

Everest Base Camp Trek Without Lukla Flight

3 Star Hotel Package

2470^{USD}
per person

*Including healthy meals

5 Star Hotel Package

2770^{USD}
per person

*Including healthy meals

Trip Style: Trekking



Trip Difficulty: Hard

The **Everest Base Camp Trek without a Lukla flight** is designed for those who love to embark on one of the world's most beautiful treks but prefer to avoid the hassle of flying to Lukla. Instead, you can enjoy a scenic drive in and out of the region. There is a well-connected road from Kathmandu to Phaplu, which takes approximately 7 hours. During this drive, you can enjoy stunning views of rivers, mountains, and villages. You will stay one night in Phaplu, and the next day, you will drive to Kharikhola by jeep, from where your trek will begin.

Our **Everest Base Camp Trek by drive** begins with a scenic 6-7 hour drive from Kathmandu to Phaplu, where you'll stay overnight in a comfortable lodge. **Phaplu, at an altitude of 2,413 meters (7,917 feet)**, is a charming village surrounded by beautiful landscapes, making it a great spot to rest and acclimatize.

The following day, you'll continue your journey with a 5-hour drive to Bupsa, which is situated at an elevation of around 2,350 meters (7,710 feet). While the drive is long, the views along the way are absolutely stunning, with picturesque valleys, terraced fields, and traditional Sherpa and Rai villages. The route offers a fantastic introduction to the natural beauty of the Solu-Khumbu region before you begin your trek to Everest Base Camp.

DURATION: 21 days

ITINERARY

Day 01:: Arrival in Kathmandu: Meet our guide and transfer to your hotel.

Upon your arrival at Kathmandu International Airport, our staff will warmly welcome you. After completing visa formalities and collecting your luggage, please exit the terminal, where you will find our staff holding a sign with your name and our company's logo.

Our driver will escort you to your hotel for check-in, where you'll enjoy a complimentary welcome drink (tea, coffee, or a cold beverage of your choice).

Later, our manager will introduce you to your guide and provide a detailed trip briefing with all the necessary information. You can ask any questions during the meeting, and he will go through the briefing step by step. The rest of the day is yours to relax or explore Kathmandu at your leisure.

Day 02:: Half-Day City Tour in Kathmandu – Rest and Trek Preparation | Hotel Stay

After a restful night and a hearty breakfast, we kick off the day with a visit to **Swayambhunath**, or the Monkey Temple, perched on a hill that, legend says, rose from a lake. The temple offers stunning views of the Kathmandu Valley and rich spiritual history.

Next, we drive to the majestic **Boudhanath Stupa**, the largest stupa in the world and a hub for Tibetan culture in Kathmandu. Its giant mandala-like structure symbolizes the Buddhist universe.

After a tasty lunch, we return to the hotel to freshen up and finalize preparations for the trek ahead. In the evening, you're invited to a cozy **Sherpa feast** at our home, where you'll savor authentic Sherpa cuisine and share stories about the **Everest trekking trails** and **Sherpa culture**, setting the perfect tone for the adventure ahead.

Day 03: : Drive from Kathmandu to Phaplu 2,413 m/7,917 ft - 6-7 hours | Lodge

After breakfast, our guide and driver will pick you up from the hotel for an unforgettable drive from **Kathmandu to Phaplu**, a hidden gem in the Everest region. The **6-7 hour journey**, covering 270 kilometers, winds through scenic landscapes, from the rushing waters of the Sunkoshi River to charming hillside villages. Following the Khurkot-Ghurmi Madhya Pahadi Highway, we'll traverse stunning valleys, dense forests, and local farmlands, offering a taste of Nepal's authentic countryside.

As we climb higher, the views become even more breathtaking, with rolling hills giving way to majestic mountain panoramas. We'll stop for lunch in the quaint village of Ghurmi, where you'll have a chance to savor local flavors and soak in the atmosphere.

