

EVEREST BASE

Camp Trek

4th – 17th OCT 2025



EBC FOR US

Conquering EBC for us was one of the highlights of our travelling career. When both Kajal and Anany first completed the trek, they had tears in their eyes. They were extremely proud of what they had achieved and that is something they want others to experience as well.

We often don't know what we are capable of and don't attempt things which look scary. It is only when you walk towards what scares you is when you realise that your fear wasn't big enough.

Everest Base Camp is not a trek which is completed by your body, it is done by your mind. We will ensure that you complete it with a smile on your face. Let's go tick this off, together.

BRIEF ITINERARY

TRAVEL ITINERARY

3B2

Day 01

- Arrive in Kathmandu & transfer to the hotel. Trek Briefing.

Day 02

- Flight from Kathmandu or Ramechhap to Lukla (2840m), then Trek to Phakding (2610m)

Day 03

- Trek from Phakding to Namche Bazaar (3440m)

Day 04

- Acclimatization and Rest Day in Namche Bazar (3440m)

Day 05

- Trek from Namche Bazar (3440m) to Tengboche (3810m)

Day 06

- Trek from Tengboche (3810m) to Dingboche (4410m)

Day 07

- Acclimatization Day in Dingboche (4410m)

Day 08

- Trek from Dingboche (4410m) to Lobuche (4910m)

BRIEF ITINERARY

TRAVEL ITINERARY

EB

Day
09

- Trek from Lobuche (4910m) to Gorakshep (5140m) then Everest Base Camp (5364m) and back to Gorakshep (5140m)

Day
10

- Trek from Gorakshep (5140m) to Kalapatthar (5545m) then Pangboche (3930m)

Day
11

- Trek from Pangboche (3930m) to Namche Bazaar (3440m)

Day
12

- Trek from Namche Bazaar (3440m) to Lukla (2840m)

Day
13

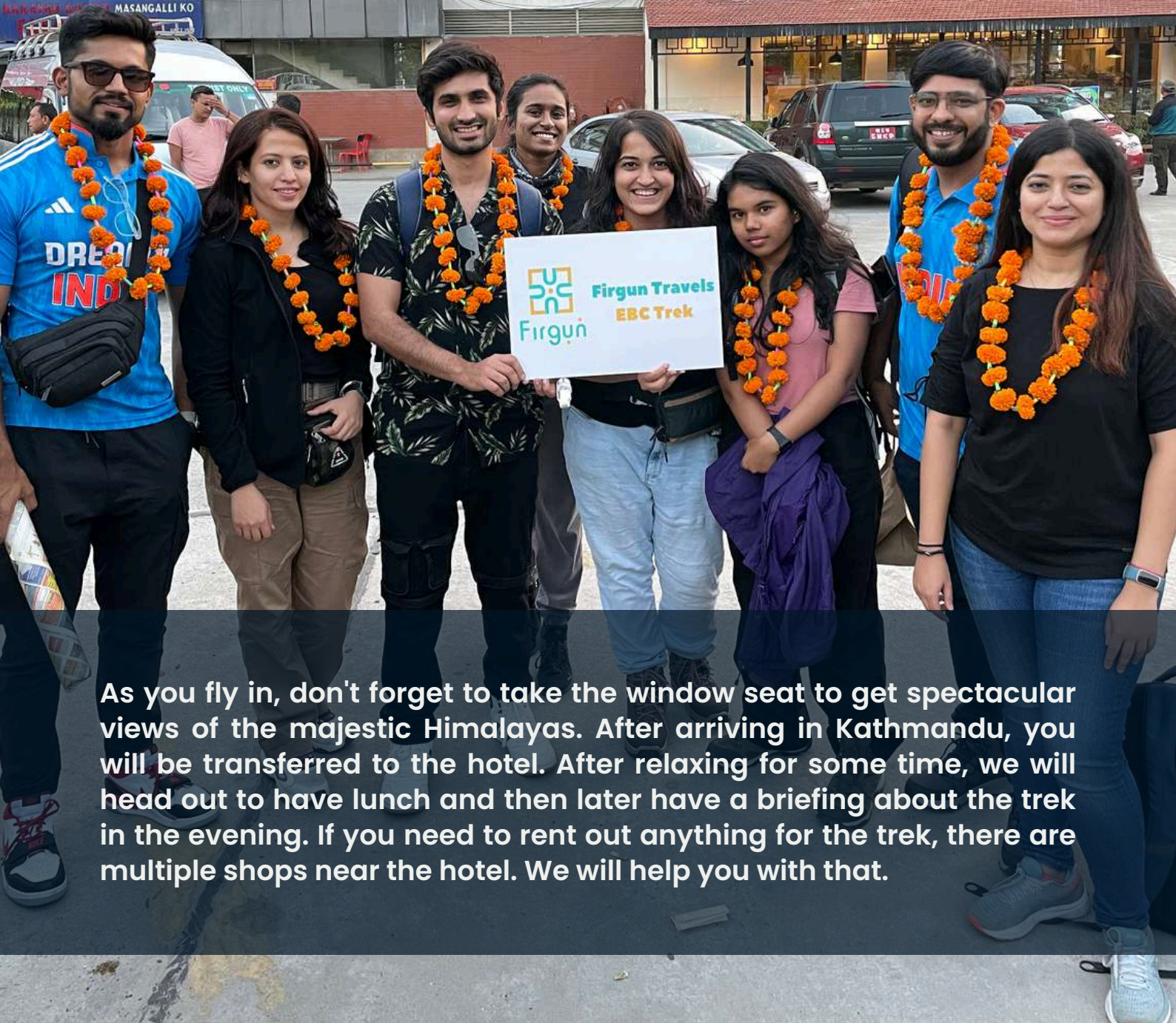
- Flight back to Kathmandu from Lukla or Ramechhap by plane & drive to hotel

