

PEAK POTENTIAL ADVENTURES

NEPAL / KHUMBU

Everest Base Camp

A night at Base Camp.

Time to experience the Himalayas.

19 DAYS / 5,550 m / BASE CAMP OVERNIGHT

Adventure is a Way of Life.

THE EXPERIENCE

Beyond the day visit



Stay at the foot of Everest as the spring climbing season brings Base Camp to life. Walk through Sherpa villages, cross suspension bridges and follow the Khumbu Glacier into an active expedition landscape.

A supported mountain journey

Experienced Australian leadership and our Nepalese guides and porters support you from Kathmandu to Base Camp and back. Personal training and equipment guidance begins before departure.

19 days in Nepal
4 Kathmandu hotel nights, 13 teahouse nights and 1 expedition-tent night
Moderate–High terrain / Medium–High fitness
Twin-share accommodation / porter-supported trekking

SIGNATURE EXPERIENCES

The Khumbu, at its own pace





Sherpa country

The quieter approach through Phortse and Pangboche reveals mountain communities and a living Buddhist culture of prayer flags, mani walls and monasteries.

Time to acclimatise

Dedicated days in Namche and Dingboche support a gradual ascent. The optional Kala Patthar walk reaches approximately 5,550 m, with views towards Everest and surrounding peaks.

One night at Base Camp

Sleep at approximately 5,380 m and explore the area around the Khumbu Icefall with the team. The experience involves walking and exploration around the Icefall, with no technical Icefall climbing.

DAYS 1–5

Into the Khumbu

01 Arrive in Kathmandu

Meet our local team at the airport and transfer to your hotel. Settle in and recover from your international journey.

Kathmandu hotel / meals at own cost

02 Briefing and preparation

Meet for the team briefing, final equipment checks and baggage planning. Once preparations are complete, enjoy free time in Kathmandu.

Kathmandu hotel / meals at own cost

03 Fly to Lukla, walk to Phakding

Fly to Lukla, with a road transfer to Ramechhap if seasonal operations require it. Follow the Dudh Kosi through villages and farmland to Phakding.

3–4 hr / Phakding 2,610 m / teahouse / B L D

04 Phakding to Namche

Pass Monjo and enter Sagarmatha National Park. Cross suspension bridges before the sustained climb to Namche, with a possible first view of Everest.

5–6 hr / Namche 3,440 m / teahouse / B L D

05 Acclimatisation in Namche

Walk towards the Everest View Hotel at about 3,880 m, then return to Namche. The afternoon allows time for rest, markets and cafés.

Namche 3,440 m / teahouse / B L D

B breakfast L lunch D dinner. Walking times are approximate.

DAYS 6–9

The quieter mountain trail



06 Namche to Phortse

Leave the busier trail via Kyangjuma and Mong for Phortse, a Sherpa village with deep mountaineering connections.

4–5 hr / 3,810 m / teahouse / B L D

07 Phortse to Pangboche

Traverse the valley beneath Ama Dablam. A shorter day allows a gradual approach to the higher Khumbu.

3–4 hr / 3,930 m / teahouse / B L D

08 Pangboche to Dingboche

Continue up the Imja Valley as forest gives way to open alpine country. Rest after reaching the teahouse.

3–4 hr / 4,410 m / teahouse / B L D

09 Acclimatisation in Dingboche

Walk up Nangkartshang Peak towards 5,000 m, then descend for lunch and an afternoon of rest.

Dingboche 4,410 m / teahouse / B L D

DAYS 10–13

Base Camp and the high Himalayas

10 Dingboche to Lobuche

Climb via Dughla and the memorials at Thokla Pass, then cross rocky moraine towards Lobuche.

5–6 hr / 4,910 m / teahouse / B L D

11 Gorak Shep and optional Kala Patthar

Follow the Khumbu Glacier moraine to Gorak Shep. The optional afternoon ascent of Kala Patthar reaches approximately 5,550 m before returning to sleep lower.

7–8 hr with Kala Patthar / Gorak Shep 5,140 m / teahouse / B L D

12 Everest Base Camp overnight

Walk beside the glacier into the expedition area. Explore around the Khumbu Icefall and experience the atmosphere of Base Camp before settling into your tent.

