

Everest Base Camp Luxury Trekking: 14 Days



Trek Information

Duration	14 days
Difficulty	Medium
Region	Everest Region
Highest Altitude	5545.0 m
Group Size	1-20+
Season	Autumn & Spring
Individual Cost	\$0.00

Description

About the Destination

The **Everest Base Camp (EBC)** trek is one of the world's most celebrated journeys, drawing trekkers from every corner of the globe to witness the grandeur of the Himalayas up close. This legendary trail follows in the footsteps of Sir Edmund Hillary and Tenzing Norgay, beginning with a dramatic flight into Lukla and weaving through the heart of the Khumbu region. As trekkers ascend through Sherpa villages like Phakding, Namche Bazaar, Tengboche, and Dingboche, they are immersed in vibrant local culture, Buddhist monasteries, and unmatched mountain scenery.

The trail offers glimpses of Everest early on, but the full majesty unfolds at Kala Patthar

(5,545m), a vantage point that delivers sunrise views of Everest, Nuptse, and Lhotse in stunning clarity. The final destination, Everest Base Camp (5,364m), sits at the foot of the mighty Khumbu Icefall, where climbers prepare for their summit push. The journey tests one's endurance and altitude adaptability but rewards with unparalleled vistas, spiritual encounters, and a sense of achievement. Whether it's crossing high-suspension bridges or sipping tea with local Sherpas, every step on the EBC trek resonates with adventure and legacy, making it a must-do for anyone passionate about mountains and cultural exploration.

Trip Overview

The Everest Base Camp Luxury Trek is a longer and more comfortable trek with cultural depth and grand scenery. It combines adventure with high-quality lodges, friendly service, and acclimatisation programmes. The trip starts with a drive to Ramechhap and a scenic flight to Lukla at 2,840m. From here, the trail follows rivers, crosses suspension bridges, and passes Sherpa villages until reaching Namche Bazaar at 3,440m, which is the lively centre of mountain culture. Daily hikes take 5-7 hours with slow ascending of alpine valleys and expansive landscapes.

Acclimatisation in Namche lets the trekkers adjust properly and explore the colourful markets, museums, and monasteries. The journey continues to Tengboche, which is famous for its monastery and views of Everest, Lhotse, and Ama Dablam. Dingboche also has a wide valley setting, luxury lodge comfort, and a 2nd acclimatisation day to prepare for higher altitudes. Short hikes to nearby ridges (up to 4,800m) help with physical adjustment.

The trail then continues up to Lobuche, 4,910m, passing memorials and glacial moraines. From Gorakshep at an elevation of 5,164m, the highlight is the walk to Everest Base Camp at 5,364m. The setting is unforgettable with the Khumbu Icefall and towering peaks. The following morning, a climb to Kala Patthar at 5,545m rewards the trekker with sunrise views over Everest and surrounding giants.

The return trip is slow and pleasant. Descending to Pangboche and Namche Bazaar means cultural encounters and lower altitude relief. Nights are spent in warm lodges with private rooms, hot showers, and the real Sherpas. Meals vary from the Nepali dal bhat and Sherpa cuisine to international favourites, and there are tea and coffee breaks in the cool mountain air.

Safety and confidence are guaranteed by licensed guides, porters, and medical support. The trek is concluded by a flight from Lukla to Ramechhap and the drive back to Kathmandu. The final day is available as a departure or an extended stay in Nepal. This 14-day luxury adventure offers a taste of the natural beauty, cultural richness, and comfort - an unforgettable Himalayan adventure for those who like to enjoy both challenge and ease.

Trip Highlights

- Flying to Lukla and hiking towards Phakding passing pine forests, riverside trails alongside. which we pass through
- trekking ahead to Namche Bazaar and cross suspension bridges we get our first glimpses of Everest.

- While acclimatizing in the town of Namche, we hike to the Everest View Hotel to enjoy panoramic views of Everest, Lhotse and Ama Dablam.
- passing through rhododendron forests and visiting the famous monastery On the way to Tengboche
- trekking to Dingboche, we encounter with wide valleys offering us beautiful views Ama Dablam
- Acclimating in Dingboche, we hike around the ridges surrounding Dingboche to acclimatise to the altitude.
- Walking to Lobuche, we follow a glacial moraine where we have views of Nuptse and Pumori.
- Once we arrive at Gorak Shep, we trek to Everest Base Camp and stand aside from the Khumbu Icefall.
- Climbing the Kala Patthar at sunrise, we make one last admiration of Everest's golden glow and then descend to Pangboche.
- On the way back to Namche Bazaar we enjoy soaking in Sherpa culture and stay at a comfortable inn.

Detailed Itinerary

Arrive in Tribhuvan International Airport 1,324 m / 4,344 ft in Kathmandu and transfer to your hotel

Trekkers arrive at the airport in Kathmandu and are greeted by guides before being moved to a premium hotel. The first day is for rest and orientation, helping to recover from jet lag and get ready for the trek. In the afternoon, visitors can explore the bustling streets of Thamel or visit some of the heritage sites of Kathmandu like Swayambhunath or Kathmandu Durbar Square, which are sites of World Heritage in Cultural Heritage. A detailed trek briefing is provided, gear is checked and all preparations are made.

Drive to Ramechhap, Flight to Lukla (2,840 m), Trek to Phakding (2,610 m)

A drive to Ramechhap early in the morning brings one to a short scenic flight to Lukla, the gateway to Everest. The trek starts out along the Dudh Koshi River with passage through suspension bridges, and through Sherpa villages with their prayer flags. The trail is easy winding through pine forest and lush valleys and to Phakding with a relaxed pace. This first day of trekking is to give the body a chance for gradual adjustment.

