Sherpa Nomad Trek
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Overland Everest Base Camp Trek - 15 Days

OVERLAND EVEREST BASE CAMP TREK-15 DAYS PACKAGE

The Everest Base Camp Trek is one of the most exhilarating trekking destinations worldwide, located in Nepal's Khumbu region. This journey invites every trekker to its foothills without the need for excessive exertion. There are numerous ways to reach Everest Base Camp (5364m) with various breathtaking routes; however, an overland trek route offers an alternative and more picturesque way to commence the trek. Upon completing the trek, you can return to Kathmandu via overland transport, or if you prefer, a flight is also an option that provides both experiences of land and sky.

The 15-day Everest Base Camp Trek begins in Kathmandu with a scenic drive to Phaplu, allowing you to experience the authentic Nepali villages, their way of life, river valleys, terraced fields, lush green landscapes, and stunning views of the lower Everest region. Afterward, you will drive to Surke Village to explore the area's untouched beauty. The trek from Surke Village to Phakding follows the path to Everest Base Camp, passing through Namche, Tengboche, Dingboche, Lobuche, and Gorakhshep. You will have the opportunity to explore each Sherpa village, enjoy breathtaking views, and immerse yourself in the mountain landscapes, monasteries, and Sherpa culture.

You can spend an additional two days acclimatizing in Namche Bazar and hike to the Everest View Hotel (3880m) to explore the stunning village. Another day in Dingboche is designated as a rest day for a hike to Nangkartshang, which offers the best mountain views and prepares you for the next elevation gain. Beyond Dingboche, the terrain shifts to dry moraine and rugged trails, glaciers, and the surrounding world’s highest mountains. You will explore Everest Base Camp and Kalapathar before returning to Lukla, filled with unforgettable impressions. Once you reach Lukla, you can fly back to Kathmandu, enjoying the scenic views along the way.

The 15-day Everest Base Camp Overland Package is an excellent option for proper acclimatization and to experience the highlights of the Everest region. The ideal times to undertake the Everest

Base Camp trek are during Autumn (September to November) and Spring (March to May). If you prefer to explore the area without the crowds, consider planning your trip in Winter (December to February). The rainy season can bring clouds, rain, and potential flooding. Therefore, selecting the optimal times in Autumn and Spring will ensure a remarkable journey to Everest Base Camp.

The Everest Base Camp Trek overland package is the ultimate way to explore the Everest region, offering both flight and overland experiences. This option is highly sought after because it removes the stress of potential flight delays. Join the premier local trip planners at Sherpa Nomad Trek Pvt. Ltd. for quality service, competitive pricing, an amazing experience, and travel with local experts.

COST OF THE EVEREST BASE CAMP TREK FOR 2026-2027

The cost of the Overland Everest Base Camp Trek can vary based on factors such as group size, service level, duration, and various logistical arrangements. The pricing for the Overland Package of the Everest Base Camp Trek ranges from USD 900 to USD 2000 per person, depending on the group size, service level, and duration. Our 15-day Overland Everest Base Camp Trek begins with a scenic drive to Surke Village, where the trek starts and concludes in Lukla with a scenic flight back to Kathmandu or Ramechhap. Our package includes services from arrival to departure, luxury accommodation in Kathmandu, the drive from Kathmandu to Surke, mountain meals, a guide, a porter, permits, mountain accommodation, and meals (breakfast, lunch, and dinner), as well as the Lukla to Kathmandu flight and more, as detailed in the inclusions and exclusions sections. We accommodate both small and large groups; however, costs vary based on group size. If you are seeking a lower cost, consider traveling in a group for a more personal, well-managed experience by joining a private or small-group tour. Below is the cost breakdown for the Everest Base Camp trek via the overland route:

- Solo travelers can join the Overland Everest Base Camp trip for USD 1800.
- For groups of 2-6 people, the cost is USD 1400 per person.
- For groups of 7-10 people, the cost is USD 1350 per person.

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- For groups of 11-30 people, the cost is USD 1300 per person.

