

A dramatic landscape photograph of a snow-capped mountain peak, likely Mount Everest, under a vibrant sunset sky. The sky is filled with horizontal bands of orange, yellow, and red, with some wispy clouds. The mountain is rugged and covered in snow, with some dark rock faces visible. The foreground is a soft, out-of-focus layer of snow or mist. The text 'EVEREST' is written in large, white, bold, sans-serif capital letters, and 'BASE CAMP TREK' is written in smaller, white, sans-serif capital letters below it. Both are centered horizontally and have a slight drop shadow.

EVEREST

BASE CAMP TREK

DAY 1 - KATHMANDU: ARRIVAL DAY

Altitude: 1,350m/4,428ft

Welcome to Kathmandu, the capital and cultural hub of Nepal! We'll be waiting with a warm greeting and easy transfer to your hotel. Plan on an evening briefing on last-minute specifics about your trek and an early lights-out: you have a big day ahead.

DAY 2 - KATHMANDU TO LUKLA FLIGHT AND PHAKDING

Altitude: 2,800m/9184ft (Lukla) & 2,652m/8,698ft (Phakding)

Walking Distance: 8km (3-4 hours)

Flight time: 15 min from Ramecchap

Drive time: 4 hours & 30mins (Kathmandu to Ramecchap)

After a short morning flight to Lukla, you'll be introduced to your guide and porter. Kick off your trek with an easy walk through Chaurikharka village and descent towards Dudhkoshi Ghat (2,530m/8,300ft). The trail follows the bank of the Dudhkoshi River until Phakding (2,652m/8,700ft), where we will be staying for the night to acclimatize. Enjoy your free time in Phakding, a popular stopping point.



BLACK BEAR
TRAVEL & EXPERIENCE

DAY 3 - PHAKDING TO NAMCHE BAZAAR

Altitude: 3,440m/11,283ft

Walking Distance: 10-12km (5-6 hours)

We'll have breakfast in Phakding before gearing up for the trek to Namche Bazaar, the biggest sherpa village in Nepal. Our trail takes us first over the Dudhkoshi River via a long suspension bridge, and then through a beautiful pine forest to Monjo, about two hours away. Soon thereafter, we will approach the entrance to Sagarmatha National Park for a brief permit check and then descend to Dudh Kosi River (spotting Mani stones along the way!) en route to Jorsale. Lunch will be served here, and then it's uphill to Namche. Our path along the riverbank is flanked by two crossings, one of which is the Hillary Suspension Bridge. It's a tough climb up the hill to our resting place, but you'll be rewarded in Namche Bazaar with your first glimpse of Everest in its majesty.



BLACK BEAR
TRAVEL & EXPERIENCE



DAY 4 - NAMCHE BAZAAR: REST AND ACCLIMATIZATION DAY
Altitude: 3,440m/11,283ft

At this point, we take a well-deserved break! Today will be spent resting and allowing our bodies to become acclimatized to the lofty altitude. There's an optional 2 hour hike to Everest View Point, an uphill walk that will help speed acclimatization. Otherwise, spend the day exploring Namche Bazaar. Check out the Sherpa museum for an overview of the Sherpa culture and history of mountaineering. On Saturdays, the Hatt Bazaar is open for trading and an intimate look at the locals' marketplace. It is part of the larger Namche Bazaar, a shopping hub filled with all manner of trekking and mountaineering clothing and equipment.





DAY 5 - NAMCHE BAZAAR TO PHORTSE

Altitude: 3,700m/12,139ft

Walking Distance: 10km (6 hours)

Breakfast in Namche Bazaar fuels us for another day of trekking towards Everest Base Camp today! Breathtaking views of the Himalayas - Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde - are some of the highlights not to be missed. Our destination, Phortse, is known as one of the most beautiful places in the Everest region. Its views, which include Ama Dablam, are legendary.



BLACK BEAR
TRAVEL & EXPERIENCE

DAY 6 - PHORTSE TO DINGBOCHE

Altitude: 4,400m/14,435ft

Walking Distance: 11km (6 hours)

The trail today parallels the canyon of the raging Imja Khol River with its glacial blue waters. Its a gradual climb up to the village of Pangboche, the biggest settlement of Sherpas in the region. Enjoy a great opportunity to observe a typical Sherpa village and have lunch with the locals! The intrepid can brave a brief hike to the Pangboche monastery, one of the oldest in the area. Our afternoon trek will be a difficult one, as the landscape gives way to dry, deserted mountains and we hike towards Dingboche.

DAY 7 - DINGBOCHE: REST AND ACCLIMATIZATION DAY

Altitude: 4,400m/14,435ft

This is your chance to rest up before the last leg of our adventure! Savor a full day of exploring Dingboche and the surrounding valleys of Chhukung and Imja, the latter of which links with Island Peak, the high passes of Amphu Laptsa, and Makalu Barun National Park. Taking an optional trek to the valleys will pay off in rewarding views, but taking it easy is the most important thing today. You'll need your rest for the penultimate day of ascent tomorrow.



