

Duration: 10 Days

Grade: Easy

Max Altitude: 3867m / 12687ft

FROM

Group Size: 1-15 Pax

Trip Code: MHC103

USD \$840

PER PERSON

Trip Highlights

- Outstanding sighting of the Everest peak from the Everest View Hotel (13000 feet).
- Golden-hour prayer inside the Tengboche Monastery, one of the oldest monasteries of the Khumbu region.
- A chance to explore Namche and its bakeries, bars, and beautifully decorated settlement.
- Crossing the suspension bridges that make a thrill out of this trek.
- A scenic flight from Kathmandu to Lukla and then from Lukla to Kathmandu.
- Experience walking past rhododendron and oak forests beside the free-flowing blue-water river.
- Real-time interaction with the traditional Sherpa and Gurung people and a peek into their lifestyle, culture, and tradition.
- One of the best trekking adventures for anyone who wants to watch Everest from the closest range and wander in the Sagarmatha National Park.

Overview

Are you an adventure lover looking for a taste of Everest without the lung-busting, frostbite-risking commitment of the classic high-altitude routes? Well, if that's the case, the Halfway to Everest Base Camp Trek sits as a perfect trekking option for you. It's designed for travellers who crave Himalayan drama, Sherpa culture, and tradition, while also exploring around the Sagarmatha National Park.

The halfway to Everest Base Camp Trekking journey begins with a type of scenic entrance that only Nepal can deliver. We go to Lukla from Kathmandu in a scenic 30-minute flight. Lukla, seated at an altitude of 2860 meters, is the home to the world-famous airstrip perched between ridgelines. From Lukla, we begin the walk on the trail, ascending through beautifully settled Sherpa villages, including Phakding, Namche Bazaar, and Tengboche, before reaching Manjo and the Everest View Hotel. The entire trail eases you in with gentle ascents, pine forests, hanging bridges draped in prayer flags, and river crossings that remind you why the Himalayas are one of Earth's greatest playgrounds.

Thinking about what the best part of this adventurous trek is? Well, let us tell you that you enjoy all of this without pushing into extreme altitude. No 5,500-metre summit slogs, no oxygen worries, no medical briefings about frostbite, just a quick trek ideal for new-trekkers, photographers, families, time-pressed travellers, and anyone who wants to experience the Khumbu's magic without committing to an expedition-level challenge.

Permits Required

To go for the halfway to EBC Trek, the trekkers need to obtain a couple of permits and a Trekkers' Information Management System Card. The two permits needed are:

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit

Both these permits and the TIMS card are meant for the safety and well-being of the trekkers, as the concerned authority can keep track of how many people have entered certain areas. After you book the package and make an advance payment, Mercy Holidays' representative will arrange these permits and passes for you.

Day-by-Day Itinerary

Day 1 Arrival in Kathmandu (1,400 m)

Max Altitude: 1400m/4553ft Distance: 6.4 KM Stay: 3-5* Star Hotel Meals: Welcome Dinner

The halfway to Everest Base Camp trek package begins as you land in the Tribhuvan International Airport (Kathmandu). The moment you exit the airport, the city greets you with warm air, vibrant colours, and the buzz of travellers preparing for your mountain journeys. Our local representatives will be waiting to welcome you and guide you through the winding streets to the hotel, where you can finally relax and take in the atmosphere of Nepal's capital.

In the evening, the Mercy Holidays team invites you for a welcome dinner, where you get served with authentic Nepali cuisine. Besides, this is also when you meet your guides who brief you about the entire trip. That's it, now you can spend your first night in Kathmandu before advancing towards the Khumbu region.

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

Max Altitude: 2860m/9383ft Walking: 3 hours Distance: 145 km Stay: Mountain Tea House Meals: Breakfast
Lunch & Dinner

Today starts with one of the most adrenaline-charged experiences in Nepal. What's that? Well, it's a scenic flight from Kathmandu to the Tenzing and Hilary Airport (Lukla). 35 minutes of an exceptionally anticipated flight over the cities & mountains before reaching Lukla airstrip and going for a 3-hour hike to Phakding.

As we leave Lukla, the trail gently descends through pine forests and small Sherpa villages. Just listen to the sound of the Dudh Koshi river flowing as you advance towards this scenic village at an altitude of 2610 meters. Crossing the prayer-flag-lined bridges and walking alongside mani walls engraved with Buddhist mantras, we go on an easy yet exceptionally beautiful journey to Phakding. Let us tell you that this is the perfect place to settle in, enjoy a hot drink, have dinner, and spend your first night in the Khumbu region.