Day
14

- The toughest day, leaving back to our respective cities

DAY 1

Arrive in Kathmandu and transfer to the hotel followed by Trek Briefing. O/N Kathmandu



As you fly in, don't forget to take the window seat to get spectacular views of the majestic Himalayas. After arriving in Kathmandu, you will be transferred to the hotel. After relaxing for some time, we will head out to have lunch and then later have a briefing about the trek in the evening. If you need to rent out anything for the trek, there are multiple shops near the hotel. We will help you with that.

DAY 2

**Flight from Kathmandu or Ramechhap to Lukla (2840m), then Trek to Phakding (2610m).
O/N Phakding**



Early morning, we will leave to catch our flight. The early morning sunshine on the snowcapped mountains is spectacular during the plane ride to Lukla. It will take around 40 minutes to arrive in Lukla at Tenzing-Hillary Airport, the Himalayan entryway. The hike begins soon after meeting the guides, from where Phakding is a short walk. A good Nepali meal awaits you on your first night of the trek.

DAY 3

Trek from Phakding to Namche Bazaar (3440m). o/N Namche Bazaar

Lovely pine trees, the Dudh Koshi River, and glimpses of Mount Thamserku, that's how amazing the views are going to be today. We will start our trek from Phakding after breakfast and then soon enter Sagarmatha National Park. We continue walking via the Dudh Koshi River and Bhote Koshi River confluences before ascending steeply to Namche Bazaar, where we are greeted by the ridges of Mount Lhotse (8,516m) and Mount Nuptse (7,861m). You can opt to head out to some nice cafe for hot chocolate or for a peaceful stroll.

