



## **13 days Everest Base Camp trek - Itinerary**

### **1. Day 1: Arrival in Kathmandu.**

Altitude: 1,350m/4,428ft – Welcome to Kathmandu, the capital of Nepal! Our airport representative will welcome you and give short brief and further details of the trip program. Overnight stay in the hotel. ( But nowadays need to fly Lukla from Ramechhap due to Kathmandu airport is construction)

### **2. Day 2: Kathmandu – Lukla Flight (35 min) & Lukla / 2850m – Phakding Trek (866ft., 2640m.): 3 – 4 hours– B.L.D**

Meet up with the Sherpa guides and porters before heading towards Phakding. The porters' loads are organized here, in Lukla. The journey passes through Dudh Koshi (“Milk River”), and finally reaching to Phakding.

### **3. Day 3: Phakding – Namche Bazaar trek (3440m., 11319ft.): 5 – 6 hours– B.L.D**

Namche Bazaar is the main administrative and trading center for the Khumbu region. With the inclusive of magnificent forests of blue pine, fir, juniper, and rhododendron as well as the first view of Everest, it helps you to control the anticipation of the thrilling journey.

### **4. Day 4: Acclimatization in Namche Bazaar– B.L.D**

To adapt to the altitude and new surroundings we acclimatize in Namche Bazaar. We spend the day hiking by enjoying the scenes of mountains and sunrise and sunset in Khumbu Peak. Besides that, you will either be taken to explore Thame Monastery or Khumjung village.

### **5. Day 5: Trek to Tengboche(3860m., 12694ft.): 6 – 7 hours– B.L.D**

The trek from Namche to Tengboche is unbelievably stunning, Far below is the Dudh Koshi and Thamserku, Kantenga, Ama Dablam, Lhotse and Everest rises in front. Woods, Rhododendron Forest, Mani Walls, Chorten (Stupas), and suspension bridges across the rivers make this a lovely walk.

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

Continue trek to Dingboche. From Dingboche we can enjoy the scenic views of Ama Dablam, Dingboche is the only place in the region where barley is produced. Tame pheasants are regularly seen in this area.

### **7. Day 7: Trek to Lobuche (4910m., 16207ft.): 5 hours– B.L.D**

The ascent towards Everest Base Camp continues through Alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. At the moraine, there are stone monuments to six sherpas who died in an avalanche, as well as monuments to other climbers. From here, it is a steep, tough climb towards the village of Gorak Shep. Continue on towards Lobuche, where the view is straight towards

Nuptse and the sunset is truly magnificent.

## **8. Day 8: Trek to Everest Base Camp then Back to Gorakshep– B.L.D**

The higher altitude makes this day's trekking quite challenging. The Changri Glacier looms ahead as the trek heads for Gorakshep, a small, usually frozen, lake, by lunchtime. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp.

## **9. Day 9: Hike to Kalapatthar (5550m., 16962ft.): 2hr 30min then trek down to Pheriche (4200m.): 7 hours– B.L.D**

You can see a different view of Everest today, with a trek up to Kala Pattar. Known to have the best views of Everest, this is a challenging trek, but worth it on a clear day. Begin the descent from Kala Pattar, heading for Pheriche. This is not the most challenging of hikes, but the altitude can make the many uphill sections below Gorakshep seem tough. Stop to look around; the views are quite spectacular.

## **10. Day 10: Trek back to Namche Bazaar (3441m.): 6 hours– B.L.D**

Today we trek back to Namche which takes us around 6 hours. Enjoy the surroundings and meet local peoples.

## **11. Day 11: Trek to Lukla: 7 hours– B.L.D**

The final day of our trek returns back to Lukla. Relax after the rigorous adventure and reflect on the challenges just undertaken.

## **12. Day 12: Fly back to Kathmandu– B.D**

We take the short flight back to Kathmandu, where the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafes. Around the evening join a special dinner program.

## **13. Day 13: Farewell & Departure– B**

Today is the departing day, we wish you a great journey ahead or you can join us for another thrilling adventure.

## **INCLUSIONS**

- ? All airport pick up and departure
- ? All transportation two-way flight ticket -fly Kathmandu to Lukla & Fly out from Lukla to Kathmandu and drive in jeep, van, bus during trips
- ? 2/3 star category hotel in the city with breakfast basis & nice trekking lodge during trekking
- ? Whole accommodations during trips
- ? We will provide sleeping bag & down-jacket during the trek if you need
- ? 3 meals during trekking as mention in the itinerary (Breakfast, Lunch, and Dinner)
- ? First aid medicine item, Oximeter
- ? Some seasonal fruits
- ? Our T-shirt & Trip achievement certificate
- ? Trekking permit & TIMS card (Trekking Information Management System)
- ??? Guide and porter their salary, accommodation, meals and insurance (for 2 guest 1 Sherpa porter)

- ? One special farewell dinner program
- ? Our government tax official expenses

## **EXCLUSIONS**

- ? Extra meals in the Kathmandu & your personal expenses, drinks and dessert items, during trekking, hot shower bills etc
- ? Your international air ticket & travel insurance
- ? Tips for the guide and porters

URL: <https://sunriseadventuretrek.com>