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12 Days Everest Base Camp Trek

URL: <https://nepalbasecamptreks.com/trip/12-days-everest-base-camp-trek/>

Trip Code

NBT 003

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

12

Per Person From

USD 770

Accommodation

Tea House / Hotel

Region

Everest Region Treks

Max. Altitude

5545 m/ 18192 ft

Nature Of Trek

Lodge to Lodge Trekking

Best Season

Sept, Dec, Feb, May

Activity Per Day

5-6 Hours walking

Transportation

A Round Flights

Tea House / Hotel

Breakfast, Lunch, and Dinner

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Trip Highlights

The 12 Days Everest Base Camp Trek is an unforgettable Himalayan adventure that takes you to the foot of the world’s highest mountain. Combining breathtaking mountain views, authentic Sherpa culture, and carefully planned acclimatization, this trek offers the perfect balance of challenge and reward, making it one of Nepal’s most sought-after trekking experiences.

12 Days Everest Base Camp Trek Highlights

- Take a dramatic touchdown at Lukla Airport, the gateway to the Everest region.
- Trek right through the Sagarmatha National Park.
- Witness the diverse Himalayan flora and fauna.
- Explore Chhukkung Valley and Mt.Makalu View point
- Enjoy the breathtaking and up-close views of the world's highest mountain, Mount Everest.
- Climb to the Everest Base Camp (5,364 m / 17,598 ft) and Kalapathar (5,545 m/18,192 ft).
- Visit age-old monasteries, gompas, and stupas.
- Get insight into the vibrant Sherpa culture, traditions, and lifestyle.

12 Days Everest Base Camp Trek Overview

12 Days Everest Base Camp Trek - Short but Complete Adventure in Nepal

The **12 Days Everest Base Camp Trek** is one of the best trekking experiences in Nepal for those who want to explore the beauty of the Himalayas within a limited time. Following the footsteps of **Sir Edmund Hillary and Tenzing Norgay's 1953 expedition**, this route combines adventure, cultural immersion, and breathtaking scenery.

Unlike the shorter 10 or 11-day itineraries, this trek includes **extra acclimatization days**, reducing the chances of altitude sickness and making the journey safer and more enjoyable.

Highlights of the 12 Days Everest Base Camp Trek

- Stunning views of **Mount Everest, Lhotse, Ama Dablam, and other peaks**
- Visit **Namche Bazaar**, the bustling Sherpa capital
- Explore the spiritual **Tengboche Monastery**
- Stand at the iconic **Everest Base Camp (5,364m)**
- Sunrise from **Kala Patthar (5,545m)**, the best Everest viewpoint
- Warm Sherpa hospitality and cultural experiences
- Well-established teahouse accommodations along the trail

Best Time for the Everest Base Camp Trek

The most popular seasons are:

- **Spring (March to May):** Clear skies, blooming rhododendrons, and ideal trekking conditions.
- **Autumn (September to November):** Stable weather, excellent mountain views, and vibrant cultural festivals.

Winter (December to February) and monsoon (June to August) are less crowded but more challenging due to extreme weather.

Difficulty Level

The **12 Days Everest Base Camp Trek** is considered **moderate to challenging**. While no prior mountaineering skills are required, trekkers should have a good level of fitness to walk **5-7 hours daily** at high altitude. The extra acclimatization days make this itinerary safer and more manageable than shorter versions.

Route Overview

Your journey begins with a scenic flight to Lukla, followed by a trek through pine forests, suspension bridges, and Sherpa villages. You'll gradually ascend to **Namche Bazaar**, acclimatize, then continue through **Tengboche, Dingboche, Lobuche, and Gorakshep** before reaching the **Everest Base Camp**. A climb to **Kala Patthar** offers a dramatic sunrise over Everest before descending back to Lukla.

Cultural Experience

The trek is not just about mountains — it's also about people. Along the way, you'll experience **Sherpa traditions, monasteries, prayer wheels, and mountain hospitality**, offering a deeper connection to the Khumbu region.