Note: We can arrange a flight to Lukla either directly from Kathmandu or from Ramechhap (Manthali Airport), depending on flight availability, season and weather conditions. Our teams will find the best options to make your trip sound and smooth.

Important Note on Flights to Lukla (Via Ramechhap Airport)

During the peak trekking seasons (**March-May** and **September-November**), most flights to **Lukla** are operated from **Ramechhap/Manthali Airport** instead of Kathmandu due to high air traffic.

Travellers must drive from **Kathmandu to Ramechhap** (approx. **4-5 hours**) early in the morning or the night before the flight.

Your flight duration from Ramechhap to Lukla remains short, about **15-20 minutes**, and offers the same incredible Himalayan views.

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

Max Altitude: 3440m/11286ft **Walking:** 5-6 hours **Distance:** 10-11 km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

One thing to know when you are trekking in Nepal is that every day carries its own adventures, adrenaline rush, and new experiences. That remains consistent during the trek from Phakding to Namche Bazaar as well. Today's route is a blend of adventure, steady climbs, and jaw-dropping Himalayan scenery. As we leave Phakding and advance on the trail, it goes past forested valleys, past prayer wheels, and across iconic suspension bridges that sway gently above the roaring river. Also, that's where we enter the Sagarmatha National Park and might as well get the first glimpse of Mount Everest.

After a nourishing break at Jorsalle, the real challenge begins with the steep ascent to Namche. Let us tell you that this section of the trail can be determination-testing for the trekkers. However, as we reach the plateau and see Namche's settlement, your effort feels absolutely worth it. Just expect an advanced and developed traditional settlement 3440 meters above sea level.

Day 4 **Acclimatization Day in Namche Bazaar**

Max Altitude: 3880m/12729ft **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

On the fourth day, we will already be 3440 meters above sea level. Do you know what this means? High possibility of altitude sickness. So, today will be an acclimatization day on the halfway to the Everest Base Camp Trek. Also, let us make it clear that acclimatization days are not just about rest; they are more about building energy and preparing the body for higher altitude.

So, after having breakfast, our guides will take you for a quick hike to the Everest View Hotel, a 5* hotel located at the highest altitude. Standing here with a cup of tea in hand while you witness Everest, Ama Dablam, Lhotse, and other Himalayan peaks is one of those rare moments that stays with you long after the trek ends.

After returning to Namche, the rest of the day belongs to you. Wander through its lively markets, visit the Sherpa museum, sample fresh pastries from mountain cafés, or simply sit on a terrace and watch the clouds roll across the valleys.

Day 5 **Trek from Namche Bazaar to Tengboche (3,867 m)**

Max Altitude: 3,867 m / 12,687 ft **Walking: 5-6 hours** **Distance: 9-10 km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Another day and another alpine settlement to reach as we leave Namche Bazaar and ascend towards Tengboche. Tengboche, a Sherpa village with huge religious sentiment, sits at an altitude of 3867 meters above sea level. Why so? Well, because this village is home to the Tengboche Monastery, the region's most sacred monastery. The setting is almost cinematic: the monastery stands proudly on a ridge, framed by Everest, Lhotse, and Ama Dablam.

Talking about the trail from Namche to Tengboche, this stretch is a favourite among trekkers for its constant, open views of the mountains. Besides, the trail rolls gently before descending towards the river, offering glimpses of Ama Dablam. Also, did you know that Ama Dablam is often regarded as one of the most beautiful mountains in the world? Well, a route mixed with forest paths, scattered villages, and open ridgelines takes us all the way to this iconic alpine village.

Day 6 **Trek from Tengboche to Manjo (2,835 m)**

Max Altitude: 3,867 m / 12,687 ft **Walking: 5-7 hours** **Distance: 15 km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Today's ascent lasts for about 4 to 5 hours as we descend from Tengboche to a village named Manjo. This section of the trekking trail begins with a gentle descent through fragrant rhododendron and pine forests. Besides, we will also notice that this section feels peaceful and refreshing, with birdsong, soft forest light, and the last sweeping Himalayan views accompanying you down the valley. As we keep walking, we gradually reach back towards the river, where we get multiple glimpses of Everest and Ama Dablam.

The landscape shifts to familiar Sherpa villages and terraced fields as we cross the Dudhkoshi River and the trail rolls gently towards Manjo, a quiet gateway settlement near the entrance of Sagarmatha National Park.

Day 7 **Trek from Manjo to Lukla (2,860 m)**

Max Altitude: 2,835m / 9,301ft Walking: 4 hours Distance: 9 km Stay: Mountain Tea House Meals: Breakfast
Lunch & Dinner

The seventh day is the last day for us to walk on the Halfway trek to Everest Base Camp. Today's trail follows the same paths we first took days ago, crossing suspension bridges and passing prayer wheels that now feel like old companions. Besides, this route also stays lively with friendly locals, grazing yaks, and trekkers beginning their own adventure, an energizing reminder of how far we've come.

