



Mount Everest Expedition (Climb Mount Everest / Sagarmatha) - Itinerary

1. Day 1

Arrival in Kathmandu airport, meet our staff then transfer to Hotel.

2. Day 2

Preparation for Expedition.

3. Day 3

Official works for expedition and briefing by officer of Ministry of Tourism.

4. Day 4

Fly to Lukla 2860m. then trek to Phakding 2622m. /Manjo

5. Day 5

Phakding/Manjo – Namche 3440m.

6. Day 6

Rest day for acclimatization and explore around.

7. Day 7

Namche – Tengboche 3867m.

8. Day 8

Tengboche – Dingboche 4343m.

9. Day 9

Dingboche – Labuche 4915m.

10. Day 10

Lobuche – Everest Base Camp 5380m.

11. Day 11

Climbing Period for Mt. Everest 8,848m. (Base to Base)

12. Day 12

Cleaning Base Camp and Preparation.

13. Day 13

Base Camp – Pheriche.

14. Day 14

Pheriche – Tengboche.

15. Day 15

Tengboche – Namche Bazaar.

16. Day 16

Namche Bazaar – Lukla and transfer to Teahouse Lodge.

17. Day 17

Flight back to Kathmandu then transfer to Hotel.

18. Day 18

Free in Kathmandu.

19. Day 19

Last minute, transfer to airport for your onward journey.

INCLUSIONS

- Climbing guide and his equipment allowance
- High altitude tent, ropes, snow bars, gas (high fuel) & high food
- Staff insurance
- National Park entrance fee
- Airport arrival and departure all land transfers as per the itinerary

EXCLUSIONS

- The expenses of personal nature
- Personal climbing gear, and rescue by helicopter and accident insurance

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