Why Choose the 12 Days Everest Base Camp Trek?

- Perfect balance between **time efficiency** and **safe acclimatization**
 - Suitable for **novice and experienced trekkers**
 - Immersive blend of **Himalayan landscapes and Sherpa culture**
 - Well-developed trekking infrastructure for comfort and safety
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Why the Everest Base Camp Trek Remains One of the World's Most Iconic Adventures?

Few trekking journeys inspire travellers quite like the Everest Base Camp Trek. Combining spectacular Himalayan views, rich Sherpa culture, and the opportunity to stand at the foot of the world's highest mountain, this adventure has earned its reputation as one of the most rewarding trekking experiences on Earth.

The 12 Days Everest Base Camp Trek offers an ideal balance between adventure and acclimatisation, allowing trekkers to experience the highlights of the Everest region without rushing through the journey. From crossing suspension bridges above roaring rivers to witnessing sunrise over Mount Everest from Kala Patthar, every day delivers unforgettable moments.

Beyond the mountain scenery, trekkers gain insight into local traditions, centuries-old monasteries, and the warm hospitality of the Khumbu region. These cultural encounters add depth to the journey and make the Everest Base Camp Trek much more than a physical challenge.

Conclusion

The **12 Days Everest Base Camp Trek** is a compact yet complete adventure that brings you face-to-face with the world's highest mountain. With incredible scenery, cultural richness, and a safe pace, it remains one of the most sought-after trekking experiences in Nepal.

Itinerary of 12 Days Everest Base Camp Trek

Arrival Day in Kathmandu Airport and Transferred to Selected Hotel.

Our mountain team (Airport representative) will meet you at arrival gate of Tribhuvan International Airport (TIA) Kathmandu and welcome with holy cultural scarfs and transferred to selected deluxe hotel 20 minutes (airport to hotel distance 6km) .Check in with welcome drinks/bottle of water and rest. At evening join our welcome dinner with typical Nepalese meals (Dal Bhat Set).

Day 01: Fly to Lukla (2,860 m/9,383 ft) and trek to Monjo (2,835 m/9,301 ft)

We will take a flight to Lukla in the morning, enjoying views of Mt. Everest and surrounding peaks during the 30-minute journey. Upon arrival in Lukla, we will start our trek towards Monjo village. The trek is relatively easy, with a downhill path and short uphill sections, passing several Sherpa villages and coniferous forests filled with tall rhododendron, pine, and oak trees. We will follow the Dudh-Kosi River and make our way to Monjo or Phakding for an overnight stay.

Trek Distance:

13 km/8.8 mi

Trek Duration

3-4 Hours

Highest Altitude:

Monjo (2,835 m / 9,301 ft)

Flight Hours:

35-40 Minutes Flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House/Hotels at Monjo

Day 02: Trek to Namche Bazaar (3,440 m/11,286 ft)

Today, we will undertake a long climb to reach Namche Bazaar. First, we will enter the Sagarmatha National Park entrance near Monjo village. From there, we will enjoy a pleasant walk along the riverbed before starting a few hours' climb through forested areas with views of snow-capped peaks. Upon reaching Namche Bazaar, we will have the afternoon free to explore the bustling streets filled with shops, stores, and good restaurants with bakeries. Namche also hosts a Saturday Market once a week.

Trek Distance:

8 km / 5 mi

Trek Duration

6 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel at Namche Bazaar

Day 03: A day at Namche Bazaar hike to Everest View point (3,880 m/12729 ft) and Khumjung, Khunde

We will spend the day acclimatizing in Namche Bazaar. We will hike to Everest View Hotel, situated at 3,880 meters. The hotel offers tremendous views of Mt. Everest, Lhotse, Ama Dablam, and other lesser peaks. The hike will lead us to a climb to Syangboche with its small old airstrip and runways. From here, we will have a more leisurely walk and gradually climb to Everest View Hotel. It is the first in the Khumbu and Everest areas, built in the early 1970s.