Trek from Phakding to Namche Bazaar (3,440 m)

The trail is alongside the Dudh Koshi river and goes through pine forests and Sherpa hamlets. Several suspension bridges, including Hillary Bridge which is famous, mark the route. The last section up to Namche is steep and challenging and thinner air means that you need to take a slower pace and make frequent breaks. Namche Bazaar welcomes the trekkers with colourful markets, bakeries and tea houses. Cultural richness is manifested in prayer flags, mani stones and friendly Sherpa traders. Meals are made up of dal bhat, thukpa, momos, and international dishes along with tea or coffee. The first good views of Everest and Ama Dablam inspire excitement and energy.

Acclimatization in Namche Bazaar, hike to Everest View Hotel (3,880 m) and return

This day is reserved for acclimatization for safe adjustment to higher altitude. A short hike up to the Everest View Hotel at 3,880m offers breathtaking panoramas of Everest, Lhotse and Ama Dablam. The clear mountain air and wide horizons are inspiring and allow time to adjust the body. Back in Namche, trekkers can explore Sherpa markets, visit the local museum or relax in cozy lodges. Meals consist of warm thukpa, momos and fresh bakery treats to keep the energy levels high. The focus is still on light activity, hydration and rest, in order to prepare for the next ascent.

Trek from Namche Bazaar to Tengboche(3860m.)

The trail passes through rhododendron and pine forests with views of Everest, Ama Dablam and Thamskeru opening up on the way. The walk is moderate, with low rises and falls before the final climb to Tengboche. Prayer flags and mountain vistas give it a serene and spiritual mood. The cultural highlight is the Tengboche Monastery, the largest in Khumbu. Trekkers often go for evening prayers and see Sherpa spirituality firsthand. Dinner is good, usually dal bhat or Sherpa stew with tea to warm the evening.

Trek from Tengboche to Dingboche(4410m.)

The trail follows and descends through forests then climbs steadily into alpine valleys. Stone-walled fields and broad landscapes are open, with Ama Dablam in the background. The air seems thinner and trekkers are advised to walk at a constant pace. Dingboche is a quiet village atmosphere with comfortable lodges. Meals consist of Sherpa stew, thukpa and international meals, keeping trekkers going. The evening is spent resting and acclimating to the altitude.

Acclimatization in Dingboche

This day is reserved for acclimatization for safe adjustment to higher altitude. A short hike to the ridges near (up to 4 800 m) will offer breathtaking views of Ama Dablam, Lhotse and the surrounding peaks. The mood is reflective and expansive horizons and crisp mountain air. On their return to Dingboche trekkers can explore the village or lounge around in lodges. Meals consist of warm thukpa, momos and bakery treats. Focus still remains focused on light activity, hydration and rest to prepare for the next ascent.

Trek from Dingboche to Lobuche (4,910 m)

The trail is a steep climb on glacial moraines and rocky paths. Views of Nuptse and Pumori and of the Khumbu Glacier fill out the horizon, creating a dramatic Alpine feel. Altitude is experienced more here, so trekkers put their foot down slowly with resiliency and conscious breathing. Lobuche is a small settlement, but in the luxury trek, there are upgraded lodges instead of teahouses, which offer warm rooms and better facilities. Meals consist of dal bhat, Sherpa stew and international comfort foods and are served with tea or coffee. Sherpa hospitality still enhances the cultural experience while in this remote highland village.

Trek from Lobuche to Gorakshep (5,164 m / 16,942 ft), hike to Everest Base Camp

The trail to Gorakshep is rugged and traverses the glacial land with spectacular views of Everest, Nuptse and Pumori. From Gorakshep, trekkers go on to Everest Base Camp at 5,364 meters -- the emotional highlight of the trip. Standing at the foot of the world's highest mountain, next to the Khumbu Icefall, trekkers take pride and awe to an extreme. Returning to Gorakshep, the evening is spent in a couple of upgraded lodges in warmer rooms with hearty meals. Dal bhat and thukpa and Sher pa specialties are served with tea and coffee. The mood is a celebratory one and cultural depth is felt in the fellowship of the trekkers sharing their stories of accomplishment.

Early hike to Kala Patthar (5,545 m), trek down to Pangboche (3,985 m)

A pre-dawn hike leads to Kala Patthar at 5,545 m which is the most rewarding viewpoint of Everest, Lhotse and Nuptse. The sunrise gives the peaks a golden color, which is an unforgettable time. After enjoying the panorama, trekkers go down in a steady and easy way to Pangboche. Pangboche is a traditional Sherpa village which is dotted with ancient monasteries and has a depth of culture. Meals include Sherpa stew, thukpa and warm tea. The relief that the lower altitude provides, and lodges here provide comfortable rooms and real hospitality.

Trek from Pangboche to Namche Bazaar (3,440 m)

The trail runs down alpine forests and Sherpa villages. Prayer flags and mani walls dot the way and add some cultural richness. Views of Ama Dablam are still breathtaking as the trekkers make their way back to Namche. Namche Bazaar is alive after the days in the

higher altitude. Trekkers love bakeries, shops, and cultural markets. Meals consist of dal bhat, momos, and bakery products. Luxury lodges offer hot showers, warm beds and a celebratory atmosphere.

Trek from Namche Bazaar to Lukla (2,840 m)

The last trekking day follows the trail along the Dudh Koshi River. Suspension bridges, pine forests and Sherpa villages mark the way back. The mood is celebratory and trekkers reflect on their achievement. The evening is spent in upgraded lodges with warm meals and tea in Lukla. Sherpa hospitality makes the farewell memorable and trekkers enjoy the comfort of private rooms and cozy dining halls.

