

Everest Base Camp Trip Itinerary 2024 & 2025



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Everest Base Camp Trip Itinerary



This testing trekking challenge will take you all the way to Everest Base Camp- at the very foot of the World's highest peak. With a whopping 11 days of trekking through the Khumbu Valley, you'll get to see the incredible Himalayas from all angles. You'll also get first-hand experience of Sherpa culture and hospitality, as we'll be staying in traditional tea houses for the entirety of the trek. With a tailor-made itinerary, including designated acclimatisation days, jaw-dropping views, and an optional sunrise trek to Kala Patthar, we are guaranteed to have a world class adventure! Once we've completed this rewarding challenge, we will also be visiting the bustling capital of Kathmandu. The trip will conclude with a well-deserved night in a comfortable hotel and a traditional Nepali celebratory meal to round off an incredible adventure!

DAY 1 DEPARTURE UK

FLIGHTS INCLUDED

The team will meet at the airport, at the check in zone, 3 hours before departure. Please look out for our trip Leader & Medic in a red 'Action Challenge' t-shirt. You don't need to worry about your tickets as the Action Challenge team will have these ready to give you at the airport. You will just need your passport to hand. **DON'T FORGET** to wear your trekking boots on the plane, or at least have them packed into your hand luggage. Just in case your bag does go astray, you will at least then have your boots until the rest of your belongings catch up with you.

Your flight departure details will be confirmed 4-3 months prior to your challenge. They will likely be flying from either London Heathrow or London Gatwick.

MEALS: DINNER ONBOARD FLIGHT
ACCOM: OVERNIGHT FLIGHT



DAY 2

ARRIVE KATHMANDU, NEPAL

FLIGHTS INCLUDED

On arrival, we are met at the airport by the local Nepalese team and start our transfer journey to our overnight destination of Mulkot. At a suitable point of the drive, we will stop at the Mountain Lodge of Dhulikhel, to enjoy an authentic lunch with a stunning backdrop. We expect to arrive at our hotel late afternoon/early evening. Once we are all checked into the hotel, we will have a briefing from our Action Challenge Leader and local head guide who will be leading us on the challenge. In the evening, we will enjoy a welcome meal together, providing us with the perfect opportunity to bond and relax as a group before our early departure in the morning.

LAND ONLY

You will meet us at the airport in Kathmandu. You must ensure that you organise your flights to arrive before or at the same time as the rest of the group. This will mean that you can then transfer with the group to our overnight destination of Mulkot. You will then join in with the Challenge briefing and group dinner.

MEALS: B, L, D
ACCOM: HOTEL



DAY 3 TREKKING DAY 1

LUKLA TO PHAKDING - 2610M - 3 HRS TREKKING

After breakfast, we will check out of our hotel early and drive approximately one hour to Manthali airport for our exhilarating flight to Lukla. Clear skies permitting, this will be our first opportunity to get a glimpse of Everest, Ama Dablam and Nuptse. The awe-inspiring scale of these Himalayan giants will give us an exciting taste of what's to come.

On arrival in the famous town of Lukla ('Place with many goats and sheep'), we will begin our warm-up trek towards Phakding. The route we will be following will take us along the Dudh Kosi river which links to a centuries-old trading trail that runs from Nepal to Tibet. We will then stop and take a break at a suitable time, to enjoy the views and recuperate over lunch, before continuing with our afternoon trek.

After a couple of hours of trekking, we will arrive at our accommodation for the night, which will be our first night in a traditional Sherpa tea house in Phakding. Here, we will enjoy a warm meal before getting some needed rest in preparation for our first major trekking day tomorrow.

MEALS: B, L, D
ACCOM: TEA HOUSES

DAY 4 TREKKING DAY 2

NAMCHE - 3449M - 5-6 HRS TREKKING

Following breakfast, we will cross the mighty glacier-fed Dudh Kosi River zigzagging back and forth 5 times – across wire bridges which gradually get higher above the river as we climb. The 5th and final bridge of the day is the Hilary Bridge, at an impressive 300m above the river bed – an amazing feat of engineering and an awe inspiring crossing.