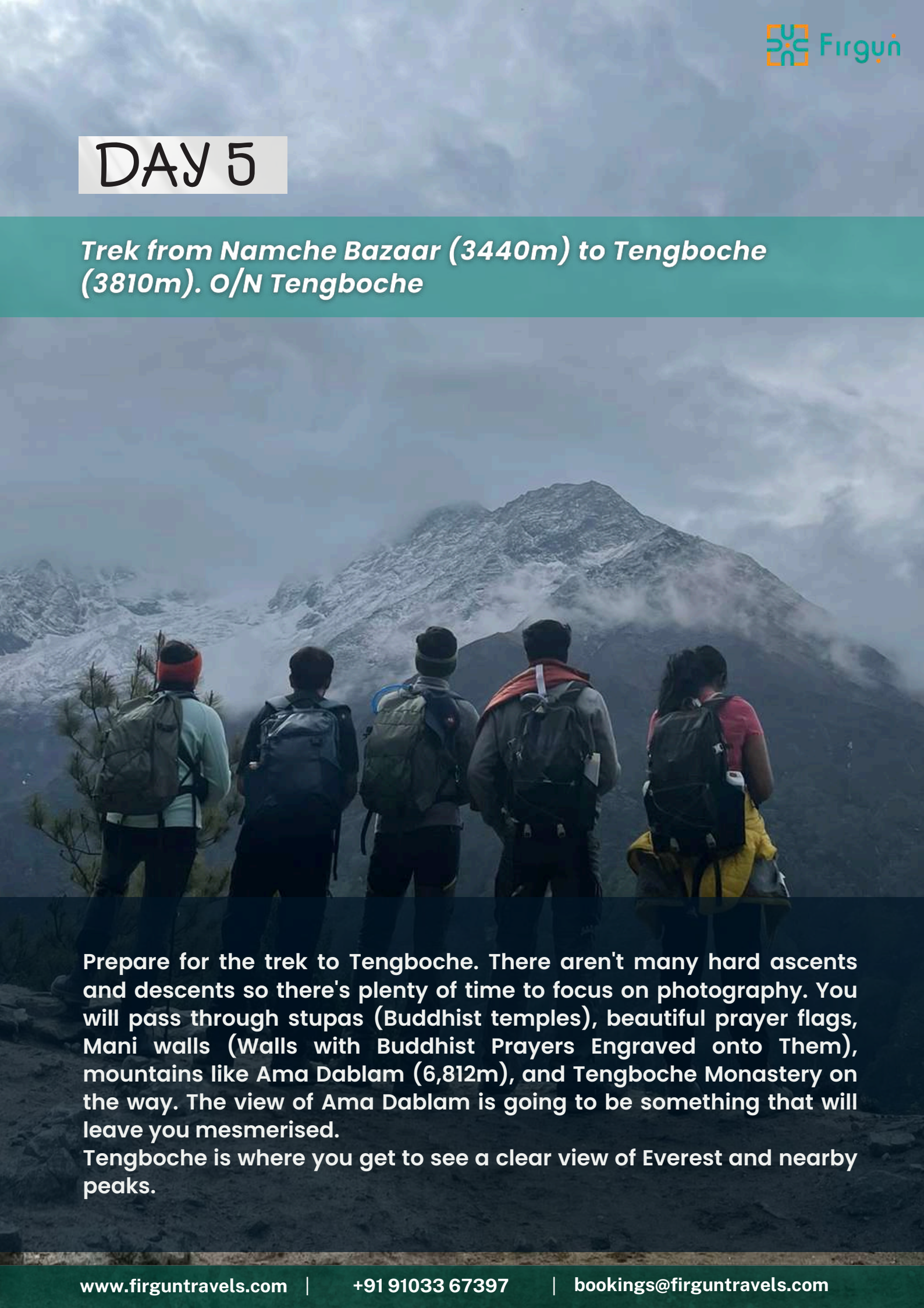
DAY 4

Acclimatization and Rest Day in Namche Bazaar (3440m)

It's acclimatization day for us. The major village in the Khumbu region, Namche Bazaar, has ATMs, internet cafes, restaurants, bakeries, and other services. Together, let's explore Namche Bazaar. For Acclimatization purposes, we will hike till Everest View Hotel. This will be a short and beautiful hike and will take a few hours. You might see glimpses of Mt. Everest from here. This day is going to be great for clicking stunning pictures.

DAY 5

Trek from Namche Bazaar (3440m) to Tengboche (3810m). O/N Tengboche




Prepare for the trek to Tengboche. There aren't many hard ascents and descents so there's plenty of time to focus on photography. You will pass through stupas (Buddhist temples), beautiful prayer flags, Mani walls (Walls with Buddhist Prayers Engraved onto Them), mountains like Ama Dablam (6,812m), and Tengboche Monastery on the way. The view of Ama Dablam is going to be something that will leave you mesmerised.

Tengboche is where you get to see a clear view of Everest and nearby peaks.