Flight from Lukla to Ramechhap, drive to Kathmandu

A scenic morning flight from Lukla, to have sweeping views of the Himalayas one last time. The descent is a refreshing one as trekkers break free from the high mountains. From Ramechhap a drive takes the group back to Kathmandu. In the evening, trekkers indulge in the comforts of a luxury hotel. Meals are a combination of Nepali cuisine and international and include options for celebratory dinners. The mood is laid back with time to reflect on the journey and tell stories.

Departure from Kathmandu

The final day is the end of the trek. Trekkers are transferred to Tribhuvan International Airport for departure flights. Those with more time may consider taking a longer stay and explore heritage sites or experience the exciting culture of Kathmandu. Meals are provided at the hotel before departure and guides make sure transfers are smooth. The mood is bittersweet - a goodbye to Nepal, but memories of Everest Base Camp and luxury trek experience to carry home.

What's Included

- Private airport transfer in premium vehicle for smooth arrival and departures
- Accommodation in luxury lodges during trek and in 5 star hotels in Kathmandu (twin-sharing basis)
- Full board meals (breakfast, lunch, and dinner) throughout the trek, including fresh bakery items, hot drinks, and seasonal fruits after dinner
- Experienced, English speaking trekking guide, with professional, friendly and personalised support
- Porter service (one porter between two trekkers)
- Salaries, Equipment & Insurance Coverage for Guides / Porters
- Emergency rescue services (rescue costs to be covered by trekker's travel insurance)
- A basic first-aid kit carried by the guide for safety and support against altitude
- Trek completion certificate to celebrate & mark your Everest Base Camp achievement
- Required Permits: Sagarmatha National Park Permit & Khumbu Rural Municipality Entry Permit
- Printed trekking route map to navigate and to overview the trip
- Domestic flights: Kathmandu - Lukla (return and forth)
- All Government taxes and official charges that are applicable

What's Not Included

- Travel insurance is highly recommended for high altitude trek and emergency rescue.
- Personal expenses while on trek include hot showers, charging of devices, and Wi-Fi in lodges.
- Beverages of any kind (tea, coffee, mineral water, soft drinks, alcoholic drinks, etc.) are not included in the package.
- Personal trekking gear and equipment, such as boots, jackets, poles, and sleeping bags, should be brought by the traveler.
- Tips for guides and porters are customary, but not included in the package fee.
- Expenses incurred as a result of unforeseen circumstances-natural disasters, extreme weather conditions, political instability, or flight delays- are the traveler's fault.
- Kathmandu hotel and food costs before and after the trek are outside the package.
- Sightseeing or tours in Kathmandu other than the trek itinerary are not covered.

Equipment & Packing List

Everest Base Camp Luxury Trekking | 14 Days – Itinerary Overview

The Everest Base Camp Luxury Trek is a 14-day trek that combines adventure, culture, and comfort. Starting from Kathmandu, a drive to Ramechhap and a flight to Lukla at 2840 m start the trek. The initial walk to Phakding at 2,610 meters is easy, allowing the pace to be eased with the riverside trails.

From Phakding, the trail ascends to Namche Bazaar at 3440m, the Sherpa capital. An acclimatization day consists of a short hike up to the Everest View Hotel at 3,880 m. This day is a balance between rest and some light exercise as the body gets used to the higher altitude and the spirits are uplifted with the panoramic scenery of Everest, Lhotse, and Ama Dablam.

The trek continues to Tengboche at 3,860 m, where the famous monastery adds spiritual calm to the trek: Dingboche 4410m, wide valleys, 2nd acclimatization day. Short hikes on nearby ridges help to warm up lungs and legs, and the slower pace promotes patience and reflection.

The path rises higher and higher to Lobuche at 4,910 m, and the thinner atmosphere challenges stamina, but willpower overcomes it. From Gorakshep at 5,164m, the hike to Everest Base Camp at 5,364m is the emotional highlight. Standing at the base of the world's highest mountain next to the Khumbu Icefall is a feeling of pride and awe for trekkers.

A sunrise climb to Kala Patthar at 5545 meters provides the most rewarding view of Everest and the giants in its periphery. Unlike the return trek by helicopter, the luxury journey goes down slowly through Pangboche and Namche, giving the opportunity to make cultural encounters and to acclimate to a lower altitude more easily. The final trek to Lukla is the final adventure before flying back to Ramechhap and driving to Kathmandu.

Accommodation is in luxury lodges and good teahouses, private rooms, hot showers, and the warm hospitality of Sherpas. In Kathmandu, luxury hotels combine adventure and comfort. Meals consist of Nepali dal bhat, Sherpa specialties, and international cuisine with coffee and tea breaks to renew yourself in the cool mountain air. Licensed guides, porters, and medical support to ensure safety at every stage.

This 14-day luxury trek is a satisfying mix of natural magnificence, rich culture, healthy pacing, and comfort. It is ideal for those who want the complete Everest Base Camp experience with added ease, style, and time to soak in the Himalayan journey.