3–4 hr / Base Camp 5,380 m / twin-share tent / B L D

13 Base Camp to Pheriche

Retrace the glacial trail and descend via Thokla Pass to Pheriche. This is a long walking day after the Base Camp night.

7–8 hr / 4,270 m / teahouse / B L D



On the trail

Rocky paths and stone steps are part of the journey through the Khumbu. Walk at the team's measured pace, with time to take in the landscape.

Your guides may adjust walking plans for conditions and participant wellbeing.

DAYS 14–19

Down the valley, back to Kathmandu

14 Pheriche to Tengboche

Descend through Pangboche and Deboche. Visit Tengboche Monastery if timing and local access allow.

3–4 hr / 3,860 m / teahouse / B L D

15 Tengboche to Monjo

Descend through forest, climb towards Namche for lunch, then follow the river and suspension bridges to Monjo.

6–7 hr / 2,840 m / teahouse / B L D

16 Monjo to Lukla

Walk through villages and farmland to Lukla. Celebrate the journey and thank the local guides and support crew.

4–5 hr / 2,840 m / teahouse / B L D

17 Fly from Lukla, return to Kathmandu

Fly when weather permits, via Ramechhap with a road transfer if required. Relax and recover at the hotel.

Kathmandu hotel / B L

18 Kathmandu sightseeing and team dinner

Visit Boudhanath and Pashupatinath on the arranged group tour. Enjoy free time before the evening team dinner.

Kathmandu hotel / meals, including dinner, at own cost

19 Depart Kathmandu

Enjoy any remaining free time before your included airport transfer for the flight home.

Adventure concludes / meals at own cost

THE DETAILS

What your adventure includes

Included

Australian trip leader, Nepalese guides and porters. Guide numbers reflect group size.

Airport transfers, associated private transport and return Lukla-sector flights.

4 twin-share Kathmandu hotel nights, 13 teahouse nights and 1 Base Camp tent night.

B L D on days 3–16. Breakfast and lunch on day 17. Other meals at own cost.

Local trekking permits, emergency communications and group first-aid equipment.

120-litre expedition duffel to keep, plus pre-departure training and equipment advice.

Arrange separately

International flights to and from Nepal.

Compulsory travel insurance suitable for the trek’s activities and altitude.

Unspecified meals and drinks, personal spending, laundry, phone/data, charging and showers.

Guide and porter tips. Ask PPA for current budgeting guidance.

Passport, visa, medical consultations, vaccinations and personal medications.

Personal equipment and local purchases or hire. Optional single-room supplements.

Early departure, evacuation or rescue costs that insurance does not cover.

PREPARATION & LOGISTICS

Ready for consecutive mountain days



Preparation starts well before Nepal.

Build walking endurance and leg strength, then practise longer hills and stairs with your trekking daypack. PPA helps you plan training and work through equipment choices.

Fitness and altitude

Prepare for up to 7–8 hours on the longer days with a daypack up to about 6 kg. Fitness cannot prevent altitude illness. Acclimatisation days and a measured pace matter, and you must tell the guides promptly if you feel unwell.

Packing and accommodation

Porters carry your main trekking gear. The current Lukla flight allowance is 15 kg in total, including your daypack; reconfirm before travel. Leave excess luggage at the Kathmandu hotel. Teahouses offer simple twin-share rooms, often with shared bathrooms.

Flights and insurance

Mountain weather can disrupt Lukla flights. Discuss international flight timing and travel buffers with PPA before booking. Comprehensive travel insurance is compulsory and must cover trekking to about 5,550 m, medical treatment, evacuation and repatriation.

A detailed equipment list and personal preparation guidance form part of your pre-departure support.

YOUR NEXT ADVENTURE

A shared Himalayan experience



Travel with an Australian-owned operator that values personal preparation, experienced local teams and the experience of each trekker. Start with a conversation about the journey and your readiness.

Explore upcoming departures and enquire about joining us.

peakpotential.net.au/treks/everest-base-camp/

admin@peakpotential.net.au

For comprehensive adventure information, including preparation, equipment, current pricing, departure dates and availability, visit our website.

Read the current trip details and Booking Terms before booking.