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TRIP ITINERARY

EVEREST COMFORT LODGE TREK

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NEPAL · EVEREST, KHUMBU

Everest Comfort Lodge Trek

The Everest Comfort Lodge Trek is a more relaxed and rewarding way to experience the legendary Khumbu, combining breathtaking views of Everest, Ama Dablam, Lhotse, and Nuptse with Sherpa culture, peaceful mountain...

TRIP PRICE

\$4,300

COST / PRICE

\$4,300

REGION

Everest, Khumbu

DURATION

12 days

MAXIMUM ALTITUDE

5,356 m

BEST SEASON

Spring & Autumn

DIFFICULTY

Moderate

ACCOMMODATION

Hotel Yak & Yeti

TRIP TYPE

customized-travel

HIGHLIGHTS

What makes this trip special

- 01

Breathtaking Everest Views: Enjoy spectacular views of Everest, Lhotse, Ama Dablam, Nuptse, and other Himalayan giants.
- 02

Relaxed Trekking Experience: A carefully paced itinerary with proper acclimatization, allowing you to enjoy the journey without rushing.
- 03

Sherpa Culture & Mountain Villages: Explore Namche, Khunde, Tengboche, and other traditional villages while experiencing the warm hospitality and Buddhist culture of the Khumbu.
- 04

Comfortable Mountain Lodges: Stay in welcoming lodges along the trail and enjoy a more comfortable Himalayan experience while reaching the heart of the Everest region.

OVERVIEW

Journey overview

Everest Comfort Trek: A Relaxed Adventure in the Himalayas

Escape the ordinary and dive deep into the Khumbu Valley's magic with the Everest Comfort Trek. This leisurely adventure caters to travellers who thirst for exploration and a relaxed pace. Witness charming villages, and breathtaking Himalayan giants like Everest, and soak in the serenity of the mountains – all on your terms.

Why Choose Comfort:

Skip the rushed itinerary: Unlike the typical 14-day Everest trek, this option lets you savour the journey without time constraints.

Indulge in comfort: Stay in cosy lodges with modern amenities, making your mountain experience luxurious.

Flexible travel: Start your adventure with a quick 30-minute flight from Kathmandu, or opt for an alternative route via Manthali Airport.

Your Immersive Journey: Hike through diverse landscapes: Traverse Dudh Koshi rivers, and lush pine forests, and cross the iconic "dancing bridge" along the way.

Discover Sherpa culture: Immerse yourself in the vibrant traditions of villages like Phakding, Namche, and Khunde.

Witness Himalayan marvels: Reach Gorekshep, the last human settlement before Everest Base Camp, and soak in breathtaking views of Everest, Ama Dablam, Lhotse, and more.

Connect with the spirit of the mountains: Feel the mystical vibes of the Himalayas, guided by expert professionals.

How hard is the Everest Comfort Lodge Trek?

Our carefully designed treks prioritize acclimatization, featuring a comfortable pace and strategically placed stops. If you're physically fit and have experience with multi-day treks, the Everest Comfort Lodge Trek is an excellent choice! The trails begin wide but narrow into rocky paths as you gain altitude. While the overall ascent is gradual, there are a few steeper sections, particularly to Namche, Tengboche, and Kalapatthar. Expect to walk approximately 5 to 7 hours per day on average. You'll only need to carry a daypack, as porters will handle the rest of your gear. Most nights will be spent in comfortable mountain lodges with clean rooms, except in Lobuche and Gorakshep.

Best Time to Go

The best time to trek to Everest Comfort Trek is during the spring (March-May) or autumn (September-November) seasons. These periods offer stable weather, clear skies, and minimal rainfall, providing optimal conditions for trekking. However, remember that these are peak seasons, so expect more crowds and higher prices.

Make it your own:

This journey is more than just a trek; it's a personal adventure. We can customize the itinerary to fit your timeframe, interests, and preferences. Create your perfect Everest experience with the Everest Comfort Trek.

Itinerary

A clear breakdown of each day of the trip.

DAY 1**Arrival in Kathmandu | Welcome to Nepal**

1,400m



Your Everest adventure begins the moment you land in Kathmandu. Our representative will meet you at the airport and transfer you comfortably to your hotel. After check-in, take some time to rest, freshen up, or simply enjoy the atmosphere of Kathmandu.