Everest Base Camp Luxury Trek 14 days altitude and distance coverage

Day

Route

Distance

Duration

Altitude Gain/Loss

Sleep Altitude

1

Arrival in Kathmandu, transfer to the hotel

–

–

–

1,400 m

2

Drive Kathmandu → Ramechhap, flight to Lukla (2,840 m), trek to Phakding

~8 km

3–4 hrs

–230 m

2,610 m

3

Trek Phakding → Namche Bazaar

~10–11 km

6–7 hrs

+830 m

3,440 m

4

Acclimatization in Namche, hike to Everest View Hotel (3,880 m) and return

~3–4 km

3–4 hrs

+440 m / –440 m

3,440 m

5

Trek Namche Bazaar → Tengboche

~9 km

5–6 hrs

+420 m

3,860 m

6

Trek Tengboche → Dingboche

~10 km

5–6 hrs

+550 m

4,410 m

7

Acclimatization in Dingboche, short ridge hike and return

~4–5 km

3–4 hrs

+400 m / –400 m

4,410 m

8

Trek Dingboche → Lobuche

~8 km

5–6 hrs

+500 m

4,910 m

9

Trek Lobuche → Gorakshep (5,164 m), hike to Everest Base Camp (5,364 m) and return

~12 km (round trip)

7–8 hrs

+424 m / –200 m

5,164 m

10

Early hike Gorakshep → Kala Patthar (5,545 m), trek down to Pangboche (3,985 m)

~13 km

6–7 hrs

+381 m / –1,560 m

3,985 m

11

Trek Pangboche → Namche Bazaar

~10 km

5–6 hrs

–545 m

3,440 m

12

Trek Namche Bazaar → Lukla

~16 km

6–7 hrs

–600 m

2,840 m

13

Flight Lukla → Ramechhap, drive to Kathmandu

–

–

–

1,400 m

14

Departure or onward activities

–

–

–

Permits and Expenses Needed for the Everest Base Camp Luxury Trek | 14 Days
To trek to Everest Base Camp, there are two required permits. These fees go towards conservation, safety and development of the Khumbu community.

Sagarmatha National Park Entry Permit

The permit provides entry into the Everest region, a World Heritage Site. The fee is used to help protect forests, wildlife, glaciers, and trekking trails.

- Foreigners: NPR 3,000 per person (approx. USD 23)
- SAARC nationals: NPR 1,500 per person
- Nepali citizens: NPR 100 per person
- Children under 10: Free

Available at the Nepal Tourism Board office in Kathmandu or at Monjo checkpoint.

Khumbu Pasang Lhamu Rural Municipality Permit

The local permit provides support to the trail maintenance, infrastructure, and Sherpa community development. It has replaced the old TIMS card.

- Foreigners: NPR 2,000 per person (approx. USD 15)
- SAARC nationals: Same rate as foreigners
- Children under 10: Free
- Issued in Lukla or Monjo.

TIMS Card (Trekking Information Management System)

The Khumbu permit includes the Everest region requirement, so no TIMS Card is required.

Summary

For the Everest Base Camp Luxury Trek (14 Days), trekkers need:

- Sagarmatha National Park Entry Permit (NPR 3,000 for foreigners, NPR 1,500 for SAARC nationals).
- Khumbu Pasang Lhamu Rural Municipality Permit (NPR 2,000 for foreigners and SAARC nationals).
- No TIMS card required.

These permits are to ensure that the trek is well managed, the environment is protected, and local Sherpa communities benefit directly from this.

Trip Cost for Everest Base Camp Luxury Trek (14 Days) | 2026/2027

Group Size

Price Per Person (USD)

10 persons

10 – 20 persons

21+ persons

Single Supplement

Note

- Prices are calculated per person.
- For a group of 10 trekkers, the price is flat at a per-capita rate.
- For larger groups of twenty or more a discounted rate applies per person.
- The package comes with luxury lodge accommodation during the trek and 5-star hotels in Kathmandu for maximum comfort.
- All meals are provided, as well as bakery treats, hot beverages and seasonal fruit.
- An additional surcharge is payable if a private accommodation is requested.

Best Time to Trek Everest Base Camp Luxury Trek
Spring (March to May) | Perfect for Luxury Trekking

Spring is the most popular time for the Everest Base Camp Luxury Trek. The weather is stable and in the morning, it is cool and there are rhododendrons flowering on the trails. Visibility is excellent and peaks like Everest, Lhotse and Ama Dablam are brightly lit. Luxury lodges are lively places, with warm meals and cosy rooms, and there is a lively atmosphere in which the trekkers experience both comfort and adventure.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

March

0 to 10

-5 to -10

40–60 mm

Cold mornings, clear skies, lodges provide warmth

Light at higher ridges

April

5 to 12

-2 to -8

60–80 mm

Mild days, rhododendrons blooming, comfortable lodge stays

Rare

May

8 to 15

0 to -5

80–90 mm

Warm, clear skies, stable trails, cozy lodge evenings

Minimal

Autumn (September to November) | Clear Skies and Comfortable Lodges

Autumn is another perfect season. Monsoon rains cleanse the air, and the skies are crystal clear. Views of Everest and surrounding peaks are at their best. Temperatures are moderate and trekking is comfortable. Luxury lodges are hospitable and warm and trails are busy but festive.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

September

6 to 12

-2 to -6

70–100 mm

Fresh air after monsoon, crystal views, lodges festive

Occasional at higher passes

October

5 to 10

-3 to -8

40–60 mm

Peak season, clear skies, vibrant trekking mood, luxury lodges busy

Rare

November

0 to 8

-5 to -10

20–40 mm

Crisp mornings, stable weather, warm lodge hospitality

Light at higher ridges

Summer Monsoon (June–August): Heavy rains make the trek uncomfortable. Trails become muddy and slippery, and landslides are more likely to happen, and visibility is reduced. There are leeches and muddy paths that make it difficult. Even with luxury lodge facilities, the journey is not as enjoyable when the weather is unstable.

Winter (December–February): Freezing temperatures, snowbound trails, and icy winds make reaching the base camp dangerous. There are more risks of altitude and cold. Luxury lodges are warm; however, extreme conditions limit comfort and safety during this season.

