

Everest Base Camp Trekking / EBC trek - Itinerary

1. Arrival in Kathmandu / 1350 m

Upon arrival in Kathmandu International airport, our airport representatives pick you up and transfer to the hotel. You are shortly briefed about the trip, preparation for the trip with backpacks and you can relax for rest of the evening or roam around Thamel to get familiar with the new city.

2. Fly from Kathmandu to Lukla (2850m) and trek to Phakding (2610m) – 35 min. B.L.D flight & 3 hrs trek

Trek to Everest Base Camp is a very challenging and life-changing experience that can be attainable by many people nowadays. Our company provides you with a porter and a guide with policy or travel insurance. As altitude is one of the main reasons for sickness, people with very weak ankles, knee, hearts and lungs will not be appropriate for such trekking. It's not just like a walk around the park; there are numerous ups and downs during trekking. So, you should be well prepared for trekking to Everest Base Camp.

3. Phakding to Namche Bazaar (3450m/11318ft) – 5/6 hrs B.L.D

Today's trekking is a bit difficult and uphill. After breakfast, we start trekking to Namche Bazaar through small villages Benkar Manjo and Jorsalle. enter the Sagarmatha National Park. The park preserves the rare floras and faunas. Then we cross several bridges before ascending to the heart of Khumbu region, Namche Bazaar and explore the place. Namche is known as the Sherpa Capital where you are presented with striking views of Everest, Ama Dablam and Kongde Ri etc.

4. Acclimatization in Namche Bazaar– B.L.D

To adopt with the altitude and new surrounding we acclimatize in Namche Bazaar. We spend the day some hiking by enjoying the scenes of mountains and sunrise and sunset in Khumbu Peak. Beside that, we will either be taken to explore Thame Monastery or Khumjung village. we can visit the Syangboche Airstrip that lies on the hill above the town, from where you can get a panoramic view of Namche. Then, hike from Namche for around 3-4 hours to Everest View Hotel, the highest located hotel in the world which provides a view of Mount Everest and many other Himalayan peaks from all of its windows. You can visit Everest Photo Gallery and the Sherpa Culture Museum in Namche. Stay overnight in Namche Bazaar.

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 Thamsarku, 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. The village of Tengboche is also famous for the Tengboche Monastery, the largest monastery of the Khumbu region. The Tengboche Monastery is also regarded as the spiritual hub of the Khumbu region and surrounded by forest that is inhabited by Impeyan Pheasant and eagles. Stay at a Guesthouse.

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

Continue trek to Dingboche. The trekking trail crosses the Imja River and passes through lush forest and take a gradual climb up to the Pangboche valley. From Dingboche we can enjoy the scenic views of Ama Dablam, Dingboche is the only place in the region where barley is produced. Dingboche is called the 'Summer Valley'

of the Khumbu and contains a kilometre long wall built to protect the village's crops from the cold winds that descend down the Imja valley. Tame pheasants are regularly seen in this area. Overnight stay at the Guesthouse.

7. Dingboche: Acclimatization– B.L.D

Enjoy and explore around some time away from the trek to adjust to the higher altitude. You can hike to Nagerjun, located at the height of 5100 meters just above the Dingboche, at the edge of the Chhukung valley. From where a marvellous panorama of Lobuche East(6119m), Lobuche West(6856m), Kangtega(6685m), Taboche Peak(6367m), Thamserku(6608m), and the Ama Dablam(6856m) can be seen. you can also spot the stunning sight of Mount Makalu, the world's fifth tallest peak on a clear day. Return back to Dingboche. Enjoy the scenery, drink plenty of fluids, and prepare for the next day's hiking.

8. 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 the 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. You can also get an amazing view of other peaks including Pumori, Khumbuste, Lingtren, and Mahalangur Himal. You'll spend a night at Lobuche.

9. 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. Walking for about 2-3 hours you will get to Gorakshep a small, usually frozen, lake, by lunchtime. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp. From here the path moves all the way to the top of the edge, finally arriving at the Everest Base Camp. Here, the sight of Khumbu Icefall and the view of the Khumbutse and Lingtren mountains are quite heavenly. Return back to Gorakshep after spending some time at the base camp. Overnight at Gorakshep.

10. Hike to Kalapatthar (5550m., 16962ft.): 2hr 30min then trek down to Periche (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. Similarly, the hike to Kalapatthar is done early at dawn because the sight of the rising sun seen from the vantage point is absolutely amazing. After spending some time on Kalapatthar, 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.

11. Trek back to Namche Bazaar (3441m.): 6 hours– B.L.D

Today we trek back to Namche which takes us around 6 hours. The trails drop downhill up to Pangbochevillage and drop along the riverside. You will cross the bridge over Imja Khola all the way to Tengboche. From Tengboche, we will move down towards Phungki Thanka, pass the Kyangjuma and Reach Namche. Enjoy the surrounding and meet local peoples.

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13. Fly back to Kathmandu– B.D

We take the short 30 minutes flight back to Kathmandu; we will enjoy changing sight of the landscape on last time while on the flight. After landing at Kathmandu airport, the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafes. Around in the evening join a special dinner program.

14. Farewell & Departure– B

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

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