Trek Distance:

5 km / 3.10 mi to Everest View point

Trek Duration

2-3 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel at Namche Bazaar

Day 04: Trek to Deboche (3,760 m/12,335 ft) via Thyangboche Monastery (3,867 m/12,687 ft)

From Namche, we will walk up to Namche Ridge, enjoying excellent views of Everest, Ama-Dablam, and other adjoining peaks. After a climb, the walk will lead us on a gradual and scenic winding path. Then, we will take downhill to the Imjatse River to reach Phunge-Tenga for lunch. In the afternoon, we will climb uphill into tall rhododendrons, pine, and fir forests with grand views of snow-capped peaks. After a few hours of scenic climbing, we will reach Tengboche Monastery.

Trek Distance:

9.2 km / 5.7 mi

Trek Duration

6-7 Hours

Highest Altitude:

Thyangboche Monastery (3,867 m/12687 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Good Luck at Deboche

Day 05: Trek to Dingboche (4,410 m/14,470 ft)- (Last Biggest Village of the region)

In the morning, we will start a trek from Tengboche to Dingboche. We will walk downhill to reach the Imjatse River, cross the bridge, and then enter an open country where the tree line fades. We will then trek uphill to Pangboche village at 3,900 meters. It is the last permanent village on the route to Everest Base Camp, Dingboche, and beyond. From Pangboche, we will have a slow climb to Somara for lunch. Then, continue walking on a short climb to Dingboche village for an overnight stop. Dingboche is in the scenic wide Imjatse Valley with excellent views of Ama Dablam's North Face.

Trek Distance:

10.5 km / 6.5 mi

Trek Duration

5-6 Hours

Highest Altitude:

Dingboche (4,410 m / 14,470 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Good Luck at Dingboche

Day 06: Dingboche Town for Acclimatization or Short Hike to Nangkartshang Hill to See Makalu View

We will spend a free day at Dingboche, a beautiful spot for rest and acclimatization. We can take a short hike to the nearby hills for the best views of the Imjatse Valley and the peaks surrounding this marvelous scenic spot. A popular hike is to Nangkartshang Hill, which offers a breathtaking view of Makalu, the world's fifth-highest mountain at 8,463 meters.

Trek Distance:

5.1 km / 3.2 miles

Trek Duration

4-5 Hours

Highest Altitude:

Nangkartshang Hill (5,121 meters / 16,798 feet)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Good Luck at Dingboche

Day 07: Trek to Lobuche (4,940 m/16,207 ft)

After a pleasant stay at Dingboche, we will start our morning walk with a short trek, offering excellent views of surrounding peaks. We will then continue on a gradual uphill trail to reach Thugla for lunch, where the massive Khumbu glaciers melt into raging rivers. Here, the path from Pheriche and Dingboche joins the route to Everest Trek. After a break, we will have a steep climb for an hour to Thugla Pass, where we can see stone memorials of climbers who died on Everest, Lhotse, or other high mountains. From here, we will walk to Lobuche for an overnight stop.

Trek Distance:

8 km / 5 mi

Trek Duration

6-7 Hours

Highest Altitude:

Lobuche (4,940 m / 16,207 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Sgarmatha Hotel at Lobuche

Day 08: Trek to Khumbu Glacier, EBC (5364 m/17,598 ft) and Return to Gorakshep

Today, the trek from Lobuche takes us to Everest Base Camp, which is the main goal and highlight of the trip. We will walk for a few hours with a short steep climb between the glacier and moraine to reach Gorakshep, beneath the lofty peak of Pumori and the Kalapathar rocky hill. The walk continues towards Everest Base Camp. At base camp, we will enjoy views of the massive Khumbu Icefall and glaciers. After an exciting time and a once-in-a-lifetime experience, we will retrace our steps back to Gorakshep for an overnight stop.