Phaplu, a picturesque Sherpa town renowned for its airstrip, is more than just a gateway to Everest—it's a window into traditional Sherpa life. This scenic journey isn't just about getting to your destination; it's about experiencing the heart of rural Nepal, where time slows down, and the charm of everyday life unfolds before your eyes.

Day 04:: Drive to Bupsa | 2,350 meters (7,710 feet) 6-7 hours drive | Lodge

The drive from **Phaplu to Bupsa** is nothing short of an adventure in itself. Over the course of **6-7 hours**, you'll find yourself bouncing along a rugged, unpaved road, but the breathtaking scenery more than makes up for the bumpy ride. The route winds through the heart of the Solu-Khumbu region, taking you past emerald-green terraced fields, dense forests, and charming Sherpa and Rai villages that seem untouched by time. The further you go, the more dramatic the landscape becomes, with every turn revealing new and stunning vistas.

When you finally arrive in **Bupsa**, at an altitude of **2,350 meters (7,710 feet)**, you'll be greeted by a peaceful hillside village, offering panoramic views of the surrounding mountains and deep valleys. It's a perfect spot for trekkers to pause, breathe in the crisp mountain air, and begin the all-important acclimatization process before continuing on to the **Everest Base Camp trek**. Bupsa, with its serene beauty and quiet charm, is more than just a stop—it's a memorable part of your journey into the Himalayas.

Day 05:: Trek to CHAURIKHARKA | 2,620 meters(8,595 feet) | 6-7 hours- Lodge

The trek from **Bupsa to Chaurikharka** takes approximately **6-7 hours** and offers a scenic journey through forests, villages, and mountain passes. After leaving Bupsa, you'll ascend toward the **Kari La Pass**, which sits at an elevation of around **3,145 meters (10,318 feet)**. The pass provides stunning panoramic views of the surrounding mountains and valleys, making the climb worthwhile.

From the pass, the trail descends to **Paiya**, a small village located at an altitude of approximately **2,730 meters (8,957 feet)**. After passing through Paiya, the trail continues downhill towards Surke village, a quiet settlement just below Lukla. From **Surke**, the trek leads to **Chaurikharka**, located at around **2,620 meters (8,595 feet)**, marking the end of this segment. The route provides trekkers with a mix of both challenging ascents and rewarding descents, all while offering breathtaking views of the Everest region.

Day 06:: Trek to MANJO | 2,835 meters (9,301 feet)|Approx. 4-5 hours - Lodge

The trek from **Chaurikharka to Monjo** is a beautiful, moderate journey along the Everest Base Camp route, taking about 4-5 hours. You'll follow a mix of gentle ascents and descents, passing traditional Sherpa villages and lush forests, with the Dudh Koshi River flowing alongside you.

After leaving **Chaurikharka (2,620 meters)**, the trail descends slightly, leading you through Chheplung (2,660

meters), which offers stunning views of the surrounding peaks. Continuing on, you'll cross a series of suspension bridges before arriving at **Phakding (2,610 meters)**, a charming riverside village.

From Phakding, the trail weaves through pine and rhododendron forests, with gentle ups and downs, before reaching Monjo (2,835 meters), the gateway to **Sagarmatha National Park**. Monjo is a peaceful stop, perfect for resting before heading deeper into the Everest region. This section is full of natural beauty and cultural charm, making it a memorable part of your trek.

Day 07:: Trek to NAMCHE BAZZAR (3,440m/11,280 ft) | Approx. 6 hrs | Lodge

The trek from **Monjo to Namche Bazaar (3,440 meters / 11,280 feet)** typically takes around 6 hours. Starting at Monjo, you'll enter **Sagarmatha National Park**, where trekking permits are checked. The trail follows the Dudh Koshi River, offering stunning views and crossing several suspension bridges, including the iconic Hillary Suspension Bridge. As you ascend to Namche, the trail steepens and winds through beautiful pine forests, revealing breathtaking views of the surrounding peaks. A notable viewpoint provides your first glimpse of Mount Everest, an awe-inspiring sight. Upon reaching **Namche Bazaar**, the largest Sherpa settlement in the Khumbu region, you'll find a vibrant town filled with teahouses, shops, and cultural experiences—an ideal place to rest and acclimatize before continuing your journey to Everest Base Camp.

