur Himal. As we are crossing Khumbu Glacier we can also see Mt. Nuptse.Overnight in Lobuche.

Day 7 Lobuche to Gorak Shep (5170 m/16,961ft)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5170 m

The trek to Everest Base Camp is not very difficult. However, we ascend and descend mostly on a glacier path. There is also a lot of meandering on rough terrains. As we reach the base camp, we enjoy the incredible melt patterns and admire the gently rounded ice towers on the upper part of the Khumbu glacier. The Everest Base Camp is stunningly beautiful. We can enjoy amazing views of Nuptse, Khumbuste, and Pumori mountains from the base camp. After soaking in the beauty, we walk back towards Gorak Shep where we spend the night. Overnight in Gorak Shep.

Day 8 Gorak Shep to Kala Patthar (5,545m/18,192ft) to Pheriche

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5545 m

We wake up early for the walk up to Kala Patthar. It is dark outside with cold temperatures and most likely chilly winds. We walk on a fairly steep trail at a comfortable pace. As we are climbing up the hill we can see Lingtren, Khumbutse, and Changtse mountains. The view from the summit is outstanding. We can see the world’s tallest mountain Everest along other mighty Himalayan peaks. After spending some time at the summit of Kala Patthar, we walk back to Gorak Shep which is relatively easier than hiking up to Kala Patthar. Trekkers who visit the Everest Base Camp today will have an early breakfast as the hike up to the Everest base camp takes longer than the hike to Kala Patthar. After returning to Gorak Shep, both the

groups will have lunch together. After lunch, we descend to Pheriche to spend the night. Overnight in Pheriche.

Day 9 Pheriche to Namche Bazaar (3,440m/11,280 ft)

7 Hrs | Breakfast, Lunch & Dinner | Guest house | Walking | 3440 m

We lose approximately 2,000 feet in elevation today and walk on a trail with a lot of ups and downs. We descend through a hillside filled with rhododendron and juniper trees and cross a bridge over the Dudh Koshi River. We descend rapidly through pine forests where we can easily spot mountains goats, pheasants, and other wild animals and birds common to the area. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku, and Nuptse mountains. We walk on winding trails followed by another walk through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar.

Day 10 Namche Bazaar to Lukla (2,860m/9,186ft)

7 Hrs | Breakfast, Lunch & Dinner | Guest house | Walking | 2860 m

We begin our trek to Namche Bazaar today on rocky terrain. It is mostly a downhill trek on a trail alongside the Dudh Koshi River. We cross several suspension bridges, pass by several monasteries and villages before reaching Lukla. After reaching Lukla, we spend the rest of the day taking rest as today will be our last day in the mountains. Overnight in Lukla.

Day 11 Fly Lukla to Kathmandu (1400 m)

35 Min | Breakfast | Hotel / Guest House | Flight | 1400 m

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenir shopping or sightseeing. There will be a farewell dinner in the evening to celebrate the successful completion of our journey. Overnight in Kathmandu.

Cost Includes

- Airport pick-up and drop- off.
- All ground transport in a private vehicle.
- 2 nights accommodation with breakfast on a twin-sharing basis.
- Breakfast, lunch, and dinner during the trek.
- Guesthouse accommodation during the trek.
- Experienced, helpful, and friendly guide.
- Round trip flight Kathmandu – Lukla, and Lukla – Kathmandu including departure taxes.
- First aid medical kit.
- Sagarmatha National Park Permits fee.
- Sleeping bags and Down jackets for the trek (should be refunded after the trek
- Trekking map and trip achievement certificate.
- Trekkers' information management system (TIMS) fee.
- Government taxes and office service charge.

Cost Excludes

- International airfare to and from Kathmandu.
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Beverage bills, bar bills, telephone bills, and Personal expenses.
- Extra night accommodation and meals in Kathmandu because of late departure or early return from the mountain due to any reason other than the scheduled itinerary.
- Travel and rescue insurance.
- Personal expenses.
- Tips for guides and porters.
- Optional trips and sightseeing if extended
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)

Trip Map