BLACK BEAR
TRAVEL & EXPERIENCE



DAY 8 - DINGBOCHE TO LOBUCHE

Altitude: 4,900m/16,076ft

Walking Distance: 11-12 km (6-7 hours)

From here on forth, the trek will move more gradually be more challenging, due to the higher altitude. We'll pass Dungra, but not before a tough, steep walk to the top of a high hill. Here are the memorial stupas dedicated to the climbers and trekkers who lost their lives to Everest over the years. The next part of our adventure brings over craggy mountain terrain to Lobuche, a small settlement with amazing views of Mt. Lobuche, Mt. Pumari and the Nuptse. Prepare to snuggle up for a cold night, as we are now almost three miles above sea level and the evenings can be downright chilly!



...ONG-LA PASS
5416 Mtr.
CONGRATULATION FOR THE SUCCESS!!!
IF YOU ENJOYED THE TREK IN MANANG,
SEE YOU AGAIN!!!

BLACK BEAR
TRAVEL & EXPERIENCE

DAY 9 - LOBUICHE TO GORAKSHEP AND EVEREST BASE CAMP, EBC TO GORAKSHEP

Altitude: 5180m/16,994ft (Gorakshep) & 5364m/17598 (EBC)

Walking Distance: 15km (6-8 hours)

This is it! Our big day kicks off with an initial, relatively easy trek from Lobuche to Gorakshep. The subsequent, straight trail to Everest Base Camp is harder, involving rocky dunes and moraine, formed accumulation of unconsolidated glacial debris. On the way to our destination, we'll approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. At the Base Camp, our goal, you'll have the chance (during the spring climbing season) to meet climbers attempting to scale the mountain's summit. Break out your cameras for unbelievable views of breathtaking beauty. As the afternoon sun starts to wane, we'll head back to Gorakshep for some much-needed rest and relaxation after a grueling and busy day.



BLACK BEAR
TRAVEL & EXPERIENCE

DAY 10 - GORAKSHEP TO KALAPATHAR AND PHERICHE OR PANBOCHE

Altitude: 5,545m/18,192ft (Kalapathar) & 4,320m/14,173ft (Pheriche)

Walking Distance: 12-13km (5-6 hours)

We'll wake before dawn today to trek towards Kalapathar (which means "black rock") for a fiery, glorious sunrise over Mt. Everest. The day's first light will illuminate your spectacular view of Nuptse Nup, Changtse and Lhotse. This may be, of the whole journey, your most opportune moment to snap amazing pictures of Everest and its neighboring peaks. Afterwards, it's back to Gorakshep for breakfast and down in the direction of Pheriche, our nighttime stop. If the group has energy we may continue from Pheriche to Panboche for the final stop. Our pace will be a lot brisker as we descend, and the walking is easier going this way.



BLACK BEAR
TRAVEL & EXPERIENCE

DAY 11 - PHERICHE TO NAMCHE

Altitude: 3,440m/11,284ft

Walking Distance: 13-15km (7-8 hours)

The walk from Pheriche back to Tengboche is mainly downhill, although it does, counterintuitively, require an hour scaling a hill. We'll be in Namche by late afternoon and off to bed before our last day on the mountain.

DAY 12 - NAMCHE TO PHAKDING AND LUKLA

Altitude: 2,800m/9,184ft

Walking Distance: 16km (6-7 hours)

After breakfast, we trek toward the Hillary Suspension Bridge and then pass through several local villages. Our arrival in Lukla brings an evening in our last Tea House and, traditionally, a party with your trekking crew: you made it! Thanks to great teamwork and perseverance, you've accomplished a physical feat of which others only dream. This is your last night on the mountain, which can be bittersweet.



BLACK BEAR
TRAVEL & EXPERIENCE

DAY 13 - LUKLA TO KATHMANDU

Altitude: 1350m/4428ft

Flight time: 35 min

In the morning, you'll hop a brief flight from Lukla to Kathmandu (See Note), where your journey both began and ends. You'll transfer to your hotel upon landing for some much-needed solo rest and reflection after your trek conquering the Himalayas. We'll reunite in the evening for a farewell dinner at one of the best Nepalese restaurants in town, where we'll be eager to hear your feedback on the trip.



BLACK BEAR
TRAVEL & EXPERIENCE

DAY 14 - KATHMANDU: DEPARTURE DAY

Altitude: 1,350m/4,428ft

It's your last day in Nepal! Grab some breakfast, and then take in some last-minute shopping in Kathmandu. We'll make sure you arrive at Kathmandu International Airport with plenty of time before your flight home. At this time, we'll say our goodbyes and bid you farewell, armed with warm memories and gorgeous photos to show your loved ones.

END OF OUR SERVICES



BLACK BEAR
TRAVEL & EXPERIENCE



BLACK BEAR
TRAVEL & EXPERIENCE