Day 08:: Hike to Khumjung & Visit the Everest View Hotel return Namche | Lodge

Today is acclimatization day in Namche Bazaar, essential for adjusting to the altitude before heading higher. Our expert Sherpa guide will take you on a scenic 2-3 hour hike to Khumjung village, located at 3,780 meters. The trail offers stunning views of Ama Dablam, Lhotse, and Mount Everest.

In Khumjung, you'll explore the serene village and visit the Khumjung Monastery, home to a scalp believed to belong to a Yeti. Afterward, we'll continue to the Everest View Hotel at 3,880 meters, known for its breathtaking panoramic views of the Everest range—a perfect spot to relax and enjoy a snack.

This **acclimatization day** not only helps our valued guests adjust to the altitude but also provides an opportunity to immerse in the vibrant Sherpa culture. After a day of exploration, you'll return to Namche Bazaar, feeling more prepared for the adventures ahead.

Day 09:: Trek to Phortse village 3,810 meters (12,500 feet)| 5-6 hrs | Lodge

The trek from **Namche Bazaar to Phortse village** is a beautiful and moderately challenging hike that offers stunning views and a chance to experience the local Sherpa culture. The trail is approximately 8 kilometers (5 miles) long and takes about 5 to 6 hours to complete.

Starting from Namche Bazaar at an altitude of 3,440 meters, the trek begins with a gradual ascent before leveling off. The path winds through lush forests of pine and rhododendron, providing scenic views of the surrounding peaks, including Ama Dablam and Lhotse. As you trek, you may encounter local wildlife and traditional **Sherpa villages**, adding to the experience.

After reaching the ridge, the trail descends slightly before making its way to Phortse, located at an altitude of 3,810 meters. Phortse is a quieter village compared to Namche, known for its stunning views and traditional architecture. It's also famous for its community of Sherpas who are skilled mountaineers and climbers.

Upon arriving in Phortse, trekkers can enjoy the serene atmosphere, explore the village, and experience the hospitality of the local Sherpa community. The village is a great place to relax and acclimatize further before continuing the trek toward Everest Base Camp or other nearby destinations.

Day 10:: Trek to Dingboche (4,410 m (14,469 ft) | Approx. 4 hours | Lodge

The trek from Phortse village to Dingboche is a rewarding journey through stunning landscapes and traditional Sherpa villages. Covering approximately 11 kilometers (7 miles), it typically takes 5 to 6 hours to complete, depending on your pace and acclimatization.

Starting at an altitude of 3,810 meters (12,500 feet), the trail ascends gradually, offering spectacular views of peaks like Ama Dablam, known as the "Matterhorn of the Himalayas." Along the way, you'll traverse lush meadows and rocky terrain, encountering yaks and local wildlife.

The path leads through Tashinga and the outskirts of Pangboche, where you can visit the ancient **Pangboche Monastery**, one of the region's oldest. After crossing the Imja Khola River, you'll arrive in Dingboche at 4,410 meters (14,469 feet).

Dingboche is a picturesque village famous for its stone-walled fields and stunning views of Lhotse, Nuptse, and Makalu. It serves as a popular acclimatization stop for trekkers heading to Everest Base Camp. Upon arrival, enjoy the local hospitality, explore the village, and prepare for the challenges ahead.

Day 11:: Day Hike to Nangkartshang Peak | 5,100 meters (16,732 feet) | Lodge

Acclimatization day in **Dingboche** is essential for trekkers, helping your body adjust to the high altitude before you go higher into the Everest region. At 4,410 meters (14,469 feet), Dingboche is a perfect spot to take a break and acclimatize.