As we approach Lukla, the journey's end starts to feel real. The village welcomes us with warm teahouses, familiar faces, and a celebratory atmosphere shared among trekkers. After over 4/5 hours of trek, the dinner and cozy sleep feel exactly what we need to relax.

Day 8 **Fly back to Kathmandu (1,400 m)**

Max Altitude: 2860m/9383ft Distance: 138 km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

Finally, it's time for us to return to Kathmandu, which is done via an early morning scenic flight. Watching the Himalayas fade beneath the clouds is both surreal and rewarding, a final, airborne farewell from the mountains. Besides, this short flight drops us back into the rhythm of Kathmandu, where comfort, culture, and warm air welcome us instantly.

Once you reach Kathmandu, enter the hotel, and check in to your room, the rest of the day is yours. Rest your legs, enjoy a long shower, or explore a nearby café.

Day 9 **Kathmandu Valley Exploration & Shopping**

Max Altitude: 1400m/4553ft Stay: 3-5* Star Hotel Meals: Fare Well Dinner / Breakfast

The last day in Kathmandu, a leisure day after an amazingly adventurous trekking route in the Everest region. Today is going to be a full cultural immersion into Kathmandu's ancient heritage. Our guides will take you to visit UNESCO-listed landmarks such as Swayambhunath, Pashupatinath, Boudhanath, or Patan Durbar Square, each offering its own blend of history, architecture, and spirituality.

In the afternoon, we recommend the trekkers to wander through Thamel or local artisan markets to pick up souvenirs, handicrafts, or trekking memorabilia. In the evening, we again invite you for a farewell dinner, where we also provide you with a certificate for successful accomplishment of the halfway to Everest Base Camp Trek.

Day 10 **Final Departure**

Distance: 6.4 KM Meals: Breakfast

The 10 Day. Halfway to the Everest Base Camp Trekking journey with Mercy Holidays comes to an official end today. The package wraps with a smooth transfer to the airport, where our team ensures you're comfortably checked in and ready for your international flight. It's a simple, warm send-off that marks the end of your Himalayan adventure.

What's Included

Cost Includes

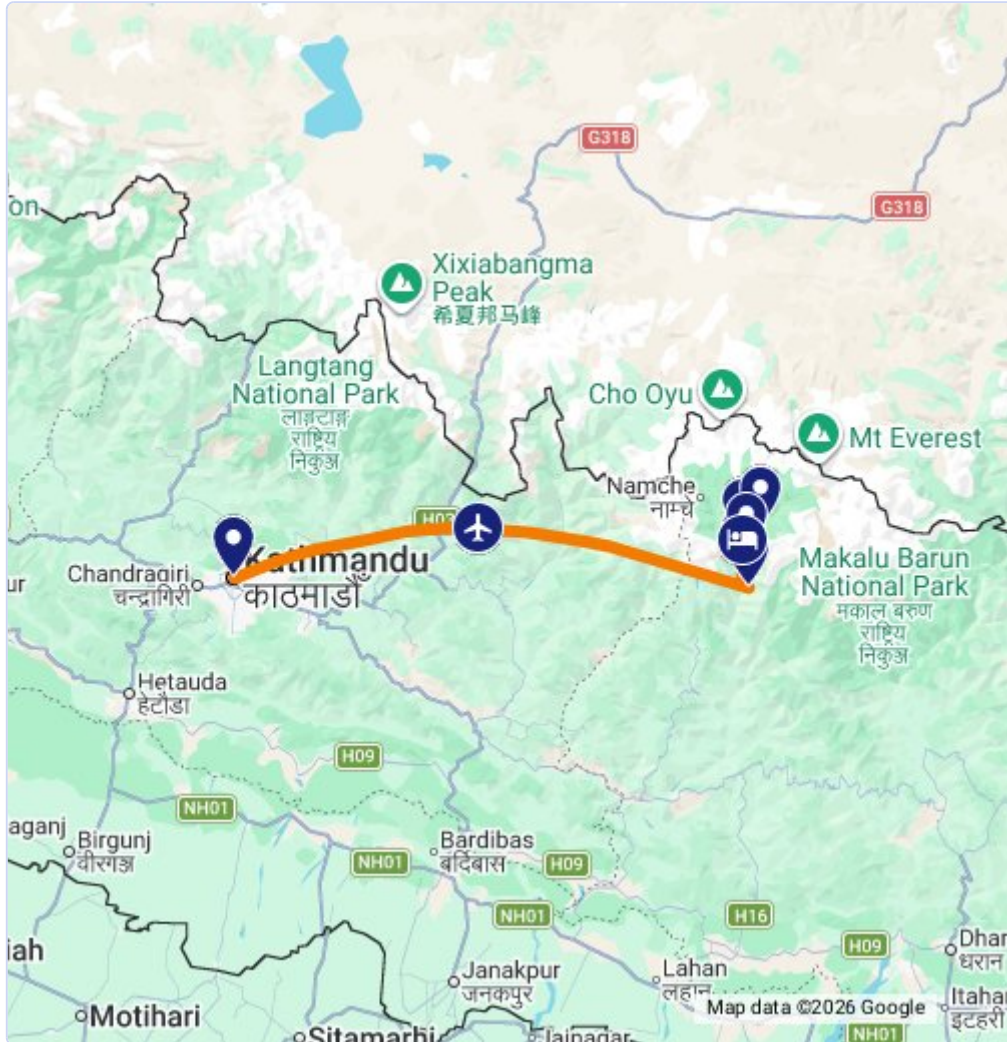
- Airport pickup and drop-off in Kathmandu by private vehicle
- 3 nights' accommodation in Kathmandu (twin-sharing, 3-5★ hotels)
- Round-trip scenic flights between Kathmandu and Lukla (or Ramechhap and Lukla, depending on availability) with shared or private ground transfers.
- Welcome and farewell dinners before and after the trek
- All meals during the trek (breakfast, lunch, and dinner)
- Teahouse accommodation during the trek (twin-sharing rooms)
- 1 licensed, friendly English-speaking trekking guide
- 1 assistant guide provided for every 4 clients

