

# **Short Everest base camp trek / Everest helicopter tour cost - Itinerary**

## **1. Day 1**

Kathmandu – Lukla Flight (30-35 min) & Lukla – Phakding Trek (866ft., 2640m.): 3 – 4 hours – B.L.D

## **2. Day 2**

Phakding – Namche Bazaar trek (3440m., 11319ft.): 5 – 6 hours – B.L.D

## **3. Day 3**

Trek to Tengboche (3860m., 12694ft.): 6 – 7 hours – B.L.D

## **4. Day 4**

Trek to Dingboche (4410m., 14300ft.): 5 – 6 hours – B.L.D

## **5. Day 5**

Trek to Lobuche (4910m., 16207ft.): 5 hours – B.L.D

## **6. Day 6**

Treks to Everest Base Camp then Back to Gorakshep 6 hrs– B.L.D

## **7. Day 7**

Hike to Kalapatthar (5550m., 16962ft.): 1hr 30 min then fly back to Lukla and finally fly to Kathmandu – B.L.D

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)