



## **Everest base camp Luxury trek - Itinerary**

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

Altitude: 1400 m - Welcome to Kathmandu, the capital of Nepal! Our airport representative from Sunrise Adventure trek will pick you up and transfer to hotel. You will give a short brief and further details of the trip program. Overnight stay in the 5-star hotel

### **2. Day 2: Kathmandu – Lukla Flight ( 35 min) Lukla – Phakding Trek (866ft., 2640m.): 3 - 4 hours –**

We take a stunning flight from Kathmandu to Lukla. We get to observe the beautiful views of mountains and terraced fields. Reaching Lukla we meet up with the Sherpa guides and porters before heading off towards Phakding. The porters' loads are organized here, in Lukla. The journey passes through Dudh Koshi ("Milk River"), crossing the suspension bridges and local Sherpa settlements of people and finally reaching Phakding. Overnight stay In Luxury hotel

### **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. During the trial, we pass by many suspension bridges and sherpa village Tok Tok, Banker, Manjo, Jorsalle along with panoramic views of the Himalayas. Majo is the entry point of Sagarmatha National Park. We enter the Sagarmatha National Park and get to observe different rare species living in mountain regions. Overnight stay in a best available trekking lodge/hotel

### **4. Day 4: 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 with unforgettable moments. Explore the Tyangboche Monastery very (popular monastery in Mount Everest region) Overnight stay in a trekking lodge /

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

After the breakfast on Tyangboche, we trek to Dingboche through Pangboche and Samare sherpa village. Trek begins with rhododendron flower, Pine cade jungle crossing with suspension bride. 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. Trekking to Dingboche takes us through barley potato fields surrounded by lush green forests and terraced views. Overnight stay in a best available trekking lodge/ hotel

### **6. Day 6: Dingboche: Acclimatization– B.L.D**

Enjoy some time away from the trek to adjust to the higher altitude. Take it easy, enjoy the scenery, drink plenty of fluids, and prepare for the next day hiking. Or besides sitting without any adventure we take a short hike up to Nagarjuna. The short hike includes beautiful scenery of stunning mountains Ama Dablam, Makalu, Cho-Oyu and others. At evening we explore Dingboche village and people living there from different ethnic communities. Overnight stay in a best available trekking lodge

### **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. Trek path leads through Thukla At the moraine, there are stone monuments to six sherpas who died in the avalanche, as well as monuments to other climbers on Thukla pass. 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. Overnight stay in a best available trekking lodge

### **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. After the continuous walking from Labuche, you will reach to Gorakshep take lunch in Gorakshep and continuous walk to Everest Base Camp through the world's highest Khumbu glacier. Enjoy with the view of Khumbu ice fall Nuptse Lhotse Pumari, Khumbutse, Changri, Lola and many other mountains. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp. Overnight stay in a best available trekking lodge

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

Early morning two hours trek to Kalapatthar to see Stunning golden Sunrise on Mount Everest range. Enjoy with the grand view of world's biggest glacier, glacier lakes, and surrounding Mahalangur Himalaya range. 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. After the breakfast on Gorakshep 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. Overnight stay in best available trekking hotel

### **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 surrounding and meet local peoples, explore their daily living styles. Overnight stay In Luxury hotel

### **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. The route following with Dudh Koshi river. Overnight stay In Luxury hotel

### **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. In the evening you join special dinner program. Overnight stay In 5 star hotel

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

Today is the departing day, we wish you a great journey ahead or you can join for another thrilling adventure. We can right away arrange you awesome trip. Note : B.L.D = Bed, Breakfast, and Lunch & Dinner

## INCLUSIONS

- All airport picks up and depart and all ground transportation during trips.
- Hotel in Kathmandu 4/5 star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary, and meals\
- All fees for TIMS card and Trekking Permit\
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket during the trek
- One cultural show and dinner program

## EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Battery re-charge, laundry charge, etc.
- Tips to guide and porter and your travel insurance

URL: <https://sunriseadventuretrek.com>