MAJOR HIGHLIGHTS OF OVERLAND EVEREST BASE CAMP TREK

- The Overland Everest Base Camp Trek is renowned for its breathtaking scenery and rich experiences; it is considered a classic route to Everest Base Camp.
- Travel from Kathmandu to Phaplu by Jeep, immersing yourself in the diverse Nepali landscape and lifestyle.
- Arrive at the trek's starting point in Surke Village from Phaplu using a local jeep.
- Begin your trek from Surke Village to Phakding Village and then to Namche Bazar, the Sherpa capital.
- Explore the magnificent mountains of the Khumbu region, including views from the Everest View Hotel, featuring peaks like Ama Dablam, Thamserku, Taboche, Everest, and Nuptse.
- Continue trekking to Tengboche, Dingboche, Lobuche, and Gorakshep before reaching Everest Base Camp at an altitude of 5,364 meters.
- Ascend to Kalapather at 5,545 meters for the most spectacular views of Everest and the surrounding Khumbu Glacier.
- Retrace your steps back to Lukla along the same route, experiencing the local flora and fauna.
- Immerse yourself in Sherpa culture, their way of life, Buddhist monasteries, and the vibrant natural environment.
- Conclude your adventure with a flight from Lukla back to Kathmandu or Ramechhap after the trek.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu**

Day 2: **Kathmandu to Phaplu by Jeep (265km): 9 hours**

Day 3: **Phaplu to Surke Khola : 58km, 4 hours and trek to Phakding (2610m): 3 hours**

Day 4: **Trek from Phakding to Namche Bazar (3440m): 6 hours**

Day 5: **Free Day in Namche Bazar**

Day 6: **Trek from Namche to Tengboche (3860m): 6 hours**

Day 7: **Trek from Tengboche to Dingboche (4410m): 6 hours**

Day 8: **Free day in Dingboche**

Day 9: **Trek from Dingboche to Lobuche (4900m):6 hours**

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Day 10: **Trek from Lobuche to Gorakshep and Hike to Everest Base Camp (5364m): 6 hours**

Day 11: **Hike to Kalapather and Trek back to Pheriche (4300m)**

Day 12: **Trek Back to Namche Bazar (3440m): 6 hours**

Day 13: **Trek Back to Lukla from Namche Bazar**

Day 14: **Lukla to Kathmandu or Ramechhap Flight**

Day 15: **Departure**

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PRICE INCLUDES

- International Airport Pick-up & Drop-off service
- 2 Nights Kathmandu Accommodation (Ramada Encore) with complimentary breakfast
- Kathmandu to Surke Village by Jeep
- Domestic Pick-up and Drop-off by Private/shared Jeep
- 12 nights' mountain accommodation at a Lodge
- All the Trekking Permits (National Park Fees and Pasang Lhamu Rural Municipality Fees)
- A professional English-speaking Local Guide
- Two guests: One porter is available for your heavy luggage; please be aware that the maximum weight allowed is 20kg in total.
- Guide and porter-related expenses such as Salary, meals, insurance, gear, and accommodations.
- 3 cups of Tea or coffee every day
- Mountain Meals (breakfast, Lunch, & Dinner)
- Organic fresh fruit, nuts, and energy bars
- Gear such as a sleeping bag, map, and a duffel bag
- Lukla to Kathmandu flight at the end of the Everest Base Camp
- Baggage storage facility and first Aid service.
- Farewell Dinner after the trip completion.

PRICE EXCLUDES

- Nepal Visa Fees
- Travel Insurance for clients

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- Meals in Kathmandu (Lunch & Dinner)
- Drinks (Drinking Water, Soft & hard Drinks, Extra Hot Drinks)
- Wi-Fi, a hot shower, and personal expenses
- Lukla to Kathmandu by shared helicopter- USD 350 per person
- Tips for Driver, Guide, and Porter
- Kathmandu sightseeing with entrance, car, and Guide: USD 80 per person
- Extra Day in trek: USD 70 per person per day
- Extra Night in Kathmandu: USD 90 per night for single and USD 110 per night for Double/ Twin.
- Trekking gear and personal equipments
- Extra Days due to adverse weather conditions.
- Rescue fees and medical-related expenses - suggest having proper travel insurance for the evacuation.

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EQUIPMENT & GEAR

Backpack

- 30–40 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap & Warm beanie

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- Buff or neck gaiter & Lightweight gloves
- Sun Protection
- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF
- Sleeping
- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermos
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks
- First Aid & Toiletries
- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

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