

Luxury Everest Base Camp Trek

REGION	Khumbu · Everest region
DURATION	13 days
MAX ALTITUDE	5545
GRADE	Moderate-Strenuous
SEASON	Mar-May · Sep-Dec
FROM	from \$5,000

Overview

The almighty base camp trek

This trek offers a blend of adventure and comfort: an opportunity to reach Everest Base Camp while staying at a 5-star hotel in Kathmandu, premium and comfortable lodges along the trail, a helicopter flight to Lukla, and a helicopter return to Kathmandu from Gorak Shep after the trek.

The itinerary offers the key highlights of the Everest region with a well-paced schedule, full guiding and support to Base Camp, and the best available accommodation throughout the trip. Two dedicated rest and acclimatization days - at Namche Bazaar and Dingboche - are built into the schedule to allow proper adjustment to altitude. Each group is accompanied by an experienced lead guide with a higher staff ratio than a standard trek, backed by a supplementary oxygen system and a comprehensive medical kit.

After reaching Base Camp, the return journey is made by helicopter from Gorak Shep, taking in aerial views of the trail just walked, rather than retracing the route on foot. This 13-day adventure is designed for trekkers who want a touch of extra comfort while still ticking off the classic Everest Base Camp trek.

The trek reaches a maximum elevation of 5,545m/18,193ft at Kala Patthar, with the highest overnight stop at 5,140m/16,865ft at Gorak Shep. No previous high-altitude trekking experience is required, but trekkers should expect to walk approximately 6-7 hours a day on average, carrying only a light daypack (around 5kg) while a porter carries the main duffel bag.

Highlights

- Trek to Everest Base Camp and Kala Patthar on a well-paced itinerary with two full acclimatization days
- 5-star hotel stay in Kathmandu with breakfast included
- Helicopter flight from Kathmandu to Lukla, avoiding the road transfer to Ramechhap
- Four nights at luxury mountain lodges, four nights at comfortable standard lodges
- All meals, hot drinks, and unlimited hot water included on the trek
- High staff-to-client ratio (1 lead guide, 1 assistant guide per 3 trekkers, 1 porter per 2 trekkers)
- Supplementary oxygen system and comprehensive medical kit carried by guides
- Full helicopter return to Kathmandu from Gorak Shep
- Complimentary down jacket, warm sleeping bag, and waterproof duffel bag

Itinerary

Day 1 - Arrival in Kathmandu (1,400 m)

Arrive at Tribhuvan International Airport. After completing visa formalities and collecting luggage, you'll be met outside the arrival hall and transferred to your hotel (approx. 25-minute drive). A trip briefing will be conducted by your trek guide at your convenience.

- Meals: None
- Accommodation: 5-star hotel
- Distance / Duration: N/A
- Max / O-N Elevation: 1,350m/4,430ft

Day 2 - Kathmandu sightseeing and trek preparation

A full day in Kathmandu to sightsee and prepare for the trek ahead. An optional guided tour (approx. 4-5 hours) can be arranged to visit UNESCO World Heritage Sites such as Boudhanath Stupa, Pashupatinath. In the afternoon, meet your lead guide for a full equipment check and trek briefing, with time to pick up any last-minute gear in Thamel before departing for Lukla the next morning.

- Meals: Breakfast
- Accommodation: 5-star hotel
- Distance / Duration: N/A
- Max / O-N Elevation: 1,350m/4,430ft

Day 3 - Fly to Lukla by helicopter, trek to Phakding

The trek begins with a direct helicopter flight from Kathmandu to Lukla (about 40 minutes), skipping the long road transfer to Ramechhap. After checking in about an hour ahead of the flight and lifting off, you'll land in Lukla surrounded by towering peaks. From there, the trail follows the Dudh Koshi Valley to Phakding for the first night on the trek.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Luxury Lodge
- Distance / Duration: 9km/5.6mi approx. 4 hours
- Max / O-N Elevation: 2,800m/9,184ft

Day 4 - Trek to Namche Bazaar

The trail follows the Dudh Koshi River through pine forest, crossing suspension bridges and passing the villages of Zamphute, Toktok, Benkar, and Chumoa to reach Monjo, the entrance to Sagarmatha National Park. After crossing the high Hillary Bridge, a steady climb leads up to Namche Bazaar, with views of Thamserku and, on a clear day, first glimpses of Everest, Lhotse, Nuptse, and Kusum Kangaru.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Luxury Lodge
- Distance / Duration: 12km/7.45mi approx. 7-8 hours
- Max / O-N Elevation: 3,450m/11,319ft

Day 5 - Acclimatization day at Namche Bazaar

A rest day to acclimatize in the prosperous village of Namche. Optional morning hike to the Everest View Hotel or to nearby Khumjung and Khunde villages, returning to Namche for lunch, with the afternoon free to explore.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Luxury Lodge
- Distance / Duration: 5km/3.1mi approx. 4 hours

- Max / O-N Elevation: 3,962m/13,000ft

Day 6 - Trek to Tengboche Monastery

The trail follows the glacial waters of the Dudh Koshi with views of Everest, Nuptse, Lhotse, Thamserku, and Ama Dablam, passing through blooming rhododendron forest to Sanasa (junction with the Gokyo trail). A steep climb leads to Tengboche Monastery, the largest in the Khumbu region.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Luxury Lodge
- Distance / Duration: 11km/7mi approx. 6 hours
- Max / O-N Elevation: 3,860m/12,661ft

Day 7 - Trek to Dingboche

The trail passes chortens, mani walls, and small villages with close-up views of Ama Dablam, continuing via Pangboche - the highest permanent settlement in the valley - before a final steep climb to Dingboche, an agricultural village known for its stone-walled fields of buckwheat, potatoes, and barley.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Standard Lodge
- Distance / Duration: 11km/7 mi approx. 6-7 hours
- Max / O-N Elevation: 4,412m/14,475ft

Day 8 - Acclimatization day at Dingboche

A second rest day, with a hike to either Nagarjun (Nagarstang) Peak or Chukung Village to aid acclimatization, following a "climb high, sleep low" approach before returning to Dingboche for the night.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Standard Lodge
- Distance / Duration: 5km/3.11mi approx. 4 hours
- Max / O-N Elevation: 5,083m/16,625ft

Day 9 - Trek to Lobuche

From Thugla, the trail climbs onto the moraine of the Khumbu Glacier, passing memorial cairns built for Sherpas and climbers who lost their lives on Everest expeditions, before descending along the west side of the valley to Lobuche.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Standard Lodge
- Distance / Duration: 9km/5.6mi approx. 6-7 hours
- Max / O-N Elevation: 4,910m/16,109ft

Day 10 - Trek to Everest Base Camp, return to Gorak Shep

An early, long trekking day (8-10 hrs) through ice pinnacles and past the crevasses of the Khumbu Glacier. From Lobuche it's about 3 hours to Gorak Shep; after a short rest, the final stretch continues to Everest Base Camp (2-3 hrs), passing the site of the former Gorak Shep Lake. After time at Base Camp, retrace the route back to Gorak Shep for the night - the highest overnight point of the trek. During spring, Base Camp is alive with the colorful tents of climbing expeditions preparing for summit.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Standard Lodge
- Distance / Duration: 14km/8.7mi approx. 8-10 hours
- Max / O-N Elevation: 5,364m/17,600ft (EBC)

Day 11 - Hike to Kala Patthar, helicopter to Kathmandu

An early, cold pre-dawn start (temperatures of -5 to -10°C) for the 2-3 hour hike up Kala Patthar for panoramic views of Everest, Nuptse, Lingtren, Khumbutse, and Changtse as the first light hits the peaks. After returning to Gorak Shep for breakfast, board a helicopter flight back to Kathmandu, routed via Lukla (approx. 12 minutes Gorak Shep-Lukla, then approx. 45 minutes Lukla-Kathmandu, with some waiting time in Lukla). The flight retraces the trekked route from the air. A celebration dinner with the group follows in the evening.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Standard Lodge
- Distance / Duration: 4km/2.9mi hike + heli flight approx. 3-4 hours
- Max / O-N Elevation: 5,545m/18,193ft (Kala Patthar)

Day 12 - Free day/Contingency day in Kathmandu

A free day for shopping, rest, or relaxing In Kathmandu. This day can also be used during the trek as a contingency day.

Day 13 - International Departure

Transfer to the airport according to your flight time. Please plan to arrive at least 3 hours before your flight for check-in and security.

- Meals: None
- Accommodation: 5-star hotel
- Distance / Duration: N/A
- Max / O-N Elevation: 1,350m/4,430ft

What's included

- 4 nights single supplement 5-star hotel in Kathmandu with breakfast
- 4 nights single supplement luxury mountain lodges (Phakding, Namche Bazaar, Tengboche)
- 2 nights single supplement standard lodge with private attached bathroom (Dingboche)
- 2 nights twin-sharing with common bathroom at standard/basic lodges (Lobuche, Gorak Shep)
- All meals (breakfast, lunch, dinner) during the trek, with tea and coffee
- Hot boiled drinking water during the trek
- Breakfast daily in Kathmandu
- Celebration dinner in Kathmandu after the trek
- Sagarmatha National Park permit fee
- Local municipality fee
- Kathmandu-Lukla helicopter flight
- Gorak Shep-Kathmandu helicopter flight
- Experienced, English-speaking lead guide
- 2 assistant guides for every 6 trekkers
- 1 porter for every 2 trekkers (carrying up to 12 kg per person)
- International airport pickup and drop-off per flight schedule
- Domestic airport transfers per itinerary
- All ground transportation by private vehicle
- Comprehensive first aid kit with high-altitude medicines
- Private oxygen bottles for emergency use, at no extra cost
- Insurance for all staff

- 80-liter waterproof duffel bag
- Free use of a high-quality sleeping bag and down jacket
- Trek completion certificate
- Pre-arrival information and assistance
- Emergency rescue assistance

Not included

- International airfare
- Nepal visa fee (30-day visa, USD 50)
- Personal travel insurance with emergency helicopter evacuation
- Meals in Kathmandu (except breakfast and the celebration dinner)
- Extra accommodation nights in Kathmandu or on the trek for any reason (e.g., early arrival, delay, early return from trek)
- Personal expenses such as alcoholic beverages, internet, soft drinks etc.
- Staff tips or gratuities
- Anything not mentioned in 'Cost Inclusions' section