On this day, our expert Sherpa guide will lead you on a hike to **Nangkartshang Peak**, which takes about 2-3 hours. This trail climbs to around 5,100 meters (16,732 feet) and offers stunning views of the surrounding mountains, including Lhotse, Nuptse, Makalu, and Ama Dablam. It's a great opportunity for beautiful photos and helps your body adjust to the altitude.

After the hike, you can explore Dingboche, meet the friendly local Sherpa community, and visit the small Dingboche Monastery. This day is all about resting, hydrating, and preparing for the trek ahead while enjoying the beautiful Himalayan scenery.

Taking this time to acclimatize will help you feel better and be ready for the higher altitudes you'll face in the coming days.

Day 12:: Trek to Lobuche (4940 meters/16,207 ft) | Approx. 4-5 hours | Lodge

The trek from **Dingboche to Lobuche** is an exhilarating journey into the heart of the Everest region! Covering about 8 kilometers (5 miles), it typically takes 4 to 5 hours, depending on your pace and acclimatization.

Starting at **Dingboche (4,410 meters or 14,469 feet)**, you'll embark on a gradual ascent through breathtaking landscapes, with stunning views of iconic peaks like Ama Dablam and Mount Pumori. Along the way, you'll pass the quaint village of Thukla, perfect for a brief rest.

As you approach Thukla Pass (4,830 meters or 15,810 feet), you'll encounter moving memorials honoring climbers who faced the mountain's challenges. After crossing the pass, the trail flattens out, leading you to **Lobuche**, situated at 4,940 meters (16,207 feet).

This charming settlement serves as a base for those heading to Everest Base Camp and offers incredible views of the surrounding peaks and the Khumbu Glacier. Upon arrival, take a moment to acclimatize and soak in the stunning scenery—this trek sets the stage for the adventures ahead!

Day 13:: Trek to Everest Base Camp & Return to Gorak Sherpa 7-8 hrs | Lodge

Today, we hike from Lobuche to Everest Base Camp, which will be an unforgettable adventure! The round trip covers approximately 14 kilometers (about 8.7 miles) and typically takes around 7 to 8 hours.

Starting from **Lobuche (4,940 meters or 16,207 feet)**, the trail gradually ascends through rocky terrain and offers spectacular mountain views. You'll pass by the Khumbu Glacier, taking in the breathtaking scenery as you get closer to your destination.

Reaching **Everest Base Camp (5,364 meters or 17,598 feet)** is a significant achievement, where you can enjoy panoramic views and experience the atmosphere of this legendary site. After spending some time at Base Camp, you'll retrace your steps back to Gorak Shep (5,164 meters or 16,942 feet), the last settlement before Everest Base Camp, where you can rest and reflect on your incredible journey.

This hike not only tests your endurance but also provides stunning sights of the world's highest peak!

Day 14:: Hike to Kala Pattar and Trek back to Pheriche : 6 -7 hours | Lodge

Today, our expert Sherpa guide will lead you on an unforgettable hike to Kala Pattar, one of the best viewpoints on your Everest Base Camp trek. The round trip from Gorak Shep to Kala Pattar is about 8 kilometers (5 miles) and typically takes 4 to 5 hours.

Starting early from Gorak Shep (5,164 meters or 16,942 feet), the trail ascends steeply to **Kala Pattar, reaching an altitude of 5,545 meters (18,192 feet)**. This iconic spot is famous for its breathtaking panoramic views of Mount Everest and surrounding peaks, including Pumori, Nuptse, and Lhotse. Be prepared for rocky terrain and careful footing as you climb higher.

After soaking in the stunning sunrise and snapping photos, you'll descend back to Gorak Shep for a well-deserved breakfast. Following this, you'll trek to Pheriche, located at 4,371 meters (14,340 feet), approximately 6 kilometers (3.7 miles) away. This segment usually takes about 2 to 3 hours.