In the evening, meet your trekking guide for a friendly Everest Comfort Trek briefing. We will go through the journey, trekking conditions, packing, altitude awareness, and everything you need to know for a safe and enjoyable adventure.

Tonight, relax in your comfortable hotel and prepare for the mountains ahead.

Overnight: Comfortable hotel in Kathmandu

Meals: Welcome dinner

DAY 2**Helicopter Flight to Lukla & Trek to Phakding**

Approximately 3-4 hours · 8km · 2,610m.



Your Himalayan journey begins with an exciting helicopter flight from Kathmandu to Lukla. As the city disappears behind you, the landscape gradually changes into green hills, deep valleys, and magnificent Himalayan scenery.

After landing in Lukla, take some time to explore this famous mountain gateway before beginning a gentle walk toward Phakding. The trail passes through small Sherpa settlements, stone walls, prayer wheels, suspension bridges, and peaceful mountain scenery.

We keep today's walk easy so your body can gradually adjust to the altitude.

After reaching Phakding, settle into a carefully selected comfortable lodge, enjoy a warm meal, and relax beside the mountains.

Overnight: Comfortable lodge in Phakding

Meals: Breakfast, lunch & dinner

DAY 3**Phakding to Namche Bazaar | Entering the Heart of the Khumbu**

6-7 Hrs · 11 km · 3,440m



After a relaxed breakfast, we continue toward Namche Bazaar, the colorful Sherpa capital of the Khumbu.

The trail follows the Dudh Koshi River through beautiful pine and rhododendron forests, crossing several suspension bridges along the way. After entering Sagarmatha National Park, the trail gradually climbs toward Namche.

From Jorsale, there are no more tea houses until Namche, so we take our time, walk slowly, and enjoy regular breaks. The final climb is steady, but reaching Namche feels rewarding as the mountains begin to appear dramatically around you.

We have arranged a comfortable lodge in Namche where you can enjoy a warm shower, good food, and a peaceful evening.

Overnight: Comfortable lodge in Namche Bazaar

Meals: Breakfast, lunch & dinner

DAY 4

Acclimatization & Everest View Hike

3-4 Hrs · 4km · 3810m



Today is an important acclimatization day. There is no need to rush.

After breakfast, we take a gradual hike above Namche toward the famous Everest View Hotel. From the higher trails, you can enjoy spectacular views of Everest, Ama Dablam, Lhotse, Nuptse, Thamserku, and surrounding peaks.

The principle is simple: climb higher during the day and sleep lower at night. This gentle altitude exposure helps your body adjust naturally to the increasing elevation.

After enjoying the mountain views, we return to Namche for lunch and a relaxed afternoon. You can explore the village, visit a bakery, enjoy fresh coffee, or simply rest at the lodge.

Overnight: Comfortable lodge in Namche Bazaar

Meals: Breakfast, lunch & dinner

DAY 5

Namche Bazaar to Tengboche, monastery among the Mountains

6-7 Hrs · 10 km · 3,860m



After breakfast, we leave Namche and follow one of the most beautiful trails in the Everest region.

The trail initially winds gently through the hills with wonderful views of Everest, Ama Dablam, and Thamserku. We pass through Kyangjuma and descend toward Phunki Tenga before beginning the climb toward Tengboche.

The final ascent takes time, so we walk slowly and comfortably, stopping whenever you need a break.

Tengboche is home to the famous Tengboche Monastery, surrounded by some of the most spectacular Himalayan scenery in Nepal. If the timing is right, you may hear the peaceful sound of prayers and monastery rituals echoing through the mountain air.

Tonight, enjoy the peaceful surroundings from your comfortable lodge.

Overnight: Comfortable lodge in Tengboche

Meals: Breakfast, lunch & dinner

DAY 6

Tengboche to Dingboche | Into the High Himalaya

5-6 Hrs · 11 km · 4,410m



After a fresh breakfast, we continue toward Dingboche, one of the most beautiful high-altitude settlements in the Khumbu.

The trail descends through beautiful forests toward Deboche and crosses the river before gradually climbing toward Pangboche. From here, the landscape becomes increasingly alpine, with fewer trees and wider mountain views.

We continue through Somare, where we can stop for lunch before making the final gentle ascent toward Dingboche.

Surrounded by dramatic peaks including Ama Dablam, Lhotse, and Island Peak, Dingboche feels like a true Himalayan village at the edge of the high mountains.

