

Short Everest Base Camp trekking / EBC hiking - Itinerary

1. Day 1

Arrive in Kathmandu Altitude: 1,350m/4,428ft

2. Day 2

Kathmandu – Lukla Flight (30-35 min) & Lukla – Phakding Trek 8 km (866ft., 2640m.): 3 – 4 hours – B.L.D

3. Day 3

Phakding – Namche Bazaar trek 11- 12 km (3440m., 11319ft.): 5 – 6 hours – B.L.D

4. Day 4

Namche Bazaar to Tengboche 10 km (3860m., 12694ft.): 6 – 7 hours – B.L.D

5. Day 5

Tengboche to Dingboche 11km (4410m., 14300ft.): 5 – 6 hours – B.L.D

6. Day 6

Dingboche: Acclimatization – B.L.D

7. Day 7

Dingboche to Lobuche 10 -11 km (4910m., 16207ft.): 5 hours – B.L.D

8. Day 8

Lobuche to Gorakshep and Everest Base Camp 5364 m/ 17598 ft and back to Gorakshep 5180 m/ 15 km 16994 ft – B.L.D

9. Day 9

Gorakshep to Kalapatthar (5550m., 16962ft.): 2hr 30min then trek down to Pheriche (4200m.):15 km 7 hours – B.L.D

10. Day 10

Pheriche to Namche Bazaar (3441m.) 17 km: 6 hours – B.L.D

11. Day 11

Namche to Lukla: 7 hours 18 Km – B.L.D

12. Day 12

Fly back to Kathmandu 35 min – B. D

13. Day 13

Farewell & Departure – B

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