DAY 6

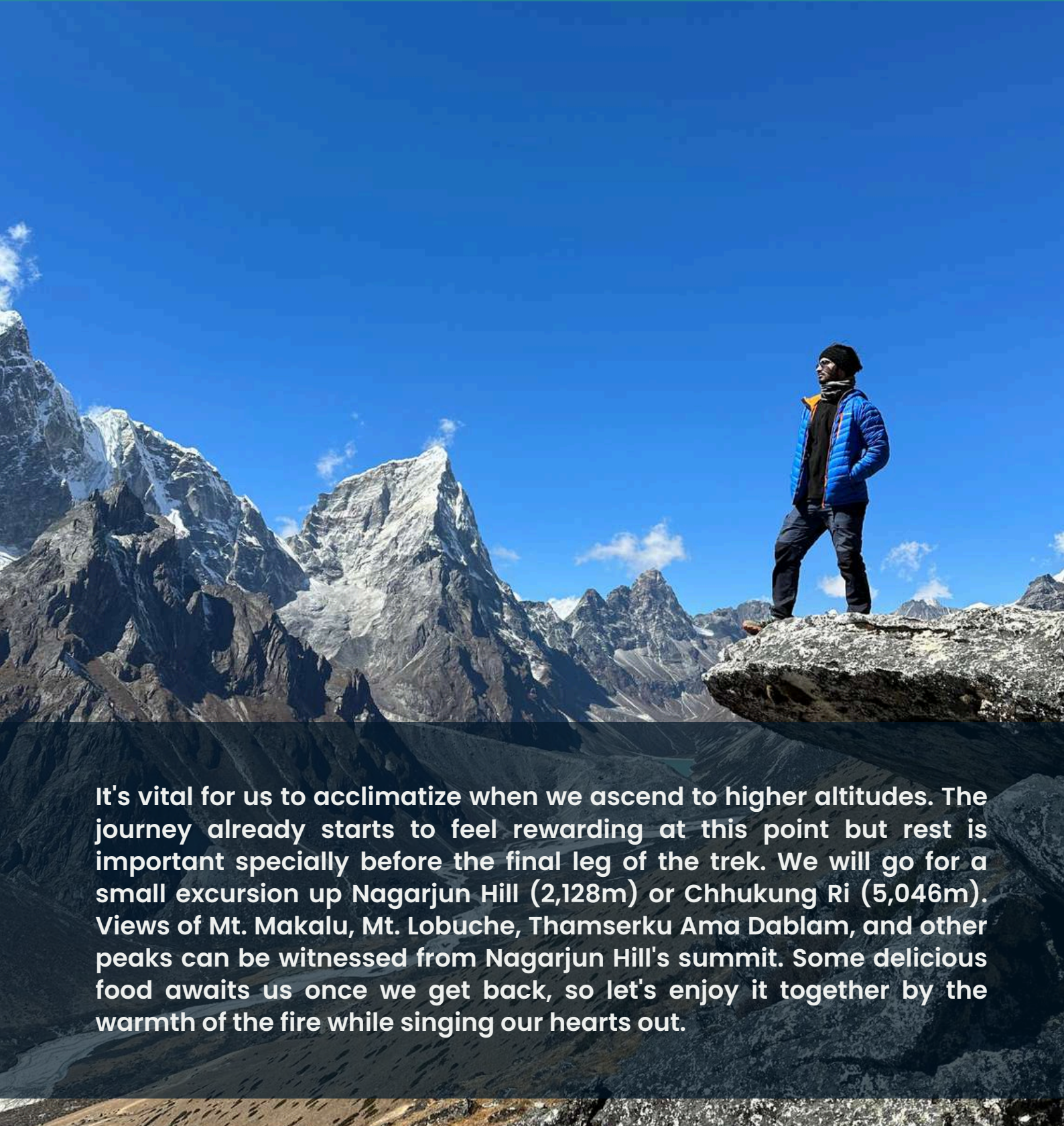
***Trek from Tengboche (3810m) to Dingboche (4410m).
O/N Dingboche***

A full-page background image showing a hiker in a blue jacket and black beanie looking towards a large, snow-capped mountain peak under a clear blue sky. The hiker is in the foreground on the left, and the mountain is on the right.

Visit the oldest Buddhist monastery in the vicinity before setting off on the walk from Tengboche to Dingboche. After passing the settlements of Shomare, Orsho, and Tsuro Wog, the trip continues through alpine forests to Upper Pangboche, a significant hamlet. The Khumbila Khola valley offers beautiful views of the ascending mountains, including Mount Taboche (6,495m), Mount Thamserku (6,608m), Mount Ama Dablam (6812m), Mount Nuptse (7,861m), Mount Cholatse (6,440m), and Mount Lhotse (8,516m). The final destination is Dingboche. It's time to unwind under a starry sky after hiking and taking in all those beautiful vistas. A hot supper awaits you when you reach.