As you descend, enjoy the beautiful landscapes featuring glacial rivers and rocky hillsides. Pheriche offers a peaceful atmosphere, a perfect retreat after a rewarding day of hiking, and a chance to reflect on the incredible views and experiences of the day. This trek promises both a challenge and an opportunity to witness some of the most stunning scenery in the Himalayas!

Day 15:: Trek to Namche Bazaar (3,440 meters / 11,280 feet)| 6-7 hrs | Lodge

The trek from **Pheriche to Namche Bazaar** covers about **18 km (11.2 miles)** and takes **6-7 hours**. Starting at Pheriche (4,371m/14,340ft), the trail descends through beautiful valleys and rhododendron forests, crossing the **Imja Khola** River before climbing to **Tengboche**. Here, you'll visit the **Tengboche Monastery**, with breathtaking views of Mount Everest and Ama Dablam.

From Tengboche, the trail descends through lush forests, crosses the Dudh Koshi River on a suspension bridge, and passes through **Phunki Thenga and Kyangjuma**. Finally, the steep ascent brings you to Namche Bazaar (3,440m/11,286ft), the vibrant hub of the Everest region, where you can relax and explore the lively town.

Day 16:: Trek to Lukla 2,860 meters (9,383 feet) | Approx. 6-7 hours| Lodge

The trek from **Namche Bazaar to Lukla** is a scenic journey that covers approximately **18 kilometers (about 11.2 miles)** and typically takes around 6 to 7 hours to complete, depending on your pace.

Starting at Namche Bazaar, located at an altitude of 3,440 meters (11,286 feet), the trail descends through lush forests and offers stunning views of the surrounding peaks. You'll follow the Dudh Koshi River, crossing several suspension bridges along the way.

As you trek, you'll pass through the villages of **Monjo and Phakding**, where you can take short breaks and enjoy the local culture. The path is well-marked and gradually descends, making it a pleasant hike back to Lukla, situated at 2,840 meters (9,318 feet).

Day 17:: Trek to Bupsa 2,350 meters (7,710 feet) | Approx. 5-6 hrs | Lodge

The trek from Lukla to Bupsa is a scenic journey that typically takes about **5 to 6 hours** to complete, covering a distance of around 13 kilometers (8 miles).

Starting from Lukla (2,860 meters / 9,383 feet), the trail descends gently through dense forests of pine and rhododendron, with stunning views of the surrounding hills and valleys. Along the way, you'll cross small streams, suspension bridges, and pass through villages like Chheplung and Kosing, where you can get a glimpse of the local Sherpa culture.

After descending to **Surke**, the trail climbs gradually towards Bupsa, a charming village located at 2,350 meters (7,710 feet). The journey offers a peaceful atmosphere and great opportunities to witness the traditional Sherpa lifestyle. As you approach Bupsa, you'll be rewarded with spectacular views of the surrounding mountain landscapes, making it an ideal stop to rest and acclimatize before heading higher into the Everest region.

Day 18: : Drive to Phaplu from Bupsa | Approx. 5-6 hours drive | stay Lodge

The drive from **Bupsa to Phaplu** takes about 4-5 hours, covering 45-50 kilometers (25-28 miles). Despite the rough, unpaved roads, the journey is a scenic adventure through the Solu-Khumbu region. As you wind through lush forests, terraced fields, and Sherpa villages, each twist reveals breathtaking views.

Arriving at **Phaplu (2,413 meters / 7,917 feet)**, you'll be immersed in the vibrant Sherpa culture, surrounded by stunning landscapes. It's the perfect place to unwind and prepare for the next leg of your journey to Kathmandu, soaking in the peaceful atmosphere and local hospitality.

