

# Everest Circuit Trek – 12 Days

## Overview

- **Country:** Nepal
- **Trip Grade:** Moderate to Challenging
- **Maximum Altitude:** 5,545 m (Kala Patthar)
- **Starts:** Kathmandu
- **Ends:** Kathmandu
- **Group Size:** Min 2 trekkers
- **Best Time:** Spring (Mar-May) & Autumn (Sep-Nov)

## Overview Description

The **Everest Circuit Trek** is Nepal's most iconic high-altitude adventure, offering unparalleled mountain views and cultural experiences. The trek passes through lush forests, suspension bridges, and Sherpa villages before reaching the high alpine landscapes of the Khumbu region.

The trail winds through Sagarmatha National Park, a UNESCO World Heritage site, home to glaciers, dramatic peaks, and diverse wildlife. Along the way, trekkers will visit villages such as Namche Bazaar, Tengboche, and Dingboche, where traditional Sherpa culture thrives, prayer flags flutter in the wind, and ancient monasteries still play an important spiritual role.

The trek's highlight is reaching **Everest Base Camp (5,364 m)**, where climbers from around the world prepare to ascend the world's highest peak. You'll also enjoy panoramic views from Kala Patthar (5,545 m), one of the best viewpoints in the region.

The Everest Base Camp Trek is rated moderate to challenging. Trekkers walk 5–8 hours per day, with gradual altitude gain and included acclimatization days to reduce the risk of altitude sickness. No technical climbing skills are required, but a good level of fitness and mental preparation is recommended.

## When To Visit

- **January:** Average

- **February:** Good
- **March:** Best
- **April:** Best
- **May:** Best
- **June:** Average
- **July:** Best
- **August:** Average
- **September:** Best
- **October:** Good
- **November:** Best
- **December:** Average

## Itinerary

### Day 1: Day 1: Arrival in Kathmandu (1,400 m)

▣ Arrive in Kathmandu. Transfer to hotel, explore Thamel, and attend a trek briefing.

**Accommodation:** Hotel

**Meals:** Welcome Dinner

### Day 2: Day 2: Fly from Kathmandu to Lukla (2,860 m) & Trek to Phakding (2,610 m)

▣ Scenic flight to Lukla. Trek through forests and villages to Phakding.

**Walking Hours:** 3-4

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

### Day 3: Day 3: Trek from Phakding to Namche Bazaar (3,440 m)

▣ Trek along the Dudh Koshi River, cross suspension bridges, and enter Sagarmatha National Park. Arrive at Namche Bazaar, the Sherpa capital.

**Walking Hours:** 5-6

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

### Day 4: Day 4: Acclimatization Day in Namche Bazaar

▣ Optional hike to Tengboche Monastery or local viewpoints for acclimatization.

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

### Day 5: Day 5: Trek from Namche Bazaar to Tengboche (3,860 m)

▣ Trek through rhododendron forests and villages to Tengboche, home to a famous monastery with Himalayan views.

**Walking Hours:** 5-6

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

## **Day 6: Day 6: Trek from Tengboche to Dingboche (4,360 m)**

Continue along the Imja Khola Valley, passing Chhukung and Pangboche. High alpine landscapes appear.

**Walking Hours:** 5-6

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

## **Day 7: Day 7: Acclimatization Day at Dingboche**

Optional hike to Nagarjun Hill or nearby ridges. Prepare for higher altitude trekking.

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

## **Day 8: Day 8: Trek from Dingboche to Lobuche (4,910 m)**

Ascend through rocky terrain, with panoramic views of peaks like Pumori and Nuptse.

**Walking Hours:** 5-6

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

## **Day 9: Day 9: Trek from Lobuche to Everest Base Camp (5,364 m) & Gorak Shep (5,140 m)**

Reach the legendary Everest Base Camp and explore the Khumbu Icefall. Descend to Gorak Shep for overnight stay.

**Walking Hours:** 7-8

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

## **Day 10: Day 10: Early Morning Hike to Kala Patthar (5,545 m) & Trek to Pheriche (4,240 m)**

Hike to Kala Patthar for sunrise views of Everest and surrounding peaks. Descend to Pheriche.

**Walking Hours:** 6-7

**Accommodation:** Teahouse

**Meals:** Breakfast, Lunch, Dinner

## **Day 11: Day 11: Trek to Lukla & Fly back to Kathmandu**

Descend to Lukla, board flight to Kathmandu, and transfer to hotel or airport for onward journey.

**Walking Hours:** 6-7

**Accommodation:** –

**Meals:** Breakfast

## **Day 12: Day 12: Final Departure**

Today is your last day in Nepal. Our team will transfer you to the airport for your onward journey. We hope you leave with unforgettable memories and a desire to return for more adventures.

## **Cost Details**

### **Cost Includes**



- Airport transfers
- 2 nights hotel in Kathmandu
- Teahouse accommodation during trek
- All meals during trekking
- Sagarmatha National Park Permit & TIMS Card
- Licensed guide and porter
- Transportation (Kathmandu–Lukla–Kathmandu flights)
- First aid kit

### **Cost Excludes**



- International airfare
- Nepal visa fee
- Travel insurance
- Personal expenses
- Hot showers / Wi-Fi charges
- Tips for guide and porter

## Trek Essentials

### Head & Hands

- Sun hat / cap for daytime walking
- Warm fleece or wool beanie for cold nights
- Sunglasses with UV protection
- Buff or neck gaiter
- Lightweight liner gloves
- Warm insulated gloves (for higher altitudes)

### Upper Body Clothing

- Moisture-wicking base layers
- Trekking T-shirts
- Fleece jacket or mid-layer
- Waterproof/windproof outer shell
- Down jacket for cold evenings & high passes

### Lower Body Clothing & Footwear

- Trekking pants (quick-dry)
- Thermal base layer bottoms
- Waterproof shell pants
- Sturdy trekking boots
- Trekking socks (wool/synthetic, multiple pairs)
- Sandals / camp shoes
- Gaiters if needed

### Backpacks & Gear

- Main duffel bag for porter
- Daypack (30–40 L) with rain cover
- Sleeping bag (-10°C to -15°C)
- Headlamp & extra batteries
- Trekking poles (adjustable)
- Water bottles / hydration bladder
- Water purification tablets or filter

### **Personal & Safety Essentials**

- Sunscreen & lip balm (SPF 50+)
- Basic first aid kit
- Reusable water bottle
- Power bank / spare batteries
- Quick-dry towel & toiletries

### **Documents & Permits**

- Passport & Nepal visa
- Sagarmatha National Park Permit + TIMS Card
- Travel insurance info
- Emergency contacts