We stay here for two nights, giving your body valuable time to adjust to the altitude.

Overnight: Comfortable lodge in Dingboche

Meals: Breakfast, lunch & dinner

DAY 7

Acclimatization Day in Dingboche | Hike to Nangkartshang

2-3 Hrs · 3-4 km · 5000m



Today is our second major acclimatization day.

After breakfast, we take a gradual hike toward Nangkartshang Hill, one of the best viewpoints around Dingboche. We do not need to rush to the top. The goal is to gain some altitude during the day, enjoy the scenery, and allow your body to adapt.

From higher up, the views become incredible, with Ama Dablam standing dramatically above the valley and distant views toward Makalu and other Himalayan peaks.

After enjoying the mountain scenery, we descend back to Dingboche for lunch and a well-earned rest.

The afternoon is intentionally relaxed. Explore the village, enjoy a warm drink or fresh coffee at a local bakery, read a book, or simply sit outside and watch the mountains change color.

Overnight: Comfortable lodge in Dingboche

Meals: Breakfast, lunch & dinner

DAY 8

Dingboche to Lobuche | Into the Alpine Wilderness

6-7 Hrs · 8.5 km · 4,940m



From today, the landscape becomes more dramatic and the air noticeably thinner. We take the day slowly, staying focused on hydration, proper nutrition, and listening to your body.

The trail climbs gradually toward Duglha, followed by the famous Thukla Pass memorial area, where memorials honor climbers and mountaineers who lost their lives in the Himalaya.

This is a deeply moving part of the journey. Standing among the memorials with the giant Himalayan peaks surrounding you reminds us that Everest is not only a destination—it is a mountain that commands respect.

After the pass, we continue for roughly another hour toward Lobuche.

The landscape now feels almost otherworldly: wide rocky valleys, glaciers, barren mountains, and towering Himalayan walls stretching into the sky.

Accommodation at Lobuche is more basic than in Namche or Dingboche because of the extreme altitude and remote location. However, we select the best available lodge and arrange a bed heater or suitable warming facilities when available to help you stay comfortable during the cold night.

Overnight: Best available comfortable lodge in Lobuche

Meals: Breakfast, lunch & dinner

DAY 9

Lobuche – Gorakshep Everest Base Camp – Gorakshep

8-9 Hrs · 15 km · 5,364m



Today is the day you have been waiting for.

We start early after breakfast and follow the rocky glacial trail toward Gorakshep, the last settlement on the Everest Base Camp route.

After reaching Gorakshep, we check into our lodge, have some warm food, and prepare for the final walk to Everest Base Camp.

The trail follows the rugged edge of the Khumbu Glacier, surrounded by enormous peaks and glacial landscapes. Every step takes you closer to the base of the world's highest mountain.

When you finally reach Everest Base Camp, take a moment to appreciate where you are. This is not simply another point on a trekking map. It is a place that has inspired climbers, adventurers, dreamers, and travelers from around the world.

Enjoy the moment, take your photographs, and celebrate your achievement.

We then return to Gorakshep for the night.

Overnight: Best available lodge in Gorakshep

Meals: Breakfast, lunch & dinner

DAY 10

Kala Patthar Sunrise & Helicopter Flight to Lukla and Kathmandu

3-4 Hrs · 2-3 km · 5,550m



Wake early for one of the most unforgettable moments of the entire journey.

Those who feel strong enough can hike toward Kala Patthar, the highest point of our trek. The climb is demanding because of the altitude, but the reward is extraordinary.

As the first sunlight reaches the Himalayas, Everest, Nuptse, Pumori, Ama Dablam, and the surrounding peaks begin to glow in the morning light.

Standing above the Khumbu Valley with Everest rising directly in front of you is a moment that stays with you long after you return home.

If your body is tired or you do not feel ready for the climb, there is absolutely no pressure. You can rest at Gorakshep and enjoy a slower morning. Your safety and well-being always come first.

After breakfast, we prepare for our helicopter flight from the Everest region to Lukla and Kathmandu, avoiding the long return trek on foot. This is one of the key features of our Comfort Trek, giving you more time to enjoy the mountains while reducing unnecessary physical strain.

Weather and flight operations in the Himalayas can change quickly, so the helicopter schedule remains subject to safe flying conditions.