Packing List for the Everest Base Camp Luxury Trek | 14 Days
General Essentials

- Four-season sleeping bag (Must rate for -15C, usable for nights up to 5,545 meters at Kala Patthar, lodges provide blankets, but your own sleeping bag provides comfort)
- Down jacket (heavy, for cold evenings at Lobuche, Gorakshep & Base Camp)
- Daypack 35■40 L with rain cover
- Trekking poles (usable for steep climbing, suspension bridges, and descents)
- Water purification tablets or filter (streams and lodge refills)
- Headlamp with Spare Batteries (Must have for Early Morning Kala Patthar Hike and also for use in the Lodge)

Upper Body

- UV protection at altitude: Sun hat or cap
- Warm beanie/knitted hat (in case of cold mornings at Gorakshep and Kala Patthar)
- UV-protected sunglasses (category 3-4 glare from snow at Base Camp and glacier walks)
- Buff or neck gaiter (for the protection from dust, wind, and cold)

Torso Layers

- Technical base layers (thermal, moisture■wicking)
- 2 short■sleeve trek shirts
- 2 long■sleeve trek shirts
- Fleece jacket/pullover
- Waterproof shell jacket (windproof for Lobuche and Gorakshep)
- Insulated mid■layer jacket (for freezing nights above 5,000 m)

Lower Body

- Thermal leggings/base layer
- 2 hiking pants (quick■dry)
- Hiking shorts (for days down in the valley at Phakding and Namche)
- Comfortable lodge pants (for evenings in luxury lodges)
- Rain/snow shell pants (in case the weather is high altitude and unpredictable)

Hands

- Liner gloves
- Insulated waterproof gloves (critical for Kala Patthar sunrise hike)

Feet

- Warm wool socks (4–5 pairs, extra for Base Camp and Kala Patthar)
- Hiking socks and liners
- Waterproof trekking boots (broken in, with ankle support for glacier terrain)
- Casual shoes/slippers (for lodge evenings)

Undergarments & Sleepwear

- Quick-dry underwear
- Sports bras (for women)
- Thermal sleeping suit (an absolute must while staying at Lobuche and Gorakshep)

Medicals & Personal Care

- First aid kit, altitude medication, pain relievers
- Oral rehydration salts (for hydration at altitude)
- Sunscreen SPF 50+, lip balm SPF (UV is strong above 3,500 m)
- Menstrual products (for women)
- Hand sanitizer, wet wipes, toiletries
- Personal medications (prescribed)

Electronics

- Power bank (15,000–20,000 mAh, charging is costly at altitude)
- Camera or smartphone with additional memory cards (for Base Camp and Kala Patthar views)
- Adapter plug (Nepal standard: Type C/D/M)

Miscellaneous

- Trekking duffel bag
- Lightweight towel
- Notebook and pen
- Snacks: energy bars, nuts, chocolates (extra calories for Base Camp and Kala Patthar days)
- Reusable water bottle/hydration bladder (2–3L capacity)
- Small lock (for duffel bag security)
- Lightweight book/Kindle

Equipment and Extras Provided by the Company

- Down jacket (loaned for trek)

- Sleeping bag (loaned for trek, rated for Everest Base Camp conditions; lodges provide extra blankets)
- Trekking duffel bag (70L, for porter use)
- Everest Base Camp trekking route map
- Trekking T-shirt (souvenir)
- Appreciation certificate after trek completion
- First aid kit with oximeter for altitude monitoring
- Basic medical support during the trek
- Luxury lodge stays along the trek and 5 star hotels in Kathmandu

Can You Trek the Everest Base Camp Luxury Trek Solo?

It is no longer legally possible for foreign visitors to trek to Everest Base Camp without a guide. Trekker(s) must be accompanied by licensed guides that are registered agencies, since 2023. This rule was introduced to promote safety, reducing accidents in high altitude spaces, as well as providing cultural and logistical support throughout the journey.

The Everest Base Camp Luxury Trek reaches 5,364 metres with steep ascents, glacier paths and thin air which causes altitude sickness. Even now with improved lodges and facilities the trek is demanding. Weather in the Himalayas is unpredictable, the walking days are long and the risk of altitude makes solo trekking unsafe. Guides are trained to control acclimatization schedules, health and emergencies to make the trek safer and more dependable.

Along the way, guides add richness to this experience with explanations of Sherpa traditions, monasteries, prayer flags and village life in Namche Bazaar, Tengboche, Dingboche, and Lobuche. Porters carry the loads so that the trekkers save their energy for the climbs to Base Camp and Kala Patthar. Luxury lodges offer warm rooms, hot showers and hearty meals, which add comfort to the adventure.

Walking in a group is reassuring, provides company and encouragement. The trek mood changes from excitement in Namche to determination in Dingboche, triumph at Base Camp and awe at Kala Patthar. Returning to Kathmandu by flight makes the journey in comfort, and turns a challenging adventure into a rewarding Himalayan experience in the shadow of the world's highest mountain.

What are the Meals and Accommodation Like in the Everest Base Camp Luxury Trek?

Meals and accommodations on the Everest Base Camp Luxury Trek offer comfort, upgraded facilities and authentic Sherpa hospitality to ensure trekkers remain nourished and rested despite the height of over 5,000m.

In Kathmandu

Trekkers stay in 5-star hotels with twin or double rooms. Breakfast is served before the trek begins and on return. In Kathmandu, meals are a combination of Nepali and International dishes that allow visitors to sample a range of cuisine before heading into the mountains.

Along the Trek

Accommodation is in luxury lodges in lower and mid-altitude villages - Phakding, Namche, Tengboche, and Dingboche. Rooms are large, with twin or double beds, attached showers and Wi-Fi. Many lodges also have bakery cafes and cosy lounges.

In higher villages such as Lobuche and Gorakshap, the facilities are more basic, but upgraded lodges still provide warmer rooms, better bedding, and hearty meals if you

compare this with normal teahouses.

