



# Everest Base Camp Trek 7 Days

## Facts

**Destination:** Nepal

**Trip Difficulty:** Strenuous

**Trip Style:** Trekking and Tour

**Transport:** Aeroplane + Helicopter

**Food:** Breakfast + Lunch + Dinner

**Accommodation:** Hotel + Teahouses + Lodges

**Group Size:** 2-14

**Max Elevation:** 5364m



7 Days **Everest Base Camp Trek** is a compact trekking adventure in the remote parts of the Himalayan nation of Nepal. The trails of this spectacular trek take you through the beautiful natural terrains of the region. The Himalayan foothills of the area are widely known for their fantastic adventure opportunities.

This trekking adventure is located in the **Solukhumbu district** of Province 1 in the northeast



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of the country. The spectacular views of the Mahalangur Himalayan range's snow-clad mountains are the highlights of this journey. You will need to cross steep uphill and downhill terrains during this adventure.

The beautiful, diverse trail also takes you through the various natural terrains of the region. These include serene waterfalls, forested areas, rivers, mountain passes, glaciers, meadows, pasturelands, and other natural landmarks.

Trekkers travel through the natural habitat of wildlife species that are rare and endangered in the region. The **Sagarmatha National Park** covers most parts of the trail. The national park area works to protect and conserve the local people. The trek's itinerary also includes a helicopter return, making the tour more straightforward.

The cultural terrains of the region pass through the settlements of the local Sherpa community. Many other local ethnic communities along the trails, including Bhotia, Tamang, and Gurung communities. People in the region follow Buddhism followed by Hinduism as their primary religion. You can find **Buddhist heritage** landmarks like monasteries, chortens, gompas, etc.

Our Everest Base Camp trek 7 days starts from Kathmandu as you take a scenic mountain flight. After the 35-40 minutes mountain flight, you will arrive at the beautiful destination of Lukla. The trekking journey starts from this settlement after resting for a while. The trails then take you through the beautiful terrains in the Himalayan foothills.



The trail from Lukla takes you to Phakding village settlement. The trail passes through the settlements of Monjo and Jorsale before arriving at Namche. Namche, the region's commercial hub, has many tourist attractions, including cafes, restaurants, hotels, bars, souvenir shops, etc. The **bustling atmosphere** of the place will enchant you during the journey.

The serene landscapes include alpine forests, water streams, rivers, and others. You will need to cross these rivers through the suspension bridges and other small wooden bridges. The trails take you to Tengboche, where you can find the famous religious Tengboche monastery. There you can find a viewpoint to observe the snow-clad mountains of the Everest Mahalangur range.

We will cross various challenging landscapes before arriving at the Lobuche village settlement. You need to be careful as you will reach the high-altitude region. Therefore, trekkers are generally quite prone to **altitude sickness** in the area. You will then travel to the settlements of Dingboche village settlement and spend the night.

Finally, you will arrive at Gorakshep after trekking for some hours. It is the last settlement before you arrive at the stunning base camp of the highest mountains in the world. The trail to EBC from Gorak Shep is challenging, with many steep uphill terrains. After arriving at the beautiful base camp of the highest mountain in the world, you will explore the area.

Moreover, you can observe the most incredible Himalayas vista, crisp mountain air, and the bustling atmosphere of the region. You can trek in the beautiful location and descend back to the Gorakshep. From Gorak Shep, you will travel to Lukla on a scenic helicopter flight. You will travel on a **helicopter flight** to observe the sweeping Himalayan vista. After arriving at Lukla, you will take a scenic mountain flight and fly back to Kathmandu.



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This incredible Everest Base Camp trek 7 days is a once-in-a-lifetime opportunity. Contact us at Marvel Adventure for more detailed information about the Everest Base Camp trek 7 days. Book with us for a safe and comfortable adventure in the Everest region. Happy traveling!

You might be interested in: [12 days Everest base camp trek group joining](https://www.marveladventure.com/everest-base-camp-trek-group-joining)  
(<https://www.marveladventure.com/everest-base-camp-trekking>) | [EBC with Island Peak](https://www.marveladventure.com/everest-base-camp-trek-with-island-peak)  
(<https://www.marveladventure.com/everest-base-camp-trek-with-island-peak>)

## Highlights

- Incredible Himalayan flight to Lukla from Kathmandu
- View the tallest mountains in the world, including Mount Everest, Lhotse, Mt. Ama Dablam, Cho Oyu, Nuptse, and others.
- Exploring the cultural settlements along the trail
- Traversing through the serene landscapes of the region, including waterfalls, forests, hills, lakes, rivers, and others
- Exploring the Buddhist heritage sites, including monasteries, temples, gompas, chortens, and others
- Passing through the remote terrains of the region
- Incredible hospitality of the local people in the teahouses

## Day to Day Itinerary

**Day 01: Flight from Kathmandu to Lukla, and then Trek to Phakding**

**Day 02: Trek from Phakding to Namche Bazaar**

**Day 03: Trek from Namche Bazaar to Tengboche**

**Day 04: Trek from Tengboche to Dingboche**



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**Day 05: Trek from Dingboche to Lobuche**

**Day 06: Trek Lobuche - Gorakshep - Everest Base Camp, then back to Gorak Shep.**

**Helicopter flight back to Lukla.**

**Day 07: Fly from Lukla to Kathmandu**

## **Cost Includes**

- Airport pick-up and drop by private vehicle
- All Domestic flights and airport tax as listed in the itinerary
- Helicopter flight from Gorakshep to Lukla
- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- Strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- Pasang Lamhu Rural Municipality Entry Permit
- Sagarmatha National Park Entry Permit
- Comprehensive first aid kit
- Government taxes and official expenses

## **Cost Excludes**



- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips to guide and porter (Tipping is expected)