Overnight: Hotel Yak and Yeti, Kathmandu

Meals: Breakfast



This day gives you extra time to rest after your Everest trek and also works as a buffer for possible flight delays caused by mountain weather. If everything goes as planned, the day is completely yours to relax and enjoy Kathmandu at your own pace.

Sleep in, enjoy a leisurely breakfast, or explore the city. You can relax at the hotel, enjoy a massage, visit Patan Durbar Square, explore Boudhanath Stupa, or enjoy a special Nepali dinner. Your trek leader will also check your onward flight details and make sure everything is ready for your departure.

After days in the high Himalayas, this is your time to slow down, reflect on the journey, and celebrate your Everest achievement in Kathmandu.

Your Everest journey comes to an end today.

Depending on your flight schedule, enjoy a relaxed breakfast and some final time in Kathmandu before our representative transfers you to the airport for your onward journey.

You leave Nepal with more than photographs. You take home the memories of standing beneath Everest, walking through Sherpa villages, sharing moments with mountain people, and discovering what you are capable of at the roof of the world.

Meals: Breakfast

SERVICES

Included and not included

Included

- ✓ **All Transport**
Arrival & Departure: Airport (Pick Up and Drop by Private Car)
- ✓ **2 nights Hotel in Kathmandu**
A 5-star hotel, including breakfast and twin-sharing accommodation.
- ✓ **Guide and Porter**
Porters (2 trekkers: 1 porter, Max 20-25kg) during the trek
- ✓ **Comfortable mountain lodge**
Comfortable mountain lodge accommodation throughout the trek, except at Lobuche and Gorakshap, where accommodation is more basic due to the high-altitude environment.
- ✓ **Shared helicopter flights**
Shared helicopter flights for the Kathmandu-Lukla and Lukla-Kathmandu sectors, subject to weather and flight conditions.
- ✓ **All required permits**
All required trekking permits and entry fees for the Everest region.
- ✓ **Guide and Porters**
An experienced, licensed trekking guide and porters throughout the trek.
- ✓ **All meals**
All meals during the Everest trek, breakfast, lunch, and dinner.

Not included

- **Nepal tourist visa fees & international flights**
- **High-altitude travel insurance (compulsory evacuation coverage)**
- **Extra night in Kathmandu:**
Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- **Wi-Fi networks, hot shower, and battery charging fees on trail**
- **Any other item not listed in the "Price Includes" section**
- **Tips and gratuities for mountain support staff**
- **Rescue Evacuation**
Medical Insurance and emergency rescue evacuation costs if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.).
- **Other Personal Expense**
Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's insurance, or any kind of unforeseen expenses.

Trekking & tour route

Key stops, checkpoints, and route trajectory.

EVEREST COMFORT TREK - 12 DAYS

BASE MAP & ROUTE OVERVIEW

COMFORTABLE JOURNEY • BETTER ACCLIMATIZATION • HELICOPTER RETURN

- Trekking Route
- Acclimatization / Hike
- Helicopter Flight
- Overnight Stay
- Day Number
- View Point / Hike
- Monastery
- Everest Base Camp



This map is a general guide to the Everest Comfort Trek route. Distances and hiking times may vary depending on conditions, group pace, and the season.

PLANNING

Frequently asked questions

What is the Everest Comfort Trek?

The Everest Comfort Trek is designed for travelers who want to experience the legendary Everest region at a more relaxed pace, with carefully selected mountain lodges, planned acclimatization days, porter support, and helicopter flights to reduce the amount of walking on the return journey. You still experience the highlights of the Khumbu, including Namche Bazaar, Tengboche, Dingboche, Everest Base Camp, and Kala Patthar, but with greater attention to comfort and a less rushed trekking experience.

How difficult is the Everest Comfort Trek?

Although this is a comfort-focused trek, it remains a high-altitude Himalayan adventure. You will generally walk for around 5–7 hours on trekking days, with some steep and challenging sections. Good general fitness, regular walking or hiking experience, and the ability to walk several hours a day are recommended. The itinerary includes acclimatization days in Namche and Dingboche to help your body adjust gradually to the increasing altitude.

What is the highest point reached during the trek?

The highest point is Kala Patthar, at approximately 5,550 m (18,209 ft). From the summit, you can enjoy an exceptional close-up panorama of Mount Everest, Nuptse, Pumori, and the surrounding Himalayan peaks. Reaching Kala Patthar is optional and depends on your health, energy, and weather conditions.