As we continue through alpine forest valleys, we finally enter Sagarmatha National Park. Sagarmatha is the Nepalese name for what we know as Mt. Everest – and on a clear day we hope to be rewarded with our first sighting of Everest’s impressive summit behind the Lhotse ridge. The final climb of the day takes us into the village of Namche Bazaar and we will have lunch upon arrival at our Teahouse for the night. For those looking to understand more about the history and culture of the Sherpa people – and to help acclimatise further - there will be an optional walk up to the Sherpa Culture museum situated just on the surrounding hillside outside of the town. An extremely interesting and educational excursion!

As the sun sets, we will return to our Teahouse, where the communal stove and heaters will keep us warm before dinner and an early night.

MEALS: B, L, D
ACCOM: TEA HOUSE





DAY 5 TREKKING DAY 3

ACCLIMATISATION DAY - (431M ASCENT) - 4-5 HRS TREKKING

Trek Day 3 will commence with an early morning 30-45 minute climb to the ridge above Namche, for a stunning view of the sunrise over the panorama of the Khumbu peaks and a statue of Tenzing Norgay, the Nepalese Sherpa who accompanied Sir Edmund Hilary to the summit in May 1953. We will then take a break to observe the breathtaking sunrise over Everest, Ama Dablam, Lhotse and many more famous peaks.

Once the sun has risen, we will return back to our Teahouse for a hearty breakfast before setting out for an acclimatisation walk to the hills above Namche Bazaar. Slow and steady, we will climb up a series of steps along a narrow dusty trail for approx. 2 hours before opening out onto a plateau. The stunning views of the majestic Konde Ri towering above Namche Bazaar present a dramatic backdrop. The final push of the day will take us around a winding mountainside – up to the Everest View Hotel at 3,880m. Here, we can spend a well-deserved hour or so relaxing and enjoying a hot chocolate, whilst admiring the spectacle that is Everest itself. Once we become slightly more acclimatised to the altitude, we will return back down to Namche for lunch at a local café. The afternoon will then be left empty for us to rest and recuperate, before enjoying an evening meal and getting some sleep.

MEALS: B, L, D
ACCOM: TEA HOUSE



DAY 6 TREKKING DAY 4

DEBOCHE - 3820M - 7-8 HRS TREKKING

After another early breakfast, we will depart Namche and head back up the same route as the day before, however differing slightly as we will follow the trail for 'Tengboche'. This will wind us around the mountain side with Ama Dablam ahead to our right, and Everest, Lhotse and Nuptse further in the distance.

Interestingly, along this route we will pass by a small Stupa, built by Tenzing Norgay's son, which will frame the peaks around us perfectly. After passing by several picturesque villages and numerous tea shops, we will then descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal location for a quaint lunch. This will be the perfect opportunity for a well-deserved rest before we begin the steep, yet slow and steady 2-3 hour ascent up to Tengboche. As we near the top of the climb, prayer flags will signify our arrival into Tengboche. This will be a unique experience, where we will have the chance to visit the legendary monastery, the largest in the Khumbu region, and may have the chance to witness a sacred Buddhist ceremony with the monks in prayer. Hopefully, a blessing by the head monk will give us good fortune for the trek ahead.

From Tengboche, we will spend the second half of the afternoon hiking along rhododendron-shaded trails, to reach Deboche for a group dinner and a well-deserved rest.

MEALS: B, L, D
ACCOM: TEA HOUSE

EVEREST BASE CAMP



DAY 7

TREKKING DAY 5

DINGBOCHE - 4410M - 6-8 HRS TREKKING

This morning, after re-fuelling with another nutritious breakfast, we will continue our trek from Deboche. The trail will wind through the Rhododendron Forest, before turning onto a mountainside path; getting very narrow at times, before opening up to a wire bridge crossing. It then climbs gradually, past beautifully carved mani stones to reach the small village of Pangboche, which sits in the shadow of the mighty Ama Dablam (6,812m). If time allows, we will stop here for a cup of lemon tea and lunch, before continuing along the confluence of the Khumbu and Imja Kholas, turning east into the Imja Valley. At this extreme altitude, the vegetation will be sparse, and all we will see are an abundance of scrubs and heather.