- Porter service (1 porter for every 2 trekkers, carrying up to 15 kg)
- Sagarmatha National Park entry permit and TIMS card
- Trekking map, duffel bag, and trek completion certificate
- Comprehensive first aid kit
- All government taxes and official service charges

Cost Excludes

- International flights to and from Kathmandu.
- Nepal visa fees and personal travel insurance.
- Personal expenses like drinks, snacks, or hot showers.
- Tips for guides, porters, and drivers.
- Personal trekking gear and equipment.
- Meals in Kathmandu, except breakfast.
- Optional activities like extra sightseeing or mountain flights.
- Costs from flight delays or itinerary changes.

Route Map



Trip Notes

Best Season for the Halfway to Everest Base Camp Trek

The Halfway to Everest Base Camp Trek is best done during the seasons that offer clear skies, comfortable temperatures, and stable mountain weather. While Khumbu can be trekked year-round, spring and autumn stand out for their visibility, trail conditions, and overall trekking comfort. Also, these seasons offer the trekkers the best chance to enjoy sweeping Himalayan panoramas without battling harsh cold, heavy rain, or slippery trails.

Ideal Trekking Seasons

- Spring (March to May): Blooming rhododendrons, warmer days, long-distance visibility.
- Autumn (September to November): Crystal-clear skies, stable weather, iconic views of Everest and Ama Dablam.
- Winter (December to February): Crisp air and quiet trails; colder temperatures and occasional snow.
- Monsoon (June to August): Lush greenery and fewer crowds; clouds, rain, and reduced visibility.

Halfway to Everest Base Camp Trek Difficulty Level

The Halfway to Everest Base Camp Trek is designed to be accessible, making it a great choice for beginners, families, and travellers who want the Everest experience without tackling extreme altitudes.

Besides, the terrain also includes steady ascents, forested paths, and suspension bridges, but nothing technical or overly strenuous. With the highest point at 3,867 metres, the trek stays well below the altitude zone where symptoms typically become challenging, allowing you to enjoy the journey comfortably and confidently.

Breakdown of Difficulty

- Overall Grade: The trek is moderate and perfectly accessible for beginners and family trekkers.
- Daily Walking Duration: The average walking duration will be 4 to 7 hours every day.
- Highest Altitude: Tengboche is the highest altitude of this trekking route, which sits at an altitude of 3867 meters.
- Fitness Requirement: Make sure that you have basic fitness. However, prior trekking experience is not mandatory.
- Trail Condition: Mix of gentle climbs, forest paths, stone steps, and suspension bridges.

Food and Accommodation

Food

Trekkers can expect hearty and comforting food tailored to keep trekkers energised at altitude. Also, almost all of the tea houses throughout the trekking trail prepare simple yet flavourful dishes using fresh, locally sourced ingredients, and the menus are surprisingly diverse for such remote terrain. So, whether you prefer traditional Nepali meals or familiar international options, there's always something warm and satisfying waiting at the end of

each trekking day.