Atmosphere

Luxury lodges offer warmth, comfort and true Sherpa hospitality. Evenings are spent in warm dining halls around a fireplace or heater, where trekkers spend the evenings telling stories. The mood shifts from being lively in Namche Bazaar to reflective in Dingboche, triumphant at Base Camp and awe-inspiring at Kala Patthar.

Meals

Full board meals are included throughout the trek: breakfast, lunch, and dinner daily.

- Full board meals included all along the trek: breakfast, lunch, and dinner each and every day.
- Breakfast: Porridge, eggs, pancakes, Tibetan bread, toast with jam or honey, hot drinks (tea, coffee, and hot chocolate)
- Lunch: Dal bhat, noodles, soups, fried rice, pasta and fresh bakery items @ Namche
- Dinner: Sherpa stew, thukpa, momos, curried potatoes and foreign comfort food. At higher altitudes such as Lobuche and Gorakshep the food is simpler and full of calories, which is the warmth and strength-giving.
- Refreshments include tea and coffee several times a day, and fresh seasonal fruit after dinner. Emphasis is put on hydration, and boiled or purified water is available at each lodge.

Health & Nutrition

Meals are balanced for altitude: carbohydrates have an energy-giving effect, soups help to hydrate the body and warm foods build strength. Fresh fruit provides vitamins; hot drinks help keep people well hydrated in cold and dry air. Guides encourage their trekkers to eat well and drink lots of fluids to reduce the risk of altitude sickness.

Notes

- Food is a mix of Nepalese, Sherpa, Tibetan and international with bakery treats in Namche and Dingboche.
- Breakfasts are hearty and warm with tea or coffee to go with.
- Accommodation is twin or double with attached bathrooms in lower villages and upgraded accommodation in mid altitudes.
- This type of setup allows trekkers to enjoy good food, safe lodging and comfort at altitude, whilst enjoying Sherpa hospitality and breathtaking views of Everest, Lhotse and Ama Dablam.

Visa and Entry Requirements for the Everest Base Camp Luxury Trek | 14 Days

Nepal Entry Visa

Every foreigner requires a valid Nepal entry visa for the Everest Base Camp Luxury Trek. The visa can be obtained on arrival at Tribhuvan International Air Port or in advance from the embassies of Nepal abroad. A passport valid for a minimum of six months and a passport size photo are required.

- 15-day multiple entry visa: USD 30
- 30-day multiple entry visa: USD 50
- 90-day multiple entry visa: USD 125

Payment is usually made in cash, preferably in US Dollars, though other major currencies

are accepted.

Trekking Permits

In addition to the entry visa, trekkers must obtain permits specific to the Everest region:

- Sagarmatha National Park Entry Permit (SNPEP): Required to enter the UNESCO-listed Sagarmatha National Park. The cost of the permit is used towards forest, glacier, wildlife and trail conservation of this heritage site.
- Khumbu Pasang Lhamu Rural Municipality Permit: Introduced in place of the TIMS card. This local permit ensures direct contributions to community development, infrastructure, and trail maintenance in the Khumbu region.

Local Municipality Fees

The Khumbu Pasang Lhamu Rural Municipality Permit: The permit is collected at checkpoints in Lukla or Monjo. The system ensures the direct support of trekkers to Sherpa communities, trail maintenance, bridge maintenance, and village development along the Base Camp route.

Provided by Trekking Company

All necessary permits are organised by the trekking company and are covered by the luxury trek fee. This eliminates paperwork, ensures that Nepal's rules are followed and allows trekkers to simply focus on acclimatization, health, culture and the rewarding experience of reaching Everest Base Camp and Kala Patthar - with the comfort of luxury lodges and premium services along the way.

Travel Insurance Requirements and Emergency Rescue Coverage for the Everest Base Camp Luxury Trek

Travel Insurance

Travel Insurance is compulsory for the Everest Base Camp Luxury Trek. Every trekker should have a policy covering high altitude trekking up to 6,000 m. The trek ascends 5,000 metres to Base Camp and 5,550 metres to Kala Patthar where altitude sickness, injuries and unpredictable weather changes can happen. No valid insurance, no participation is permitted.

A proper insurance policy should include:

- High altitude trekking coverage (up to 6,000 m)
- Helicopter rescue and emergency evacuation
- Medical treatment and hospitalization
- Trip cancellations, delays, and repatriation

Emergency Rescue Operations

Rescue operations are generally coordinated from Namche Bazaar, Lukla, or Kathmandu. In emergencies, helicopters can speedily reach villages such as Dingboche, Lobuche or Gorakshep to fly out trekkers to lower altitudes or hospitals in Kathmandu.

Luxury Trek Considerations

Guides coordinate the rescue, contact insurance companies, and have medical support arranged in a timely fashion.

Possible issues to keep in mind:

- Weather Delays: Strong winds, heavy clouds, or snowfall can stop flights.
- Altitude and Health: A fast descent by helicopter can feel demanding for some trekkers.
- Availability: Helicopter demand is high in peak seasons, so schedules may change.

- Insurance Coverage: Policies must clearly include helicopter evacuation, as costs are high.

Note

Guides and trekking agencies do most of the logistics, but trekkers should be flexible and ready for changes. With the right insurance and support, the Everest Base Camp Luxury Trek is a safe and rewarding trek, bringing adventure and comfort in the Himalayas.

Why Insurance Matters on the Everest Base Camp Luxury Trek

The Everest Base Camp Luxury Trek is longer and higher than many of the routes in the Himalayas, with a number of days above 4,000 m and several nights in remote villages, where medical facilities are limited. Even with the improved lodges, the dangers of altitude sickness, injuries and unpredictable weather are not eliminated.

