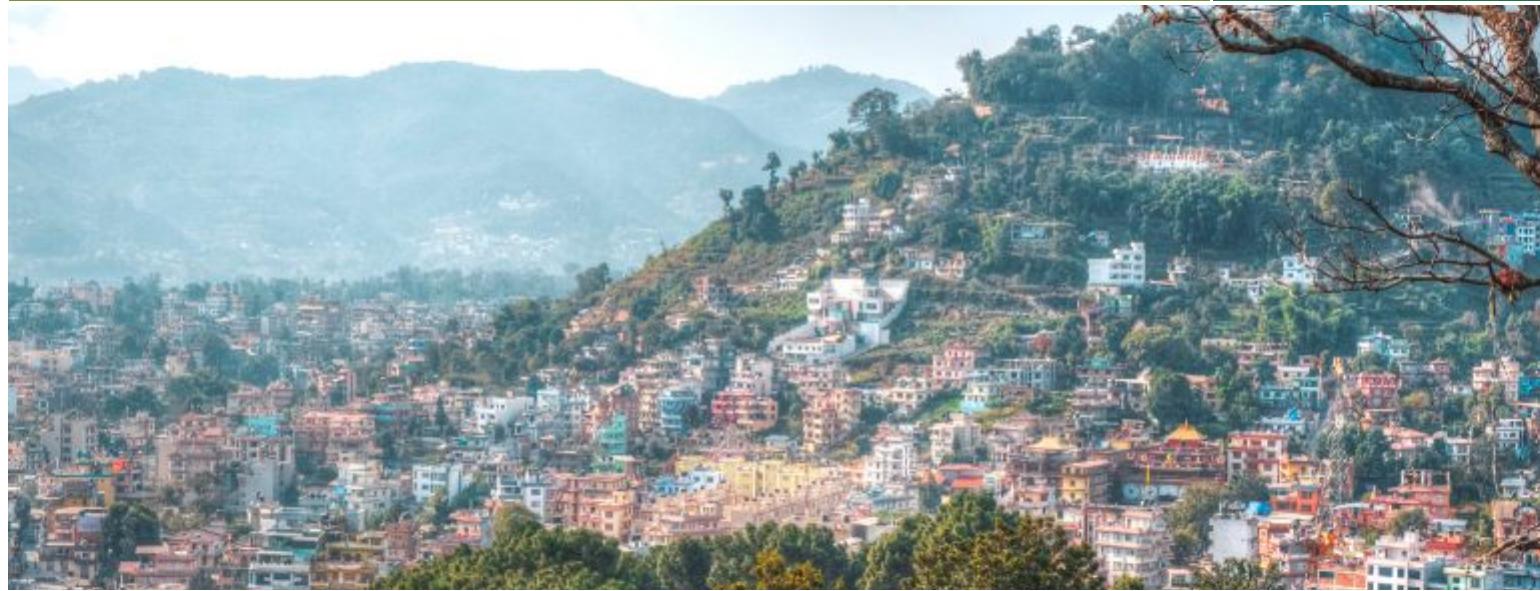


**15D14N Everest Base Camp Trek (ANEA)**

Price per person  
from  
MYR 8080

**Tour Description**

Embark on a journey of discovery with Sedunia Travel! Experience unique destinations, local culture, delicious cuisine, and unforgettable adventures. Our expert planners will take care of everything. Book now!

**Tour Itinerary**

## **Day 1 :- Kathmandu**

Arrive in Kathmandu at any time. Attend the group welcome meeting.

## **Day 2 :- Kathmandu - Phakding**

Catch the mountain flight to Lukla, enjoying stunning views of the Himalayas. Meet the Sherpas and begin the trek to Phakding.

## **Day 3 :- Phakding - Namche Bazaar**

Hike to Namche Bazaar, gateway to Everest Base Camp and spend two nights acclimatizing for the trek. The group will hike mostly uphill today from Phakding and it will take around 6 hours to reach Namche Bazaar.