DAY 7

Acclimatization Day in Dingboche (4410m)



It's vital for us to acclimatize when we ascend to higher altitudes. The journey already starts to feel rewarding at this point but rest is important specially before the final leg of the trek. We will go for a small excursion up Nagarjun Hill (2,128m) or Chhukung Ri (5,046m). Views of Mt. Makalu, Mt. Lobuche, Thamserku Ama Dablam, and other peaks can be witnessed from Nagarjun Hill's summit. Some delicious food awaits us once we get back, so let's enjoy it together by the warmth of the fire while singing our hearts out.

DAY 8

*Trek from Dingboche (4410m) to Lobuche (4910m).
O/N Lobuche*



The trek begins with a climb through the Khumbu Khola valley to Duglha. The valley begins to contract as we draw nearer to Dusa. The route is exciting, filled with numerous enormous rocks and mountain yaks passing by at a great height. Additionally, there are a lot of memorials with praying flags and stones in honour of climbers who lost their lives enroute to Mount Everest. This will make you value life a bit more and will also inspire you to go ahead. The route connecting Gokyo Lakes and Cho-La Pass then comes into view. The Khumbuste (6,636m), Lingtren (6,749m), and Pumori (7,161m) peaks may also be seen. After trekking through all these terrains, a magical view of the ranges awaits. It's time to rest before the big day.

DAY 9

Trek from Lobuche (4910m) to Gorakshep (5140m) then Everest Base Camp (5364m) and back to Gorakshep (5140m). O/N Gorakshep



This is the day you have been working hard for. After a hearty breakfast in Lobuche, we will hike to Gorakshep. The duration is two to three hours. After having lunch at Gorakshep, we'll set off towards our goal, Everest Base Camp.

The destination for which we have been walking for so many days, is now only 2-3 hours away. We cannot put into words how absolutely stunning it feels at Everest Base Camp. The Nuptse, Khumbuste, and Pumori peaks are magnificent to see from the base camp. We will spend some time and enjoy the scenery, then walk back to Gorakshep, where we will spend the night. This day is going to be etched in your mind forever.

