

# Everest Base Camp Trek via Drive to Lukla - Itinerary

## 1. Day 1

Arrival in Kathmandu (1260 m)

## 2. Day 2

Drive Kathmandu to Jubing 1900 m/ Kharikola 2100m, Bupsadanda 2300 m, Surke 2300m Charrikharka about 11/12 hours drive – B.L.D

## 3. Day 3

Trek Kharikola to Surke/ 5 hrs – B.L.D

## 4. Day 4

Trek Surke to Phakding / 5 hrs – B.L.D

## 5. Day 5

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

## 6. Day 6

Acclimatization in Namche Bazaar & Hike to Khumjung (3970m., 13020ft.): 5 hours – B.L.D

## 7. Day 7

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

## 8. Day 8

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

## 9. Day 9

Dingboche: Acclimatization – B.L.D

## 10. Day 10

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

## 11. Day 11

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

## 12. Day 12

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

### **13. Day 13**

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

### **14. Day 14**

Trek Namche bazar to Surke 2290m – 6 to 8 hrs – B.L.D

### **15. Day 15**

Trek Surke to Jubing 1900m, Kharikola 2100m, Bupsadanda 2300 m, Surke 290m /5 hrs trek – B.L.D

### **16. Day 16**

Drive Jubing 1900 m, Kharikola 2100m, Bupsadanda 2300m to Surke 2290m to finally back to ktm – B.L.D

### **17. Day 17**

Departure day – B

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