## **Day 4 :- Namche Bazaar**

During today's acclimatization day the group will hike up to Syangboche at 3860m. Weather permitting, you will be able to spend some time here and enjoy tea or coffee while viewing the mighty Himalayas and of course Everest Peak. Return back to Namche where the remainder of the day is yours to rest as you please.

Total time spent hiking today will be around 3 hours.

## **Day 5 :- Namche Bazaar - Thy?ngboche**

Set out on a 5-6 hr trek through pine and rhododendron forests before arriving in Tengboche. Tengboche is a small village, and home to the famous Tengboche Monastery, the largest monastery in Khumbu region.

## **Day 6 :- Thy?ngboche - Dingboche**

Trek to Dingboche, crossing bridges and rivers with sweeping views of the Himalayan region. Walk through forests and alpine meadows and search for wildlife along the way. The group will spend 2 nights in Dingboche to acclimatize.

## **Day 7 :- Dingboche**

Today is an acclimatization day. Opt to hike to Chhukung or Nagarzhang Peak.

## **Day 8 :- Dingboche - Lobuche**

Hike through alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier to Lobuche, which has spectacular views of Nuptse. Today the group will walk for around 5 hours gradually following the trail uphill along a glacial river and through small settlements at Dughla and Thukla.

## **Day 9 :- Everest Base Camp**

Today includes a challenging climb past the Khumbu Glacier, arriving in Nuptse. From there the group will cross the Changri Glacier to Gorakshep, and then finally enjoy the highlight of reaching Everest Base Camp.

## **Day 10 :- Gorak Shep - Pheriche**

Enjoy an early morning trek to Kala Pattar for stunning sunrise views of Everest and surrounding vistas. Later, trek to Pheriche along a mostly downhill route.

## **Day 11 :- Pheriche - Kyangjuma**

Today the group descends through Pangboche, the highest permanent settlement in the region, with its great gompa. The trek finishes in Kenjuma. After a long day on the trail, the evening will be spent resting and recuperating.

## **Day 12 :- Kyangjuma - Monjo**

Continue our trek, following a path that has both ascents and descents. The group will finish today's downhill trek in the evening upon arrival to the small village of Monjo.

## **Day 13 :- Monjo - Lukla**

The final day of our trek takes us back to Lukla, where we have a chance to relax after the rigorous adventure we just undertook.

## **Day 14 :- Lukla - Kathmandu**

Catch the short flight back to Kathmandu, where the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafés.

## **Day 15 :- Depart Kathmandu**

Depart at any time.





## Tour Prices

Travel Period	Twin	-	-	-	-
May 2025: 7, 9, 10	RM8,570				
May 2025: 23, 24, 25, 30	RM8,080				
June 2025: 8	RM8,080				
August 2025: 24, 29, 31	RM8,080				
September 2025: 5, 7, 12, 13, 15	RM8,227				
September 2025: 17, 19, 20, 21, 22, 24, 26, 27, 28	RM9,305				
October 2025: 1, 2, 3, 4, 8, 9, 10, 11, 12, 13, 15, 16, 17, 18, 19, 20, 22, 23, 24, 25, 26, 27, 29, 30, 31	RM9,305				
November 2025: 1, 8, 9, 10, 15, 16, 17, 21, 22, 23, 24, 28, 29,	RM8,815				
December 2025: 5, 7, 12, 14, 21, 28	RM8,815				

## What's included

**Destination** [Nepal](#)  
**Departure Location** Kathmandu

**Return Location** Kathmandu

### Price includes

- 14 nights' accommodation
- Internal flights
- All transport between destinations and to/from included activities.
- English-speaking local guide and assistants for the trek

### Price does not include

- International air ticket
- Travel insurance
- Personal expenses
- Others not mentioned

## Additional Information

### Physical Rating: 5

Serious high-altitude hikes, cycling, or other instances of heavy exercise. Come prepared to sweat a bit.