DAY 10

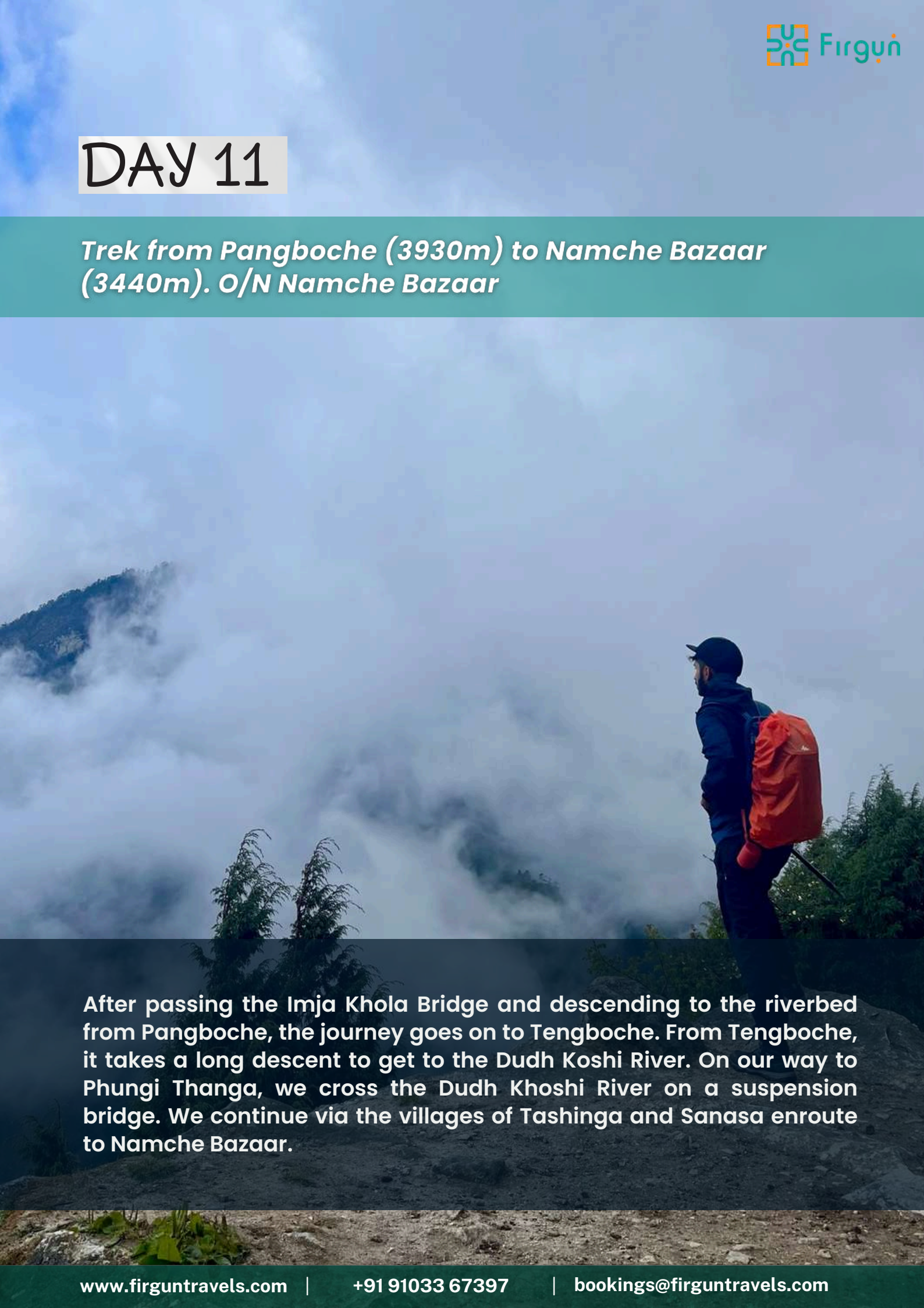
Trek from Gorakshep (5140m) to Kalapatthar (5545m) then Pangboche (3930m). O/N Pangboche



Now comes an even more exciting part. We'll set out much earlier than usual (around 3 am) since we want to reach Kalapatthar in time to experience the beautiful sunrise view from there. This is a mountain peak that you are going to summit. Exciting? (Optional)
You are going to be looking at Mt. Everest up close. Soak that in. We end this day by trekking down to Pangboche, where you can see the oldest monastery in the region, which contains the scalp and bones of a Yeti.

DAY 11

Trek from Pangboche (3930m) to Namche Bazaar (3440m). O/N Namche Bazaar



After passing the Imja Khola Bridge and descending to the riverbed from Pangboche, the journey goes on to Tengboche. From Tengboche, it takes a long descent to get to the Dudh Koshi River. On our way to Phungi Thanga, we cross the Dudh Khoshi River on a suspension bridge. We continue via the villages of Tashinga and Sanasa enroute to Namche Bazaar.

DAY 12

**Trek from Namche Bazaar (3440m) to Lukla (2840m).
O/N Lukla**



Take a final glimpse at the majestic Himalayan Mountains before bidding farewell to the Khumbu Valley and Mount Everest. On the last day of the excursion, the steep descent route is continued. As we make our way over the expansive plain and rhododendron woodland to the Dudh Koshi suspension bridge, we must move slowly, attentively, and in a balanced manner while relishing the distant view of snow-capped mountains. You will reach Lukla by evening. You have successfully finished the trek here so it calls for some celebration. Let's head out for a small party, shall we?

DAY 13

Flight back to Kathmandu or Ramechhap from Lukla and drive to hotel. O/N Kathmandu



This is the day when we will be taking the flight from Lukla back to Kathmandu. You will also be receiving your certificates of completion. Hold that close to your chest.

After reaching Kathmandu, we will rest for some time and then head out for a celebratory dinner. We will be staying in Thamel area which has a lot of cafes for live music as well. You will have enough time for souvenir shopping too.

DAY 14

The toughest day. Head back to your respective cities

Today we will be heading back to our cities from Kathmandu.

It's time to say goodbye to some wonderful people who you have made a lot of memories with. Make sure you give a tight hug to the fellow trippers and promise to meet again. You can choose to extend your stay in Kathmandu by a day or two if you wish to explore around.