As we continue our trek into the afternoon, we will keep Ama Dablam to our right all the way into the village of Dingboche, a small hamlet of low lying Teahouses, dwellings and cafes. Dingboche village lies at the head of two valleys in the shadow of Pokalde (5745m). This will be where we rest and get dinner before another night of our adventure draws to a close. If the weather is clear, we may be able to observe Island Peak in the distance – a directional marker for tomorrow's walk.

MEALS: B, L, D
ACCOM: TEAHOUSES



DAY 8 TREKKING DAY 6

ACCLIMATISATION DAY - (400M ASCENT) - 4-5 HRS TREKKING

Following breakfast, our acclimatisation trek day will commence. We will initially head up the Chukhung Valley to observe overwhelming views of the Himalayas most famous peaks. The scenery and views will be utterly breath-taking!

We will continue with a slow and gentle ascent towards Island Peak (6,100m) at the head of the valley, often used as a training climb for Everest summiteers, which can be seen as a striking yet distant landmark. With peaks on both sides, the valley is home to respectfully emotive memorials, with balanced stones and prayer flags, to commemorate the lives of lost climbers on these higher peaks.

We will take this opportunity to revel in the spectacle of having The Nuptse Wall and Lhotse peak located to our left, with Everest hiding behind. After 3 hours, we will reach an altitude of 4,700m where we will stop for a rest and enjoy lunch at a Teahouse. We will remain here for a while, in order to stay exposed to the altitude, before we re-embark on our trek and start an hour and a half decent back along the route to Dingboche. Upon arrival back at the Teahouse, we will have time to relax, or enjoy a card game and chocolate cake at the local café before dinner and a much needed early night.

MEALS: B, L, D
ACCOM: TEA HOUSE



DAY 9

TREKKING DAY 7

LOBUCHE - 4910M - 6-8 HRS

TREKKING

The day will commence post breakfast with an immediate uphill climb as we depart Dingboche. We will ascend quickly with the valley floor far below, an impressive yet slightly daunting experience. Before passing the stupa, we will welcome the opportunity to take some photos. The trek will then continue along a wider plain, gradually heading upwards, with the mountains of Taboche (6,541m) and the Cholatse (6,440m) ridge positioned behind us. We will continue to admire their beauty framed against the valley backdrop. Continuing up a mountainside pass, the route will become narrower and steeper. The path will slowly merge from a dusty trail to rocky, with imposing boulders either side. We will continue to head upwards towards our lunch stop at Dukhla, a teahouse perched on the edge of a mountainside. We'll need to earn it though, as to reach it we will need to navigate over boulders and across frozen glacial pools.

After lunch, we will face our toughest climb yet – an immediate uphill ascent using trekking poles. At the top, we will walk into what has become known as the ‘climbers graveyard’ – a collection of stupas and memorial stones framed in prayer flags to pay respect to those who lost their lives on Everest, and the surrounding mountains. The evening will end with dinner in a teahouse before bed.

MEALS: B, L D
ACCOM: TEA HOUSE



DAY 10 TREKKING DAY 8

BASE CAMP - 5364M - 8-10 HRS TREKKING

Today is the day! With the buzz of expedition in the air, we will leave Lobuche at sunrise. The day will begin quite tame, as the first section of the route is flat, and we will trek along a valley floor with mighty peaks all around us. Our route will be marked by the conical peak of Pumori (7,161m) to our left, and Lingtren (6,749m) looming ahead of us. After an hour or so, we will begin our ascent as the valley floor rises. The treacherous climb will commence with steep steps up onto the Khumbu Glacier.

From here, we will traverse over boulders and rocky paths before stopping at Gorekshep ('Graveyard of Crows'), where a couple of simple mountain lodges are housed. It's quiet, yet extremely authentic, providing the perfect insight into Everest culture. We will stop here for a wholesome lunch before embarking on the final climb up to Everest Base Camp. It will be a euphoric moment!

We will seize the opportunity to spend some time taking photos and celebrating our achievement! Once our memories have been captured, our journey back down to Gorakshep (5,164m) will begin. As evening approaches, we will enjoy a well-deserved dinner and get some sleep before another trekking day tomorrow.

MEALS: B, L D
ACCOM: TEA HOUSE

DAY 11

TREKKING DAY 9

KALA PATTHAR - 5550M & PHERICHE 4371M - 8-10 HRS TREKKING

Today, for those who wish to and with weather permitting, there will be an optional trek up to the summit of Kala Patthar departing before the sun rises. It is a 2-3 hour ascent to the top, where the sun will rise over the peaks of Everest, Lhotse and the whole range of mountains. A breath-taking, once in a lifetime sight!