Is helicopter transportation included in the Everest Comfort Trek?

Yes. The program is designed to make the journey more comfortable by including shared helicopter flights. You fly from Kathmandu to Lukla at the beginning of the trek and return by helicopter from Gorakshep to Lukla after completing the Everest Base Camp and Kala Patthar section. From Lukla, you then fly by helicopter back to Kathmandu. All helicopter flights are subject to weather, visibility, and operational conditions.

What type of accommodation can I expect during the trek?

We select the best available comfortable mountain lodges along the route. Accommodation is generally more comfortable in places such as Phakding, Namche, Tengboche, and Dingboche. However, facilities become increasingly basic at higher elevations. Lobuche and Gorakshap have more limited accommodation, so travelers should expect simpler rooms and fewer facilities compared with lower-altitude lodges.

What meals are included during the Everest Comfort Trek?

Breakfast, lunch, and dinner are included throughout the trekking portion of the journey. Meals generally include a variety of local and international options such as rice, noodles, pasta, potatoes, soups, vegetables, eggs, bread, and other available dishes. Staying well hydrated and eating enough food is particularly important as you gain altitude.

Do I need previous high-altitude trekking experience?

Previous high-altitude trekking experience is helpful but not essential. What matters most is having good physical fitness, a positive attitude, and the ability to walk for several hours on consecutive days. Our gradual itinerary, acclimatization days, guide support, and comfortable pace make the trek more manageable. However, no itinerary can completely eliminate the risk of altitude-related illness.

How do I deal with altitude sickness during the trek?

Altitude should always be taken seriously. We follow a gradual ascent with planned acclimatization days, encourage plenty of hydration, and maintain a comfortable walking pace. Your guide monitors how you are feeling throughout the trek. If you develop concerning symptoms, you should immediately inform your guide rather than trying to push through them. Depending on the situation, the itinerary may need to be adjusted, including descending to a lower altitude or arranging an evacuation if medically necessary.

What is the best season for the Everest Comfort Trek?

The best seasons are generally spring (March–May) and autumn (September–November). These months usually offer more stable weather, clearer mountain views, and good trekking conditions. March to May brings blooming rhododendrons and warmer spring conditions, while September to November is known for crisp mountain air and excellent visibility. Winter and monsoon-season trekking are possible with suitable planning, but conditions can be more challenging.

Can I customize or extend the Everest Comfort Trek?

Yes. The itinerary can be customized according to your available time, interests, walking pace, and preferred level of comfort. You can add extra nights in Kathmandu, extend your stay in the Everest region, combine the trek with another Nepal adventure, or arrange additional cultural and sightseeing experiences. Our team can help you create a personalized itinerary that fits your travel plans while keeping the journey practical and enjoyable.

A glimpse of the journey





What travellers say

★★★★★

"Our Everest Base Camp Comfort Trek with Community Trek and Ramesh was an unforgettable family adventure. Ramesh managed everything smoothly, from accommodation and trekking arrangements to our daily needs, with great care and professionalism. His experience, warm personality, and knowledge of the Himalayas made us feel safe and comfortable, even above 4,000 meters. We returned home with wonderful memories and highly recommend Community Trek for a comfortable and well-organized Everest experience."

Clarice Aoki

Cascavel, Brazil · 2017

★★★★★

"Our family adventure to Everest Base Camp with Community Trek was beyond amazing! Ramesh and his team took care of everything perfectly. The weather was great, the views were breathtaking, and the whole experience was comfortable and well organized. Highly recommended!"

Michael Anderson & Family

Colorado, USA · 2024

★★★★★

"The Everest Comfort Trek was worth every penny. We were lucky to have wonderful weather throughout the journey, which made a huge difference. Ramesh managed everything so well, from accommodation and meals to flights and trekking arrangements. The team was friendly, professional, and always ready to help. An experience we will never forget!"

James & Sarah Wilson

Seattle, USA · 2025

★★★★★

"I have done trekking in different parts of the world, but my Everest experience with Community Trek was exceptional. Everything was organized smoothly, and the support from the team was outstanding. Good weather, comfortable lodges, and a well-planned itinerary made the trek enjoyable and safe. Absolutely worth it!"

Robert Johnson

Austin, USA · 2026

Community Trek

Explore, Connect & Experience

Kapan, Kathmandu WhatsApp & Call: +977-9869666346

PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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