



## **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 Pheriche (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

## **INCLUSIONS**

Includes

- All airport pick up and drop in Private vehicle
- Drive from Kathmandu to Lukla, Salleri, Karikola and back to Kathmandu
- All transportation A/C car, tourist deluxe bus during
- Standard category hotel in the city in twin sharing bed with breakfast basis & nice trekking lodge during trekking
- Whole accommodations during trips
- We provide sleeping bag & down-jacket during trek (if you don't have your own but return after trek)
- Full meals during trekking as mention in the itinerary (Breakfast,Lunch, Dinner )
- Some seasonal fruits
- First aid medicine item, T-shirt & Trip achievement certificate
- Trekking permit & TIMS card (Trekking Information Management System)
- Guide their salary, accommodation, meals and their insurance
- One especial cultural show and farewell dinner program
- Our government tax official expenses

## **EXCLUSIONS**

Excludes

- Extra meals in the Kathmandu & desert items, any types of drinks

- Clients international air ticket
- Clients travel insurance & tips for the trekking crew

URL: <https://sunriseadventuretrek.com>