Trek Distance:

15km / 9.3 mi

Trek Duration

6-7 Hours

Highest Altitude:

Everest Base Camp (5364 m / 17,598 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalaya Hotel at Gorakshep

Day 09: Our last up hill hike to Kalapatthar View Point (5,545 m/18,192 ft) and rapid walk down to Pheriche (4,210 m/13,812 ft)

Early in the morning, we will climb to the top of Kalapatthar at 5,545 meters, the highest point of our adventure, offering a fantastic panorama of mountains, including a close view of Mt. Everest. After a great moment with excellent views, we will return to Gorakshep for breakfast and continue our walk to Thugla. From here, we will head downhill to Pheriche, a windy valley.

Trek Distance:

14 km / 8.6 mi

Trek Duration

7-8 Hours

Highest Altitude:

Kalapathar (5,545 m / 18,192 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalaya Hotel at Pheriche

Day 10: Trek to Namche Bazaar (3,440 m/11,286 ft)

Our walk will lead us on an easy path with a short climb and descent to Pangboche village. From Pangboche, we will continue on the same route to reach the scenic Tengboche Monastery, allowing us more time to enjoy this beautiful spot and take in the views. From Tengboche, we will walk downhill to a river, followed by an uphill trek for an hour, and then a pleasant walk back to Namche Bazaar for an overnight stop.

Trek Distance:

20-22 km/12-14 mi

Trek Duration

6-7 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel at Namche Bazaar

Day 11: Trek to Lukla (2,860 m/9,383 ft)

From Namche, our last day of walking on this adventure leads us on a long descent following the same route to reach Monjo village. From Monjo, we will follow a gentle, gradual trail, crossing bridges to reach Phakding. Continuing from Phakding, we will head towards Lukla with a few ups and downs. The final climb of an hour will bring us to Lukla for our last overnight stop. This evening, we will celebrate the successful completion of our trek with our trekking team.

Trek Distance:

13.5 km / 8.3 mi

Trek Duration

6-7 Hours

Highest Altitude:

Lukla (2,860 m / 9,383 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Echo Paradise Hotel at Lukla

Day 12: Return Fly Back to Kathmandu and Transfer to Your Respective Hotels

In the morning, we will transfer take an exciting flight from Lukla to Kathmandu. Once back in the bustling city, we will transfer you to your respective hotels. You will have the rest of the day free to explore Kathmandu, do some shopping, or simply relax and reflect on the incredible journey you have just completed. This marks the end of our marvelous twelve-day trek to Everest Base Camp.

Highest Altitude:

1300 m / 4265 ft

Flight Hours:

35-40 Minutes Flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Botique Hotel at Kathmandu

What's Included

The following services are included

- All Airport Transportation in Kathmandu.
- Pickup and Drop service from Airport to Hotel.
- Flight Fair Kathmandu-Lukla-Kathmandu.
- National Park Permit and Local Permit.
- Best guide, English-speaking & Porter from Lukla
- Emergency Helicopter Service paid by your travel insurance company.
- A first aid kit will be available on trek.
- All government taxes and service charges.
- 1 Guide during trek (+ 1 assistant guide if group people exceeds 6+)
- Includes Your Meals & Accommodation will be additional **USD 350-400** per pax

What's Excluded

The following services are not included

- 11 Nights Best Tea House From Lukla To Lukla.
- Choice of meals (12 Breakfast, 12 Lunch, 12 Dinner)
- Choice of hot beverages Tea/Coffee/Ginger Tea.
- Deserts (cakes, bakes, and pies).
- Any size of Pots Hot Drinks.
- Bottled drinks (Mineral Water).
- Boiled water for Drinking.
- Electronic device recharge.
- Hot shower during the trek.
- Telephone, Laundry, Wi-Fi.
- Personal Porter On Trek
- All Personal expenses.
- Your Travel insurance.
- Your Medical Insurance.
- Sharing porters from Lukla (18 Dollar per Day)
- Tip for Guide and Porter.

Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 790

No. of Persons	Price per Person
5 - 6	USD 780
7 - 10	USD 770
11 - 14	USD 760
15 - 20	USD 720

Additional Information

Distance and Trekking Trail of Everest Trek

The [Everest Base Camp trek](#) starts from Kathmandu, the capital of Nepal. To begin the trek, you first take a flight from Kathmandu to **Lukla**, which is about 138 kilometers (86 miles) away. The flight takes around 30 minutes. Lukla, the small bustling town in the Himalayas, is the gateway to the trekking adventure to Everest Region.

The trekking trail from Lukla to Everest Base Camp covers approximately *130 kilometers (80 miles) round trip*. You will pass through various villages, forests, and valleys. The trail can be a little challenging as you have to walk on paths that can be steep, rocky, and sometimes slippery. This journey will take you through beautiful landscapes, suspension bridges, and scenic viewpoints of the Himalayan.

Usually, the trek takes about 12 to 14 days, including proper acclimatization. Each day, you will walk for about **5 to 7 hours**, covering different distances depending on the terrain and altitude. Along the way, you will stay in tea houses or lodges, which provide basic accommodation and meals. The trekking trail not only challenges you physically but also offers a chance to experience the culture and hospitality of the local Sherpa people.

12 Days Everest Base Camp Trek

The 12 days Everest Base Camp trek begins with a flight from Kathmandu to Lukla, followed by a trek to Phakding. From Phakding, you hike to [Namche Bazaar](#). Upon reaching there, you spend an extra day acclimatizing or exploring local sites and hiking to nearby viewpoints. Continuing the next day, the trek then takes you to Tengboche. This place is famous for its beautiful monastery and stunning mountain views. Next, you head to Dingboche, where you take another acclimatization day. Here, you can prepare your body for the increased elevation.

Leaving Dingboche, you trek to Lobuche and then to Gorakshep. This is the last stop before reaching Everest Base Camp. After an exhilarating visit to Base Camp, you return to Gorakshep for the night. The following day, you hike to the viewpoint of Kala Patthar for breathtaking sunrise views of Mount Everest, then descend to Pheriche. From Pheriche, you trek back to Namche Bazaar and then to Lukla, retracing your steps through the scenic Khumbu region. Finally, you fly back to Kathmandu after completing the 12-day Everest Base Camp Trek itinerary.

Permits Needed For The Trek to Everest Base Camp Trek Experience

To undertake the Everest Base Camp trek, you need to secure two primary permits: the Sagarmatha

National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit. These permits are essential for preserving the natural environment and supporting local development.

Sagarmatha National Park Entry Permit: This permit is necessary to enter the Sagarmatha National Park, **a UNESCO World Heritage Site**. It costs NPR 3,000 (approximately USD **25**) for foreign nationals. You can get the permit in Kathmandu or Monjo.

Khumbu Pasang Lhamu Rural Municipality Permit: This permit, which costs NPR 2,000 (approximately USD **15**), is necessary to enter the Khumbu region. You can get this in Lukla. It supports local infrastructure and development projects in the area. You can get it when you take the National Park Permit.

Who Is the 12 Days Everest Base Camp Trek Best Suited For?

The 12 Days Everest Base Camp Trek is suitable for adventurous travellers who want to experience the Everest region within a well-structured timeframe. While previous trekking experience can be beneficial, many first-time trekkers successfully complete this journey with proper preparation and a reasonable level of fitness.

This itinerary is particularly popular among travellers seeking a shorter yet rewarding Everest Base Camp Trek experience. The inclusion of acclimatisation days helps support a safer ascent while allowing more time to appreciate the mountain environment and local culture.

Whether you are travelling solo, with friends, or as part of a group, the trek provides a memorable opportunity to challenge yourself while enjoying some of Nepal's most remarkable mountain scenery.