Here's what you can expect:

- Dal Bhat: The classic trekker's favourite; unlimited refills and packed with energy.
- Soups & Noodles: Sherpa stew, garlic soup, thukpa, and ramen-style bowls.
- Carb-Friendly Meals: Fried rice, pasta, potatoes, pancakes, toast.
- Snacks: Momos, chapati, biscuits, porridge, and chocolate bars.
- Hot Drinks: Tea, hot lemon, ginger honey, cocoa, and instant coffee.

Accommodation

The Mercy Holidays team ensures to arrange the best accommodation throughout the halfway to Everest Base Camp. Mostly, we can expect traditional Nepali teahouses offering cozy rooms, friendly service, and the warm communal atmosphere trekkers love. Even though the rooms are simple, we ensure that they remain clean, comfortable, and perfectly suited to the adventure. So, after a tiring and adventurous walk on the day, you will certainly be in for a warm bed, hearty meals, and a relaxed space.

Throughout the trail, the tea houses provide twin-share wooden rooms with warm blankets and facilities like shared bathrooms. Also, expect heated communal dining rooms for meals and relaxation. Furthermore, all the tea houses also provide facilities like WiFi, electricity, and hot water for showers, but let us tell you that you might have to pay extra at the higher altitudes.

How to Prepare for the Everest Base Camp Halfway Trek

Preparing for the Halfway to Everest Base Camp Trek is simpler than many travellers expect. As the route stays at moderate altitudes and follows well-established trails, your focus should be on building steady stamina rather than intense athletic fitness. Therefore, we recommend the trekkers to go for a mix of light training, the right gear, and a little mental readiness goes a long way toward making the journey comfortable, enjoyable, and deeply rewarding.

Preparation Essentials

- Start Light Training: Walk, jog, cycle, or climb stairs 3-4 times a week for at least a month.
- Add Day Hikes: Try weekend hikes with a light backpack to condition your legs and balance.

- Break in Your Boots: Wear your trekking boots long before the trip to avoid blisters.
- Practice Hydration: Get used to drinking plenty of water during physical activity.
- Check Your Gear: Test layers, backpack fit, walking poles, and rain gear before departure.
- Travel Insurance: Ensure your plan covers trekking and the Lukla flight.
- Mental Prep: Expect early mornings, basic teahouses, and a slower mountain pace.

Packing List

One of the best ways to keep yourself safe and going during any trekking journey is by packing smart and light. The same goes for the Everest Base Camp Halfway Trek, as the route spans forest trails, breezy ridgelines, and cool evenings in the teahouses; your gear should balance warmth, breathability, and practicality.

Here is what you need to pack for the Halfway to Everest Base Camp Trek:

Trekking Clothes

- Sweat-absorbing base layers (top and bottom)
- Warm mid-layers (fleece or light synthetic jacket)
- Insulated down jacket for cold mornings and evenings
- Waterproof/windproof shell jacket and pants
- Trekking pants (quick-dry)
- Thermal gloves, lightweight gloves, beanie, buff
- Sun hat or cap

Footwear

- Trekking boots with good ankle support

- Merino or synthetic trekking socks (3-4 pairs)
- Lightweight camp shoes or sandals

Gear and Accessories

- Daypack (25-30L) with rain cover
- Trekking poles
- Sunglasses (UV-protected)
- Headlamp with extra batteries
- Reusable water bottle or hydration bladder
- Quick-dry towel
- Sleeping liner (optional but handy in colder months)

Personal Items & Electronics

- Sunscreen, lip balm, moisturiser
- Basic first-aid kit (painkillers, blister care, personal meds)
- Hand sanitiser and wet wipes
- Toiletries (biodegradable where possible)
- Power bank
- Camera or phone for photos
- Chargers and travel adapters

Also, remember to carry all your documents (permits, passes etc) along with some extra cash (Nepali Rupees).

Book the Halfway to Everest Base Camp Trek with Mercy Holidays!

Ready to trek halfway to Everest Base Camp? Just sign in to experience the Himalayas like never before with Mercy Holidays! We ensure stunning mountain views, vibrant Sherpa culture, and unforgettable moments without the extreme altitude.

With us, you can expect

- Expert Guides: Feel safe and confident with our experienced trekking team.
- Comfortable Stays: Relax in cozy teahouses after every scenic day.
- All Logistics Handled: Flights, transfers, and meals organised for a hassle-free journey.

Don't wait, get yourself going to book this package with Mercy Holidays right away. If there are any concerns or queries regarding the package or our services, you can simply [contact us](#).