INCLUSIONS

- Airport transfers to and from Kathmandu International Airport
- 2 nights accommodation in a hotel in Kathmandu on twin sharing basis (3 star hotel) – 1st and the last day
- Flight to Lukla from Kathmandu or Ramechhap and back including airport transfer to and from the respective domestic airports
- All permits such as National Park, TIMS Permit, local permits etc.
- 11 nights accommodation during the trek (Twin sharing basis) in tea houses. No tent stays :)
- Breakfast during the trek from Day 2 to Day 12
- Breakfast in Kathmandu on the last day
- Farewell dinner in Kathmandu post the trek
- Sleeping bag and duffle bag (to be returned after the trek). You don't have to buy a trekking bag for the trip.
- Firgun goodies
- Certificate of completion of the trek
- Trek guide and porters throughout the trek
- Any entry fee required throughout the trip
- Any taxes involved throughout the trip
- First Aid Kit
- A trip leader cum friend from Firgun Travels

EXCLUSIONS

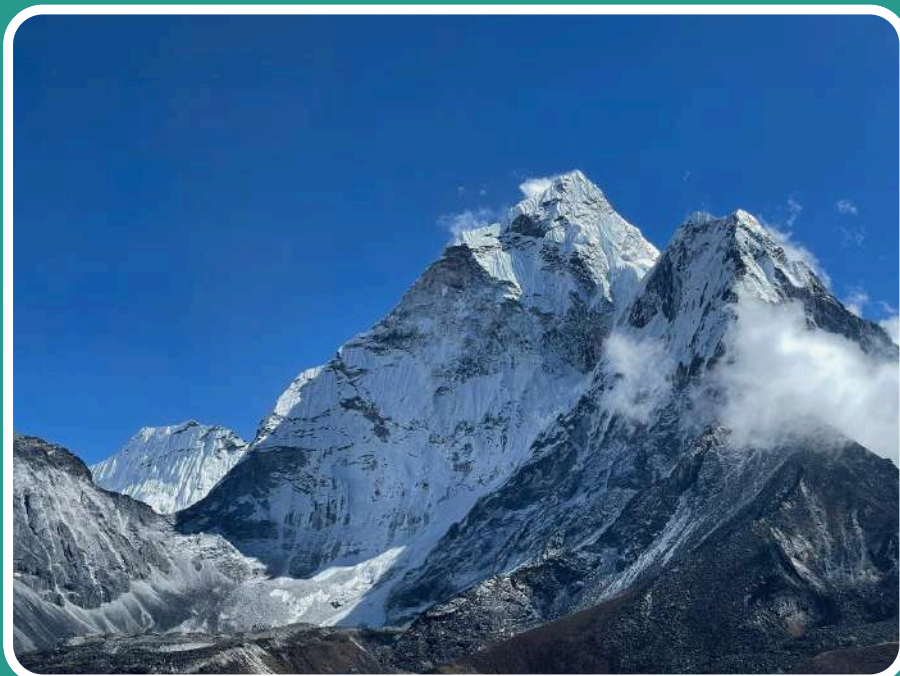
- Flight bookings to and from Nepal have to be made by the trippers (post confirmation with our team)
- Travel insurance
- Drinks, snacks, shopping, and all such miscellaneous expenses
- Lunch and dinners (Dinner on the last day is included)
- Any tips given to locals, drivers, at restaurants, etc.
- Porter tips
- Wifi and local sim costs (Please note that you can buy a local sim pack/wifi pack and have internet during the trek)
- Anything not mentioned in the inclusions



GALLERY



GALLERY



REVIEWS FROM PREVIOUS TRIPS



Shubhrita Tiwari
3 contributions

👍 0 ...



Best Experience | Moments to be cherished for life | Firgun is Love ❤️

Sept 2023 • Friends

Already done 3 treks (Kheerganga, Kedarkantha, Everest Base Camp) with Firgun and now cannot imagine going on a trip without them. Wholesome experiences with lifetime moments to be cherished for life is what Firgun trips are all about.

You will never regret going on a trip with them, everything is just perfect, full of fun, laughter, games, deep conversations and many more.

When on a trip, you would just want to pause and stay there a little longer for sure.

Looking forward to many more trips!