Best Time to Take 12 Days EBC Trek

The best time to trek to Everest Base Camp is during the **pre-monsoon** (spring) and **post-monsoon** (autumn) seasons. The weather is warmer in the spring trekking season, from March to May, and the skies are clear. You can see the breathtaking views of the Himalayan peaks. The trail also offers you with beautiful blooming rhododendron flower forest. Thus adding the scenic trekking trail.

Similarly, the post-monsoon season provides stable weather conditions with clear skies from late September to November. During these months, the moderate temperatures and the trails are dry, ensuring a comfortable and enjoyable trekking experience. We recommend you **avoid the monsoon season** (June to August) due to heavy rainfall and slippery trails. Likewise, the winter months (December to February) bring harsh cold temperatures and limited visibility, posing challenges for trekking.

What Accommodations Are Available In This Trek?

During the Everest Base Camp trek, various types of accommodations are available to suit different preferences and budgets:

Teahouses/Lodges: These are the most common and popular accommodation options along the trekking route. Teahouses provide basic but comfortable lodging with twin-bedded rooms and shared bathrooms.

Camping: For those seeking a more adventurous experience, camping is also an option during the Everest Base Camp trek. You can rent camping equipment or hire a trekking agency that provides fully organized camping trips.

Homestays: In some villages along the trekking route, travelers may have the opportunity to stay with local families in traditional homestays. This is a perfect option if you want a deeper understanding of the local culture and traditions.

Safety and Consideration

- Gradually ascend to higher altitudes to prevent altitude sickness.
- Drink plenty of water to stay hydrated and combat altitude effects.
- Monitor weather forecasts and dress appropriately for changing conditions.
- Carry emergency contacts and ensure communication devices are operational.
- Trek with others for safety in case of emergencies.
- Adhere to local regulations and guidelines for trekking safety.
- Bring essential gear such as first aid kits, navigation tools, and emergency supplies.

How to Prepare for the Everest Base Camp Trek

Preparing properly for the Everest Base Camp Trek can significantly improve your overall experience. Building cardiovascular fitness through regular walking, hiking, cycling, or running several weeks before departure can help you adapt to long trekking days.

It is also important to wear comfortable, well-tested trekking boots and carry appropriate clothing layers for changing mountain temperatures. Staying hydrated, maintaining a steady pace, and following your guide's recommendations can help support successful acclimatisation throughout the trek.

For those joining the 12 Days Everest Base Camp Trek, arriving with realistic expectations and a positive mindset is just as important as physical preparation. The combination of altitude, terrain, and weather conditions can be demanding, but the rewards are truly extraordinary.

Trekking Gear and Equipment

- Trekking Poles
- Clothing Layers
- Insulated Jacket
- Sleeping Bag
- Sleeping Mat
- Headlamp
- Sunglasses
- Sunscreen
- Hat and Gloves
- Water Bottle
- Water Purification
- First Aid Kit
- Personal Hygiene Items
- Trekking Towel
- Power Bank
- Map and Compass/GPS
- Whistle

Frequently Asked Questions

Frequently Asked Questions

How difficult is the 12 Days Everest Base Camp Trek?

The 12 Days Everest Base Camp Trek is considered moderately challenging. Trekkers should be comfortable walking for several hours each day while gradually ascending to higher elevations.

What is the highest point of the trek?

Kala Patthar, at 5,545 metres (18,192 feet), is the highest point reached during the journey and offers one of the best views of Mount Everest.

Do I need previous trekking experience?

Previous trekking experience is helpful but not essential. Many travellers complete the Everest Base Camp Trek successfully with adequate preparation and a good level of fitness.

What is the best season for the Everest Base Camp Trek?

Spring (March to May) and autumn (September to November) are generally considered the best seasons due to stable weather conditions and excellent mountain visibility.

How many hours do you walk each day?

Most trekking days involve approximately 5 to 7 hours of walking, depending on the route, weather conditions, and altitude.

Address

Nepal Base Camp Treks Pvt. Ltd

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