Insurance gives Peace of Mind. The costs of helicopter rescues, hospital treatment or a delay in travel can be very high. A proper policy insures the trekkers from these risks and they can focus on the adventure and enjoy luxury lodges and Sherpa hospitality without worrying about any unforeseen emergencies.

With proper insurance, trekkers can enjoy the achievement of reaching Everest Base Camp at 5,364 meters and Kala Patthar at 5,545 meters, without worrying as they are safe and supported by the great trekking teams at any time.

Altitude Sickness and Prevention for the Everest Base Camp Luxury Trek

Altitude sickness is a common challenge on the Everest Base Camp Luxury Trek as the trail The Everest Base Camp Luxury Trek is a common challenge to altitude sickness as the trail in the Everest Base Camp reaches 5,364 meters at Base Camp, and 5,545 meters at Kala Patthar. Thin air, high altitude and also long trekking days mean the risk of Acute Mountain Sickness (AMS).

Professional guides have medical kits with an oximeter to check oxygen levels and watch for early signs of AMS. They keep a close eye on trekkers, encouraging slow-walking, lots of water, balanced meals and rest days in order to acclimatize.

The best prevention is acclimatization - gradual acclimatization. Trekkers spend some time sleeping in villages such as Namche Bazaar and Dingboche to allow their bodies to adapt before moving up to higher altitudes. If symptoms like headache, nausea, dizziness or fatigue are experienced - the safest choice is to descend immediately. Guides are trained to manage emergencies, and can arrange for evacuation by helicopter from villages such as Dingboche, Lobuche or Gorakshep to the hospitals in Kathmandu.

Travel insurance is necessary for high altitude trekking and helicopter rescue. It insures trekkers against high costs of evacuation, medical treatment, and unexpected accidents. With appropriate acclimatization, professional guidance and knowing the risks associated with altitude, trekkers can successfully complete the luxury trek and stay in upgraded lodges while celebrating the accomplishment of standing at Everest Base Camp and Kala Patthar.

Personal Expenses to Budget For on the Everest Base Camp Luxury Trek

On the Everest Base Camp Luxury Trek, most of the essentials are included in the package, but trekkers should still plan for expenses that are not included. Along the way small treats such as chocolate, nuts and energy bars are common and in Namche Bazaar or other villages you can get tea, coffee, soft drinks and even alcoholic drinks. Luxury lodges will supply all meals, but additional drinks and snacks are at personal expense, but add variety and comfort to the journey.

Accommodation in luxury lodges upgraded with better rooms and facilities but you might still have to pay more for Wi-Fi, hot showers or device charging. Prices also increase as you go higher so expect to spend more in Dingboche, Lobuche and Gorakshep than in

Phakding or Namche. Souvenir shopping is another expenditure, prayer flags, yak wool clothing and Sherpa handicrafts are available at Namche Bazaar and Tengboche, and donation to monasteries is encouraged and adds cultural value to the trek.

It is customary to tip guides and porters so this should be included in your budget. Carrying small notes of Nepalese Rupees is practical because there are limited and unreliable ATMs in the remote areas. Flights between Kathmandu and Lukla are covered in the package, although delays caused by bad weather are possible, with food or lodging during unexpected waiting times being personal expenses.

By making pre-arrangements for snacks, drinks, lodge extras, souvenirs, donations, and tips, trekkers can have a smoother and more rewarding luxury trek. With proper budgeting within your reach, you can be focused on the adventure, comfort of lodges and the unforgettable experience of standing at Everest Base Camp and Kala Patthar without worrying about finances along the way.

Why Trek the Everest Base Camp with Us?

Trekking to Everest Base Camp with us on the Luxury Trek is a full-fledged Himalayan Journey full of comfort and adventure. You will get breath-taking views of the mountains, real Sherpa culture and the excitement of being at the foot of the world's highest peak. From your flight into Lukla to the final climb to Base Camp and Kala Patthar, our licensed guides ensure safety and pacing, as well as a cultural insight every step of the way.

We have a well thought out 14-day itinerary that combines acclimatisation and comfort. The package is all-inclusive including permits, luxury lodge accommodations, meals, guides, and porters. The highlight is staying in upgraded lodges with attached bathrooms, hot showers, Wi-Fi and cosy dining halls, plus 5-star hotels in Kathmandu. We work with trusted operators that offer safe flights and emergency evacuation options offering you peace of mind throughout the trek.

In addition to trekking, your trip is spiced up with cultural activities like monastery visits in Tengboche, village walks and optional meditation sessions with monks. For people looking for more adventure, helicopter sightseeing flights over Everest and Ama Dablam can be organised at additional cost and can offer you once in a lifetime views of the Himalayas.

Our agency is known for professionalism, care, and attention to detail. With assistant guides and porters taking care of the logistics and safety, we take care of running groups of every size smoothly.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: How difficult is the Everest Base Camp Luxury Trek?

A: The Everest Base Camp Luxury Trek is a challenging trek due to its high altitude and extended walking days. The trekkers reach 5364 m at Base Camp and 5545 m at Kala Patthar where the air is thin and oxygen levels are low; this can cause shortness of breath, fatigue, headaches or dizziness. Daily walks are frequently 6-8 hours in length, and steep ascents, rocky trails and suspension bridges make the walk physically demanding. Weather is another factor. Conditions can change rapidly, with cold mornings, strong winds or sudden snowfall of higher villages e.g. Lobuche and Gorakshep. Even with luxury lodges to provide warmth and comfort, the trek needs a mental strength to reach through unpredictable weather conditions in the Himalayas. The greatest danger is from altitude sickness. Guides keep a watchful eye on trekkers at all times, insisting on slow-paced walking, drinking plenty of water and taking rest.

Q: What is the maximum altitude reached on the Everest Base Camp Luxury Trek?

