



## **Everest Base Camp Yoga Trek - Itinerary**

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

(Short briefing about arrival to get you oriented & tour provide introduction)

### **2. Day 2: Full day sightseeing tour of Kathmandu**

Second day of the programme is succeeded with sightseeing around Kathmandu along with the trek preparation. Sightseeing includes tour around Swayambhunath (monkey temple), Boudhanath (Buddhist stupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square. Then, join Yoga session in the evening.

### **3. Day 3: Kathmandu – Lukla Flight (30-35 min) & Lukla – Phakding Trek (866ft., 2640m.): 3 - 4 hours**

Meet up with the Sherpa guides and porters before heading off towards Phakding. The porters' loads are organized here, in Lukla. Journey passes through Dudh Koshi ("Milk River"), and finally reaching to Phakding. In morning you have to fly, so our sessions are done in the evening time. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Day 4: Phakding – Namche Bazaar trek (3440m., 11319ft.): 5 – 6 hours**

Namche Bazaar is the main administrative and trading centre for the Khumbu region where you can feel the nature through meditation in both evening and morning time. With the inclusive of magnificent forests of blue pine, fir, juniper and rhododendron as well as first view of Everest, it helps you to control the anticipation of the thrilling journey. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Day 5: Acclimatization in Namche Bazaar & Hike to Khumjung (3970m., 13020ft.): 5 hours**

Dynamic Meditation in morning with peaceful environment our acclimatization starts. The acclimatization is best done with the hike that is by hiking up to the valley of Bhote Koshi River ("River from Tibet"). And again preparation for yoga to relieve all day stress. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Day 6: Trek to Tengboche(3860m., 12694ft.): 6 – 7 hours**

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 with Yoga sessions in evening Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Day 7: Trek to Dingboche (4410m., 14300ft.): 5 – 6 hours**

From Dingboche 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. Yoga can be done in evening. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Day 8: Dingboche: Acclimatization**

Enjoy some time away from the trek to adjust to the higher altitude. Take it easy, enjoy the scenery with peaceful meditation in evening, drink plenty of fluids, and prepare for the next day's hiking. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Day 9: Trek to Lobuche (4910m., 16207ft.): 5 hours**

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 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 along with our Yoga sessions in the evening. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Day 10: Trek to Everest Base Camp then Back to Gorakshep**

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. Relax through yoga classes at evening and get adjusted to the altitude before the attempt to reach Everest Base Camp. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Day 11: Hike to Kalapatthar (5550m., 16962ft.): 2hr 30min then trek down to Periche (4200m.): 7 hours**

Try to 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. 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. You can attend the morning classes in the evening time. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Day 12: Trek back to Namche Bazaar (3441m.): 6 hours**

Today we trek back to Namche which takes us around 6 hours. Enjoy the surrounding and meet local peoples and have yoga sessions in the evening. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **13. Day 13: Trek to Lukla: 7 hours**

The final day of our trek returns back to Lukla. Relax after the rigorous adventure and reflect on the challenges just undertaken. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **14. Day 14: Fly back to Kathmandu**

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. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

## **15. Day 15: Farewell & Departure**

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## **INCLUSIONS**

All airport pick up and departure  
All transportation in A/ c car, van or tourist deluxe bus  
Yoga Mat & Yoga Guru  
Daily Yoga class  
Three star category hotel in the city in twin sharing bed with breakfast basis & standard trekking lodge during trekking  
Kathmandu sightseeing with city tour guide  
Whole accommodations during trips  
Sleeping bag, down jacket during trek, T- short and trip achievements certificate  
Full board meals during trekking as mentioned in the itinerary (Breakfast,Lunch, Dinner )  
First aid medicine item ,  
Trekking permit & TIMS card (Trekking Information Management System)  
Necessary staff, guide & porters their salary, accommodation, meals and their insurance, professional guide (for two guest one Sherpa porters to carry baggage)  
One especial farewell dinner program  
Our government tax & official expenses

## **EXCLUSIONS**

All your personal expenses & any types of drinks  
Tour entrance fee in the city, your extra meals in the Kathmandu, bar bills etc,  
Clients international air ticket  
Clients travel insurance & tips for the trekking crew

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