15D14N Everest Base Camp Trek (ANEA)

Price per person from MYR 6716



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 recouping

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	-	-	-	-
March 2026: 13, 14, 15	RM 7,316				
March 2026: 20, 21, 22, 23	RM 7,756				
April 2026: 6, 11, 12, 13, 15	RM 7,756				
April 2026: 19, 20, 25, 27, 29	RM 7,316				
May 2026: 2, 6, 9, 10	RM 7,316				
May 2026: 17, 22, 24, 31	RM 6,716				
June 2026: 7	RM 6,716				
August 2026: 28, 30	RM 6,716				
September 2026: 4, 6, 11, 12, 13, 14	RM 6,716				
September 2026: 18, 19, 21, 26, 27, 30	RM 7,756				
October 2026: 2, 4, 5, 7, 9, 10, 14, 16, 17, 18, 21, 23, 24, 26, 28, 30	RM 7,756				
November 2026: 1, 2, 6, 8, 9, 14, 16, 20, 21, 23, 28	RM 7,316				
December 2026: 4, 11, 27	RM 7,316				

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.