A: On the Everest Base Camp Luxury Trek, the highest altitude a trekker reaches is at 5,364 meters, at the foot of the Khumbu Icefall surrounded by towering Himalayan Mountains. This is the official Everest Base Camp and the highlight of the journey. The next day, trekkers hike to Kala Patthar at an elevation of 5,545 meters, which is the highest point of the luxury trek. From here, the sunrise views of Mount Everest, Lhotse, Nuptse and Ama Dablam are breathtaking. The climb is physically demanding given the thin air and steep climb, but is also emotionally rewarding with a true sense of accomplishment.

Q: What are the best seasons for the Everest Base Camp Luxury Trek?

A: The Everest Base Camp Luxury Trek is best undertaken in Spring (from March to May) and Autumn (from September to November). These seasons are predictable in terms of weather, the skies are clear and the temperatures are comfortable which makes the trails safer and the view of the Everest and other peaks unmissable. Spring gives the beauty of rhododendron blossoms in the valleys and in autumn the crisp air and crystal clear mountain panoramas. These seasons combine breathtaking scenery and the comfort of upgraded lodges together with premium services on the way. Winter (December to February) is very cold, with snowbound trails and icy winds to make trekking difficult, even with the luxury facilities of a lodge. Summer monsoon (June to August) gives heavy rains, muddy paths and a lot of flight delays which make trips uncomfortable and less safe.

Q: Do I need prior trekking experience for the Everest Base Camp Luxury Trek?

A: No previous trekking experience is necessary but trekkers should be fit and prepared for long walking days. The trek is 6-8 hours of hiking on steep ascents and rocky trails, to a maximum elevation of 5,545 meters at Kala Patthar with its thin air being more tiring. Beginners can do the trek with determination and the help of licensed Sherpa guides and porters. The major challenges are altitude, unpredictable weather and physical effort at high altitudes. Guides keep track of health and promote slow pacing while making the necessary acclimatization stops in villages such as Namche Bazaar and Dingboche. With the correct fitness, acclimatization and the luxuries of a luxury lodge, the trek is possible and rewarding for both beginners and experienced trekkers.

Q: What accommodation and meals are provided on the Everest Base Camp Luxury Trek?

A: On the Everest Base Camp Luxury Trek, trekkers stay in 5-star hotels in Kathmandu before and after the trek. On the trail, accommodation is in upgraded lodges with bed and board in twin-sharing rooms on a comfortable bed, and attached bathrooms where available. These lodges are cleaner, warmer and more spacious than regular teahouses, providing additional comfort at altitude. Meals are served on a full-board basis with Nepali dishes like dal-bhat and Sherpa and Tibetan food such as momos and thukpa as well as international options like pasta, noodles, rice and soups. Luxury lodges often supply bakery products, fresh coffee, and desserts. Tea and coffee are served several times during the day and fresh fruit after dinner allows for maintaining energy and nutrition. This makes the trek not only comfortable, but rewarding as well.

Q: What permits are required for the Everest Base Camp Luxury Trek?

A: Trekkers on the Everest Base Camp Luxury Trek also require two permits, both of which are organized by the trekking agency and included in the package price. The Sagarmatha National Park Entry Permit (SNPEP) is a permit to enter the Everest region and to aid in conservation of forests, glaciers, and wildlife in this World Heritage Site as declared by the United Nations. The Khumbu Pasang Lhamu Rural Municipality Permit has replaced the TIMS card and guarantees direct contributions to the development of the local communities and the maintenance of the trails. These permits need to be presented at checkpoints in Lukla, Monjo and other villages; thus they are critical for complying with Nepal's trekking laws and regulations.

Q: Is travel insurance required for the Everest Base Camp Luxury Trek?

A: Yes, travel insurance is compulsory for the Everest Base Camp Luxury Trek. Policies need to cover trekking up to 6,000 metres as the trek reaches 5,364 m at Base Camp and 5,545 m at Kala Patthar. Without valid insurance, trekkers are not allowed to join according to Nepal's regulations. Insurance should cover helicopter rescue and evacuation, medical treatment in Kathmandu, trip cancellations and delays (especially Lukla flights), and repatriation. Comprehensive coverage - to be safe from altitude risks, remote terrain, sudden weather changes, and to enjoy peace of mind during the luxurious trek.

Q: What about altitude sickness (AMS) on the Everest Base Camp Luxury Trek?

A: Altitude sickness is one of the major hurdles on the Everest Base Camp Luxury Trek as the trail reaches 5,364 m at the Base Camp and 5,545 m at Kala Patthar. Even strong trekkers can experience the effects of thinner air with symptoms such as headache, nausea, dizziness and tiredness. Guides help to check oxygen levels, encourage slow walking, hydration and proper meals. If the symptoms become worse, the safest thing is to descend. Helicopter evacuation can be arranged from Dingboche, Lobuche or Gorakshp. With acclimatization, professional advice and the luxury of the lodges, most trekkers make the journey safely and revel in the magnificent views of Everest.

Q: How should I prepare for the Everest Base Camp Luxury Trek (14 Days)?

A: Preparing for the Everest Base Camp Luxury Trek requires good fitness and stamina. Expect 6-8 hours trek days, steep ascents, rocky trails and suspension bridges, up to 5545m at Kala Patthar. Training should emphasize uphill walking, endurance training and exercises to strengthen the legs and core to manage the longer and higher walk. Cardio workouts like jogging, cycling, or swimming help to increase lung capacity while strength training helps to increase balance and stability on uneven terrain. Practice short hikes with a loaded back pack to simulate actual trekking. With the right preparation, trekkers can make the 14-day trek to Everest Base Camp confidently and enjoy both the adventure of reaching the Base Camp, as well as the luxury of upgraded lodges along the way.