Day 19:: Drive to Kathmandu from Phaplu by Jeep | 6-7 hours | Hotel Stay

After a hearty breakfast, it's time for an unforgettable journey back to Kathmandu by Jeep! The drive promises to be a scenic adventure, spanning 7 to 8 hours and covering approximately 270 kilometers. As we set off, you'll be captivated by the beautiful landscapes that unfold around you. The route follows the **Khurkot-Ghurmi Madhya Pahadi Highway**, winding through picturesque valleys, dense forests, and charming hillside villages. Along the way, you'll be treated to breathtaking views of the rushing Sunkoshi River, adding to the thrill of the journey.

As we climb higher into the hills, the scenery transforms, revealing majestic mountain panoramas that will leave you in awe. We'll pause for lunch in the quaint village of Ghurmi, where you can indulge in delicious local flavors and soak in the warm, welcoming atmosphere of rural Nepal.

Finally, as we arrive in bustling Kathmandu, you'll be accommodated in a top-notch hotel, where you can unwind and rejuvenate after your incredible trek. Enjoy a refreshing shower, relax, and take in the vibrant energy of the city—it's the perfect way to end an epic adventure!

Day 20:: Backup Day in Case of Illness During the Trek |Overnight hotel stay

Consider this day as a backup plan in case of illness during your trek, as unforeseen circumstances can arise. If you've completed your trek without any issues, then it's a chance to relax and enjoy yourself even more. You have the freedom to choose how to spend your time, whether it's unwinding or exploring.

One option is to immerse yourself in the vibrant local culture by visiting the markets and shopping for unique souvenirs, each item serving as a memory of your adventure. Alternatively, you can take a tour of the historic cities of **Patan and Bhaktapur**, rich in ancient temples, squares, and fascinating architecture.

If you prefer a more laid-back day, you can relax in the comfort of your hotel, enjoying its luxurious amenities. For an extra touch of relaxation, Mountain Sherpa Trekking offers a rejuvenating one-hour Ayurvedic massage, helping you recover and revitalize after your trek.

Ultimately, this day is yours to shape as you wish, offering the perfect opportunity to indulge in activities that bring you joy and satisfaction.

Day 21:: Transfer to Kathmandu International Airport and fly back home

After breakfast, our team will be ready to escort you to the airport for your return flight, ensuring a smooth transfer from your hotel. It has been an absolute pleasure to serve you, and we at **Mountain Sherpa Trekking and Expeditions** deeply value the connections we've made during your time with us. We are grateful for choosing us as your travel partner and for exploring the breathtaking landscapes of Nepal.

We hope that your trek through the Khumbu region has gifted you with memories that will last a lifetime. Until we meet again, farewell, dear friends!

Please Note: While we make every effort to adhere to the planned itinerary, local trail conditions or weather may occasionally require adjustments. Additionally, the trekking itinerary may change slightly based on how trekkers acclimatize to the altitude. Given that we venture into remote, high-altitude regions, we kindly ask for your flexibility to ensure your safety and the success of the journey. We appreciate your understanding.

Cost Includes

Transports & Accommodations

- Arrival and Departure by Private Vehicle
- Kathmandu to Phaplu by Sharing Jeep (Round Trip)
- Phaplu to Bupsa by Sharing Jeep (Round Trip)
- 4 Nights hotels in city as specified in Itinerary
- 16 nights local Sherpa lodge accommodations during trek

Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Black Tea, lemon tea, milk tea or Coffee as per choice
- Welcome dinner at best local restaurant with cultural show

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for oxygen saturation as well as heart rates

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Enjoy a half-day cultural tour in Kathmandu, inclusive of a tour guide and driver. Immerse yourself in the local culture, gaining familiarity with the local environment before your trek.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- We provide a complimentary Local Market Guiding Service for our valued clients to purchase souvenirs at both wholesale and local prices.
 - We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
 - One hour of free special Ayurvedic massage will be provided at the end of the trek.
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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation