



Nepal Everest Base Camp Trekking

The Ultimate Himalayan Mountain Adventure

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!

Contact us at info@mtsobek.com

or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek is a pioneering outfitter in Nepal and has offered Everest Base Camp adventures since 1969. This is where adventure travel started!

REASON 2

This 19-day legendary adventure has been expertly crafted to build in acclimatization time for a successful personal achievement - reaching Base Camp at 17,600 feet and Kala Patar at 18,500 feet. Our longstanding relationships allow us to secure the very best available lodging in this remote region for your bucket-list adventure.

REASON 3

Trust MT Sobek's professional local guides on this expert-led Himalayan trek. Along the way you will explore Sherpa villages, visit Buddhist monasteries, and come away feeling connected to the people as well as the place.

At A Glance

ACTIVITIES

Strenuous hiking on mountain paths, covering 3 to 9 miles per day on rugged terrain at a maximum elevation of 17,600'.



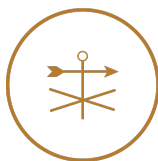
LODGING

Scenic and comfortable mountain accommodation in Nepalese inns and lodges, plus three nights at the Yak & Yeti Hotel in Kathmandu.



CLIMATE

Fall temperatures are typically 30 - 65°F during the day, and -5 - 35°F at night. Rain or snow is possible. Springtime is usually 5 - 10°F warmer.



KNOW BEFORE YOU BOOK

It's important to note that the Nepali government has the authority to make the final decision on the type of aircraft used for the flight between Kathmandu and Lukla, and this decision is subject to change at any time. It may be either a scheduled flight or helicopter.



Nepal Everest Base Camp Trekking

The Ultimate Himalayan Mountain Adventure

Trekking in the Himalaya is a lifelong dream for many avid hikers, and what could be better than a pilgrimage to its greatest mountain—Everest—known in Nepali as Sagarmatha, the "Peak of Heaven." This 19-day adventure is nothing short of a true quest and, with more than 50 years' experience leading in Nepal, MT Sobek is the best company to get you to Everest Base Camp at 17,600 feet elevation. Our peerless, top-notch guides—all of whom are seasoned mountaineers—guarantee your trek will be a memorable experience!

19 Days

Start: Kathmandu, Nepal

End: Kathmandu, Nepal

Departing: April, May, October, November

Activities: Hiking & Trekking

Lodging: Comfortable Hotels, Luxury Hotels, Rustic
Lodging

Group Size: 4-12 Guests

ACTIVITY:



Check mtsobek.com for date-specific pricing.

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"In a word, 'Incredible!' The journey to base camp was well planned and the difficulty was moderate, but we were all ready for the challenge. Mountain Travel Sobek did a wonderful job bringing us together for a trip of a lifetime!"

- Karl S.

The Itinerary

DAY 01

Arrive in Nepal

Welcome to Kathmandu! Meet your trip leader or an MT Sobek representative and transfer to your hotel. In the afternoon, receive a briefing and orientation, including information on trekking, altitude acclimatization, areas you will visit, and culture within the region. Enjoy a welcome dinner at a local restaurant.

MEALS: Dinner

DAY 02

Fly to the Khumbu

Transfer to the airport for the flight to Lukla. The short but spectacular flight leaves the Kathmandu Valley and heads into the Himalaya, home to the world's highest mountains. Make an unforgettable landing on Lukla's 1,729-foot-long, 65-foot-wide runway, perched high on a mountainside above the Dudh Kosi (River of Milk). Collect your gear and walk to your lodge. If the flight is on time, fit in a warm-up hike to Kharka, on a trail that leads to Mera Peak, passing small hamlets and resident shepherds along the way.

MEALS: Breakfast

TRANSPORTATION: 30-minute flight

ACTIVITY: 3 hours/3 miles hiking

DAY 03

Hike Lukla to Monjo

Begin your trek from Lukla with a descent to the Dudh Kosi. Follow the trail to Phakding, passing *mani* walls (boulders inscribed with Buddhist prayers), small villages, and well-terraced hillsides. Meet Khumbu locals who, unlike the majority of Kathmandu residents, are Sherpas — people who migrated from Tibet over 500 years ago and still dress traditionally and practice evolved forms of Tibetan Buddhism. With Khumbila (18,800'), sacred peak of the Sherpas, looming above, arrive at the lodge in Monjo (9,317') in the early afternoon. Relax and enjoy free time while you acclimatize.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6 hours/8 miles hiking with 819' elevation loss/865' elevation gain

DAY 04

Trek to Namche Bazaar

Head north into UNESCO-listed Sagarmatha (Mount Everest) National Park, established in 1976 to protect an area of great environmental, religious, and cultural importance. Cross the Dudh Kosi and begin the steep climb up "Namche Hill" amidst lovely rhododendron, fir, and magnolia forests. As you ascend, catch your first glimpse of majestic Everest (29,028')! Arrive in the vibrant Sherpa market town of Namche Bazaar, the unofficial Khumbu capital beautifully situated in a terraced amphitheater facing the hanging glacier below Kwangde (20,293'). Check into the lodge, then spend the afternoon exploring Namche Bazaar.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4–5 hours/3 miles hiking with 1,858' elevation gain

DAY 05

Hike to Tashinga

You'll have some time in the morning to visit the Sagarmatha National Park Visitors Center and Museum, where there are terrific views of the Everest region and numerous educational displays on the culture, geography, geology, climatology, and wildlife within the park and the Khumbu. A great way to kickoff the cultural experience! Follow the classical route to Everest, on a winding, almost level trail. After about 3 hours of hiking, take a slight detour off the main path and hike 15 minutes further before arriving at your comfortable lodge. After check in, the rest of the afternoon free to rest and relax.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4–5 hours/4 miles hiking with 795' elevation gain





Ascend to Tengboche and Pangboche

Descend into the deep Dudh Kosi Gorge — one of the most beautiful valley walks on Earth — and then climb steeply to the famous Tengboche Monastery (12,680'). Burned in 1989 and now completely rebuilt, Tengboche is the spiritual center of the Khumbu and a training center for new monks. After lunch, continue through this holy region to Pangboche. This incredibly scenic hike follows the Imja River, and Ama Dablam (22,349') and the great massif of Everest hovers majestically above. The tangible spirituality and stunning scenery of this place always impresses!

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5–6 hours/7 miles hiking with 1,274' elevation gain



Day Hike to Ama Dablam Base Camp

After crossing the Imja River and a gradual ascent to Lhabarma, you find yourself facing Ama Dablam, one of the Khumbu's most beloved and spectacular mountains. Ama Dablam Base Camp (15,013') sits on an open yak pasture beneath the west face, affording incredible views of Kan Tega (22,254'), Thamserku (21,729'), and Tawoche (21,463'). Here you'll likely meet climbing groups, either acclimatizing or fixing their route, as this trek coincides with climbing season. With binoculars you may even see climbers descending the steep ice slopes from the summit. Return to the lodge.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6–7 hours/8 miles hiking with 1,939' elevation gain and loss



Continue to Pheriche

It's all stunning scenery all the time today as you follow the river with the breathtaking peak of Ama Dablam watching over you. With the giant Himalayan mountains now coming into clear view, cross the Khumbu Khola and make your way up to the remote village of Pheriche (14,070').

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 3 hours/3 miles hiking with 996' elevation gain



Optional Day Hike to Tabuche Ridge

Today you have the option to take a day hike to Tabuche Ridge. This optional hike is one of the least crowded and most scenic of the journey, and offers the opportunity to see 360-degree views in addition to the Mahalangur Himal range of the Himalayas. It is a steep, 2,700-foot climb, but take it slow and know that the sweet reward of stellar views are well worth it! Return to Pheriche to end the day.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5–6 hours/4.5 miles hiking with 2,700' elevation gain and loss



Trek to Lobuche

Walk through the broad and beautiful Khumbu Khola riverbed en route to a herdsman's settlement — also once a 1953 British Everest expedition camp. With Tawoche and Cholatse towering above, ascend to the hamlet of Dughla, then continue up a steep terminal moraine atop which stand memorial cairns to those lost on Everest. The landscape is now wild and rocky, and an often frozen stream leads to Lobuche — a former yak-grazing settlement now serving trekkers and climbers bound for Everest Base Camp and Kala Patar. Enjoy a spectacular sunset over Nuptse (25,850').

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5–6 hours/4 miles hiking with 2,130' elevation gain



Trek to Gorak Shep

Walk along boulder fields and glacial debris to the edge of the Khumbu Glacier, then continue up to Gorak Shep (17,000'), nestled under the snow-coned summit of Pumori (23,442') and the sheer west face of Nuptse. If you're well acclimatized and up for an additional push, hike up Kala Patar (18,192'), high above the Khumbu Glacier, for a dramatic close-up view of Mother Everest.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 3 hours/5 miles hiking with 800' elevation gain (+2-3 hours optional with 1,192' elevation gain & loss)



Reach Everest Base Camp (17,600')

Get ready for the ultimate adventure—your Everest Base Camp day has arrived! Start your exhilarating ascent to Gorak Shep (17,000'), the highest village in the Khumbu region. After a well-deserved, nourishing lunch at a local lodge, prepare for a challenging trek as you follow the dramatic ridgeline of the moraine. Then, descend onto the boulder-strewn glacier and make your way to Everest Base Camp (17,600')—a thrilling moment of achievement. While you won't see Everest's summit from here, the views of the towering Khumbu Icefall and the surrounding Himalayan peaks are nothing short of spectacular. Return on the trail to Gorak Shep, then descend to Thugla.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 9–10 hours/10 miles hiking with 600' elevation gain & 1,400' elevation loss



Return to Pangboche

This morning, depart the tiny village of Thugla. Instead of taking the trail back to Pheriche, you stay up high on the wide grassy plateau and make your way to Dingboche to admire a glimpse of Imtsa Valley. After lunch descend the pleasant trail to Pangboche. If you did not have a chance to visit the *gompa* (temple) in Pangboche on the way up, it is worth a quick visit now.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5–6 hours/6 miles hiking with 3,126' elevation loss



Trek to Tashinga

Today we'll cross the Mengbo and the Dudh Koshi rivers to a quiet trail on the other side. The panoramic vista with old stone houses and the absence of other trekkers along the way is blissful. When we arrive in Tashinga we will check into the lodge with the rest of the day free to rest and relax.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5-6 hours/5 miles hiking with 1,307' elevation loss



Return to Monjo via Khumjung

Today we will trek by the villages of Khumjung, across the top of Namche Bazaar and then up the Nangpo Dzangpo. Leaving Tashinga Lodge, we contour on a small path to reach the main trail leading to Khumjung, approximately one hour. The path leads gently up the shallow valley and Khumjung (12,366') is built into a mountain bowl and surrounded by patterned, terraced fields. The village of Khunde is a short walk further on and contains the famous medical center established by the Sir Edmund Hillary Trust. We will also take time to visit the Edmund Hillary School. Time permitting, we will visit the Monastery of Khumjung with the infamous Yeti Skull on display. We will then return to Monjo.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 7-8 hours/7.5 miles hiking with 2,296' elevation loss



Return to Lukla

We'll return to Lukla along the Dudh Kosi, retracing our steps from Day 4. Overnight at the lodge in Lukla.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6 hours/8 miles hiking with 117' elevation loss



Fly to Kathmandu

Bid a fond, if somewhat hesitant, farewell to the Khumbu and enjoy the short flight back to Kathmandu. Upon arrival in Kathmandu, transfer to your hotel and enjoy lunch and dinner on your own.

MEALS: Breakfast

TRANSPORTATION: 30-minute flight



Hinduism & Buddhism in Kathmandu

If your flight from Lukla operates as scheduled, you'll enjoy a morning tour of the Pashupatinath Hindu temple complex on the Bagmati River and Bodhnath's enormous Buddhist stupa — the largest in Asia and the center of Tibetan Buddhist culture in the Kathmandu Valley. This afternoon you're free to roam, relax, or do some last-minute shopping or sightseeing on your own. In the evening, join the group for a farewell dinner.

MEALS: Breakfast | Dinner



Depart for Home

After breakfast, transfer from the hotel to airport and depart Kathmandu on your homeward-bound flight. Or if you'd prefer to [spend more time in Asia](#), consider joining one of our extensions in India, Vietnam, or Cambodia. We would love to accompany you on another [trip through Nepal](#) in the future.

MEALS: Breakfast



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Yak and Yeti Hotel

A five-star oasis in the heart of Kathmandu, the Yak & Yeti is the perfect blend of contemporary international standards and time-honored Nepali tradition. Guests will find refuge among antique fountains, gilded temples, and emerald gardens while enjoying a state-of-the-art gymnasium, spa features, shopping arcades, atrium, tennis courts, and swimming pools.

Everest Summit Lodge—Lukla

Lying at the very gateway to mighty Mount Everest, the Everest Summit Lodge in Lukla has spacious, comfortably furnished rooms with en-suite facilities. The natural stone facade is complemented by a lovely sunny garden, and its traditionally appointed interior makes for a very warm welcome to arriving guests.

Everest Summit Lodge—Monjo

Rest in comfort at the Everest Summit Lodge in picturesque Monjo. The setting is spectacular, overlooking the village and the narrow Dudh Kosi Valley, and with the dreamlike backdrop of magnificent Thamserku rising high up behind the lodge. Hot tea and warm staff help every guest feel welcome.

Hotel Namche

Travelers boast about the location (not uphill!) and the kind staff of this simple but comfortable lodging in the heart of Namche Bazaar. Guests can enjoy the restaurant, bar, and outdoor patio. Most rooms have electric blankets, private bathrooms, and hot showers — welcome comforts in the chilly Khumbu region.



Where You'll Stay

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Everest Summit Lodge—Tashinga

Situated amidst pine forests overlooking the Dudh Kosi Valley, the Tashinga Lodge offers breathtaking views of Ama Dablam, Thamserku, Tawoche, and Khumbila. Comfortable rooms and local hospitality make for a wonderful stay at one of the most beautiful locations along your trek.

Shreedewa Lodge

The spectacular Himalayas tower outside the windows of this simple lodge on the route to Everest Base Camp. Greeted with a warm welcome, refuel after your hike with thoughtfully prepared local dishes in the cozy restaurant while marveling at the views. Enjoy a hot shower and good rest in comfortable ensuite rooms before the next day's adventure. Traditional Sherpa culture is all around you in this village.

The Edelweiss Pheriche

Located within the Sagarmatha (Everest) National Park, Edelweiss Lodge commands a panoramic view of Himalayan peaks. The lodge was constructed with a blend of modern practicality and Sherpa traditional style. Simple rooms have WiFi, ensuite bathroom, and views of the mountains. Meals are served in the dining room, also with breathtaking views, a warm wood-burning stove, and a mix of local and continental fare.

Himalayan Eco Resort Lobuche

Nestled in the foothills of the Himalaya within the Sagarmatha (Everest) National Park, Himalayan Eco Resort offers simple rustic rooms with shared bathrooms and a single hand-washing station. Hot water bottles keep you cozy at night. The long low building is accented with stone walls and beautiful surroundings. WiFi is available in the dining room.

Snowland Highest Inn

Surrounded by Himalayan peaks, Snowland Highest Inn's spacious dining room features comfortable seating, wood stove heating, a small shop, views from paned windows and WiFi. Guest rooms are simple with 2 single beds and shared bathrooms. Gorak Shep is the last lodging before reaching Everest Base Camp.

Kala Pathar Lodge

This simple lodge has a homey feel with stone walls and outdoor picnic tables when the weather warrants it. At Kala Pathar, rooms are small and simple with shared bathrooms and a single handwashing station. Hot water bottles keep you warm at night. Hikers gather in the dining room, heated by a wood stove, to share stories of their day over a hot meal, access the WiFi, and perhaps purchase one of the delectable cakes on offer to enjoy together.



Where You'll Stay

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Yak and Yeti Hotel

A five-star oasis in the heart of Kathmandu, the Yak & Yeti is the perfect blend of contemporary international standards and time-honored Nepali tradition. Guests will find refuge among antique fountains, gilded temples, and emerald gardens while enjoying a state-of-the-art gymnasium, spa features, shopping arcades, atrium, tennis courts, and swimming pools.

Departure Dates

This trip is available to run in: April, May, October, November

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

September 29-October 17, 2025

October 20-November 7, 2025

November 9-27, 2025

March 29-April 16, 2026

April 19-May 7, 2026

May 11-29, 2026

October 3-21, 2026

October 25-November 12, 2026

November 15-December 3, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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