[Read less](#) ^



suvam b
Hazaribagh, India • 10 contributions

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EBC trek with firgun. One of the best trek experiences I've ever had.

Oct 2023 • Solo

Travelled with Firgun for the first time, for Everest Base Camp Trek.

Had an amazing and wholesome experience.

Starting from welcoming at Katmandu airport till the end of the trip, the entire trip was organised in a flawless manner. Very well organised, safe and comfortable. With Firgun, at the end of the trip, you end up not just having a mesmerizing travel experiences, but also creating a bond amongst fellow travellers, making friends for life and creating abundance of memories.

I travelled solo, but throughout the Trek, never felt that I was traveling by myself. Our trek leader, Anany kept everyone motivated and engaged, be it the cozy group hugs after each day's trek or the bonding sessions at night. the trip was a package full of fun experiences.

[Read less](#) ^



Gauri Nilajkar
Pune, India • 8 contributions

👍 0 ...



Everest Base Camp summit- Thanks Anany Shukla-Firgun Travels.

Oct 2023 • Solo

I joined Firgun for their Everest Base Camp trek in Oct 2023. Right from smooth management during the 15 days to the amazing team bonding and pre-trek preparation truly deserves credits. Trip leader Anany Shukla did an amazing job handling every situation with calmness and ease. He personally made sure every member is well prepared before trek, right from exercising to trek equipment shopping and on the journey too. It was a lifetime memorable experience during trek and at the summit and thanks to Firgun for this. Filling my bucket-list of adventures with Firgun and looking forward for many more such wow destinations trip. Made such lovely friends during my travels. You need to be on a trip to experience being a Firgunite. Go on and book your adventures soon!

TOTAL COST

Rs. 69,999 + 5% TCS*

*5% TCS is mandatory for all international travel from October 2020 and can be claimed in your ITR. We will issue a certificate regarding the same.

Payment Schedule:

- 30% to be paid to book your seat
- Next 40% to be paid by 1st July'25
- Remaining 30% to be paid by 15th Aug'25

FLAT Rs. 1500/- off for YOU if you bring a Plus 1 (non-Firgun traveler)

CANCELLATION POLICY

- 100% refund or carry forward if cancelled on or before 15th Jun'25* OR within 24 hrs of booking
- 50% carry forward or 40% refund by 15th Jul'25*
- No refund and No carry forward after 15th Jul'25*

*Validity period for the carry forward amount: 6 months from the time of cancellation

THINGS TO CARRY

- Documents required: It is mandatory for trekkers to carry the original and print out of their passport along with the Medical Certificate and Disclaimer form. This is required for trek permissions before and during the trek
- 1 Rucksack (60 litre minimum)
- 1 Day Pack (25-30L litre)
- 1 Torch (1 pair extra cells)
- 1 Trek pole
- Sleeping bag (you can rent it as well) (blankets are provided)
- Sunglasses
- A pair of trekking shoes (waterproof)
- A pair of slippers
- 1 power bank (At least 20000 MAH)
- Personal kit (toothbrush, paste, shampoo etc.)
- 1 light weight travel towel
- 2-3 tissue paper rolls
- Bio-degradable bags (to throw your trash or pack wet clothes)
- 1 water bottle (Minimum 1 litre)
- Sun lotion: You don't want your skin to burn so kindly carry a sun lotion (SPF 50+ is advisable).
- Sanitizer
- Sim Cards: You can purchase a sim card at the airport if required or from the local market
- Chocolates, light snacks & electrolytes: Chocolates/Protein bars help a lot during treks so don't forget to carry a few. Carry other healthy snacks as well

PAYMENT DETAILS

BANK DETAILS:

A/C Holder's Name: Firgun Travels pvt ltd

A/C No.: 50200066337354

RTGS/NEFT IFSC Code: HDFC0000440

You can make an online transfer/or a cash deposit.

Once it's done kindly fill out the form under PAY NOW on the website or click BOOK NOW below.

In case there are any issues you can also share the reference number/screenshot at bookings@firguntravels.com and +91 91033 67397 along with your Full name, contact number, and Date of Birth so we can confirm your booking.

BOOK NOW

PAYMENT DETAILS

You can also UPI the amount.

Name: Firgun Travels Pvt Ltd

UPI ID - 9267924805@ybl

