

Everest Base Camp Trek

Everest Base Camp Trek – 18 Days

Date: 21 October – 7 November, 2026

Price: \$4,325.00 USD

Per Person/Twin Share

(Price subject to change due to exchange rate fluctuation and minimum group numbers).

* A single room/tent supplement is available for an additional USD 800.00 (please request at time of booking).

Other dates: If my guiding trek dates do not suit your preferred schedule, I can arrange a specific one with my exceptional local operators to meet your needs. Please get in touch with me to discuss your desired personalised trekking adventure.

About Everest Base Camp Trek

The classic Everest Base Camp trek is undoubtedly one of the most famous in the world. It takes you into the heart of the Nepalese Himalaya, with awe-inspiring views of many of the world's highest and most beautiful mountains, Sherpa villages, home of the world's highest Buddhist monasteries, and the highest peaks on Earth. The Everest Base Camp Trek is a once-in-a-lifetime opportunity to see some of the most breathtaking scenery imaginable.

It's taken millions of years and unimaginably powerful forces to create this mountain range; the Himalayas are what happens when continents collide. It's even so vast that it's changed our global climate system – and nowhere is it more spectacular than the Everest region.

Our trek covers approximately 125km of incredible alpine terrain and starts with an unforgettable flight from Kathmandu to the mountain airstrip at Lukla. Trekking through Sherpa country past cultivated fields and small villages, we follow the Dudh Kosi River before the hard work begins as we climb to Namche Bazar. Above the tree line, the scenery is stark but spectacular. The incredible monastery at Tengboche is a photographer's paradise, set against the backdrop of Ama Dablam, Everest, and other massive, snow-capped peaks. With time for acclimatisation en route, our goal is Everest Base Camp on the Khumbu Glacier and the opportunity to climb Kala Patthar (5,550m) for a breathtaking view of the highest mountain on Earth.

Itinerary

Day 1: Arrival at Kathmandu International Airport (1,400m). Transfer to Radisson Hotel – Hotel (B/B)

Day 2: Nepal time zone acclimatisation day in Kathmandu. Trek orientation with Cherie & Nepalese guides. Clothing & equipment check. Half-day Sightseeing of KTM Durbar Square, Swoyambhunath, Boudhanath & Pasupatinath – Hotel (B/B)

Day 3: Fly to Lukla (2,840m) & Trek to Phakding (2,610m) 3-4 hours – Teahouse (B/L/D)

Day 4: Trek to Namche Bazar (3,440m) 5 -7 hours – Teahouse (B/L/D)

Day 5: Acclimatisation Day at Namche Bazar. Trek to Everest View Hotel (3,880m) – Return to Namche Bazar (3,440m) 4-5 hours -Teahouse (B/L/D)

Day 6: Trek to Tengboche (3,860m) or Deboche (3,820m) 4-5 hours – Teahouse (B/L/D)

Day 7: Trek to Dingboche (4,410m) 4-6 hours – Teahouse (B/L/D)

Day 8: Acclimatisation Day at Dingboche. Trek to Nangkartshang (5,090m) – Return to Dingboche (4,410m) 4-5 hours – Teahouse (B/L/D)

Day 9: Trek to Loboche (4,910m) 4-5 hours – Teahouse (B/L/D)

Day 10: Trek to Gorak Shep – (5,170m) 2-3 hours – Trek to Everest Base Camp (5,364m) – Return to Gorak Shep (5,140m) 5-6 hours -Teahouse (B/L/D)

Day 11: Sunrise Climb to Kala Patthar (5,550m) – Return to Gorak Shep (5,140m) – Descend to Pheriche (4,240m) 7-8 hours – Teahouse (B/L/D)

Day 12: Trek to Khumjung (3,780m) 6-7 hours – Teahouse (B/L/D)

Day 13: Trek to Namche Bazar (3,440m) 1 -2 hours – Teahouse (B/L/D)

Day 14: Trek to Phakding (2,610m) 4-5 hours – Teahouse (B/L/D)

Day 15: Trek to Lukla (2,840m) 4-5 hours – Teahouse (B/L/D)

Day 16: Fly to Kathmandu & Transfer to Radisson Hotel – Hotel (B/B)

Day 17: Reserve Day (In case of Lukla flight cancellations due to bad weather) – Hotel (B/B)

Day 18: Departure to International Airport. End of the trek (B)

B/B = Bed & Breakfast, B = Breakfast, B/L/D = Breakfast/Lunch/Dinner

* Itinerary subject to change

* Single room supplement available at an additional cost of USD 800

*** Detailed trek itinerary and information (clothing & equipment list; medical declaration & clearance; FAQ's) issued upon booking.**

Trek Inclusions:

- Arrival/Departure transfers on both domestic and international flights
- Deluxe Hotel accommodation in Kathmandu (Radisson Hotel) on a twin share basis – bed and breakfast as per the itinerary
- Highest quality Teahouse accommodation with attached bathroom when available on a twin share basis during the trek (single room supplementary charge available if requested)
- Unlimited breakfast, lunch, and dinner from a full teahouse menu of your choice while trekking
- Unlimited hot drinks at each meal (excluding carbonated & alcoholic beverages)
- 4-5L of boiled or filtered drinking water per day while trekking
- Welcome or farewell traditional Nepalese dinner with cultural dance & folk music
- Half-day guided city tour in Kathmandu.
- All domestic flights and airport tax (Kathmandu-Lukla-Kathmandu)
- Transportation to and from the starting and ending points of the trek
- Free use of quality trekking gear – sleeping bag, fleece liner & down jacket (returned after trip completion)
- Professional local trekking co-guide & assistant guides well-trained in Wilderness First Aid.

- Porters to carry all personal gear and group equipment
- First Aid Kit (excluding personal prescription medication)
- Gamow Bag/PAC (Portable Altitude Chamber – portable hyperbaric chamber to treat severe altitude illness – AMS, HAPE & HACE).
- Everest National Park Trek Permit, TIMS card & any other required permits or official documentation
- Emergency helicopter rescue Evacuation Coordination Service (You are responsible for insurance to cover this contingency)

Trek Exclusions:

- International airfares (approximately AUD 1600-1800 return from Melbourne to Kathmandu)
- Travel and emergency helicopter rescue insurance (please ensure your insurance covers helicopter evacuation services) are mandatory for participating in the expedition.
- Excess baggage charges of more than 15kg (which includes carry-on bag) for domestic flights
- Visa fees
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain (due to any reason) other than the scheduled itinerary
- Drinks (carbonated and alcoholic)
- Hot shower and battery charges during the trek
- Expenses of a personal nature (laundry & phone calls)
- Lunches and dinners while not trekking (approximately AUD 5-10 per meal in Kathmandu restaurants, AUD 20-30 per meal in Radisson Hotel)
- Tips for Nepalese co-guides & porters
- Pre-Trek Simulated Altitude & Group Training program

FBI Travel, Group Travel experts are my preferred travel manager for all Adventure Treks.

FBI Travel requires a non-refundable booking fee of **AUD 250** per person to confirm your reservation and guarantee a seamless experience. This essential fee solidifies your participation in the tour and allows us to begin the meticulous preparation process that defines the quality and reliability of our services.

From trek bookings, flights, and accommodation to travel insurance and visa assistance, they'll help you with everything you need to make getting there and back easy. Please get in touch with FBI Group Travel Leader Deanne: 03 8573 0900 or email:

groups@fbitravel.com.au