Those who make the climb will then descend back down to the Teahouse at Gorekshep for a warming breakfast, before rejoining the rest of the group to begin the long descent down to Pheriche. We will follow the same route we ascended only days before, although covering significantly more ground and with the pace quickening as we reach a lower altitude. At a suitable time, we will stop for a rest break and lunch at Dukhla, before continuing down rocky step sections, and onto the valley floor. As we head into the afternoon, we will cross over stunning glacial streams, and past numerous small farm holdings.

Once we reach the bottom, we will be able to spot the small village of Pheriche in the distance. We should arrive here in time for sunset. The evening will conclude with a well-earned dinner and sleep in a cosy Teahouse.

MEALS: B, L D
ACCOM: TEA HOUSE





DAY 12

TREKKING DAY 10

DESCEND TO NAMCHE - 3449M - 6-8 HRS TREKKING

After breakfast this morning, we will set out initially along the valley floor from Pheriche towards Tengboche, however we are soon faced with our first uphill climb along a long winding mountainside path. With the river flowing below us, we will pass through the small village of Pangboche. As we continue our uphill climb, we will eventually reach the village of Tengboche. This will be the perfect opportunity to stop at the top and soak up the breath-taking views of the mighty peaks of Everest and Ama Dablam before embarking upon a steep downhill ascent back down towards the valley floor. At a suitable time, we will stop again for lunch and a moment of reflection of our impressive achievements so far.

After lunch, our trek will continue along a winding perilous trail, until we reach our destination of Namche Bazaar. Here we will hopefully have the opportunity to enjoy a soothing hot shower and recuperate. A warming evening meal will finally conclude another extremely challenging day of trekking.

MEALS: B, L D
ACCOM: TEA HOUSE



DAY 13
TREKKING DAY 11

DESCEND TO LUKLA - 2850M - 8-9 HRS
TREKKING

The final day of trekking, although definitely a long one! The day will follow similar territory to the first two days of our trek, however in reverse. Following breakfast, the day will begin from Namche, descending through the alpine forest and traversing back over the Hillary Bridge. After reaching the valley floor, our trek will pass through the village of Monjo in half the time it took to do the same route a week ago, before the pace slows and we change to uphill on our way up to Phakding where we will stop for lunch. The air is more humid lower down, and the lower altitude will make breathing much easier. However, the toughest part of the day is still to come, as we approach the slow, long and steady ascent up to Lukla. It is important to recognise that this is potentially the toughest part of the route, but definitely extremely rewarding!

After 3 more tricky hours of climbing (and some downhill), we will be able to spot the familiar arch where we took our first group photo 11 days prior! We've made it, having conquered this momentous challenge together. The day will conclude with a final group photo before we walk through the small streets of Lukla towards our Teahouse for an evening meal and some needed sleep.

MEALS: B, L D
ACCOM: TEA HOUSE

DAY 14

FLY TO KATHMANDU

Weather permitting, the day will begin with a early morning 30 minute flight back to Manthali airport. Upon arrival, we will depart the airport to make the 4 hour journey back to our hotel in Kathmandu, with a stop en route for lunch. We will check into the hotel late afternoon/early evening to enjoy some free time. As night falls, we will all dine together with a celebratory meal at a traditional Nepalese restaurant.

MEALS: B, L D
ACCOM: HOTEL

DAY 15

DEPART KATHMANDU

FLIGHTS INCLUDED

After breakfast, we will all make the short journey to the airport, 3 hours before our departure.

Your flight departure details will be confirmed 4-3 months prior to your challenge. They will likely be flying to either London Heathrow or London Gatwick arriving in on the same day as departure.

LAND ONLY

If you are a 'land only' challenger you will have to check out of the hotel by 10am.

MEALS: B
ACCOM: ON FLIGHT

DAY 16

LAND UK

Please note this itinerary is subject to change, depending upon the airline flight schedules. You will be notified of any changes, when your trip specific itinerary is published, 4-3 months prior to your challenge.

EVEREST BASE CAMP



Contact Us

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