



Detailed itinerary for Everest base camp trek

Day 1

Flight to Lukla (2880m/9446ft).(Lukla is an airstrip village in Tenzing Hillary airport) & trek to Jorsalle(a small town). 4 hours trekking in a flat trail.

- Altitude – 2880 meters
- Special – scenery view from plane
- Time – 23 minutes flight and 4 hours hike
- Activity – fly in plane and trek to Jorsalle village

In the early morning we will go to the domestic terminal of Kathmandu airport, (or Ramechhap airport in high season) and fly for 23 minutes to Lukla. On arrival at lukla we will have our breakfast and start trekking to Jorsalle village. Jorsalle is near to Namche, so we will cut the longer second day of Everest base camp trekking. Lukla to Jorsalle is a 4 hours trek.

Day 2

Trek from Jorsalle to Namche (3440m/11283ft). 6-7 hours trekking uphill trail.

- Altitude – 3440 meters
- Special – High bridge
- Time – 6/7 hours hike
- Activity – Trekking through jungle

After walking 15 minutes we will get to larche dovan, this is a place where the high Altitude Bridge exists. 2 bridge high above the river bed is awesome engineering in that corner of the Nepal Himalaya. From the high bridge we will get into the jungle and get out at Namche village. Today is jungle walking and there are few rest places for trekkers. Be aware of altitude here.

Day 3

Rest day in Namche (3440m/11283ft). On this rest day we will hike up to Everest view hotel as the acclimatization hike.

- Altitude – 3440 meters
- Special – Everest view hotel
- Time – 20/30 minutes hike
- Activity – Short hike to Everest view hotel

The Main idea of this day is trekking high and sleeping low. For this idea, we will trek to Everest view hotel and Khumjung village at 3880 meters above the sea level and come back to Namche village to sleep at 3440 meter. The wide range of Everest Himalaya and surrounding mountain is unreal. Everest view hotel has a similar view as Sagarmatha national park view point, but we will hike to Everest view hotel or at least to Syangboche airport for proper acclimatization.



Phone

+977-9841046094 (Arun-24/7)
+977-01-4700906 (Office)



WhatsApp

+977-9841046094(Arun)



Skype

arun18



Viber

+977-9841046094(Arun)



Day 4

Trek to tengboche (3870m/12694ft) (Here you will see the region's old monastery). 5-6 hours trekking in flat, downhill and uphill terrain at the end.

- Altitude – 3870 meters
- Special – Tengboche village and puja ceremony on monastery
- Time – 5/6 hours hike
- Activity – Walking at flat terrain, downhill and uphill to reach to Tengboche village

From Namche the trail gets to flat terrain and walks all around the Everest view hotel hill, from approx 300 meter below the hotel's altitude. After 2 hours of walking in the flat terrain we will get to kyanjuma and start descending to the riverside, Phunkitanga. From phunkitanga we will start walking uphill and will get to Tengboche village. Tengboche is at the hilltop and has the region's old and biggest monastery. We will attend a puja ceremony in this monastery on the lap of Mt Everest.

Day 5

Trek from Tengboche to Dingboche [4350m/14268ft], 5-6 hours downhill and uphill terrain will take in the moon-like landscape.

- Altitude – 4350 meters
- Special – Mt. Amadablam
- Time – 5/6 hours hike
- Activity – Walking with the view of Mt. Ama dablam to reach Dingboche

Today the trek starts right in front of Mt Amadablam; but once you get to Dingboche village we will get to the base of Mt amadablam, today's hike is interesting around the 180 degree view of Mt Amadablam. Everest disappears today and we will cross the 4000meter altitude so the landscape changes to no tree zone.

Day 6

Rest day in Dingboche [4350m/14268ft] and acclimatization hike up to Nangkartshang peak

- Altitude – 4350 meters
- Special – Nangkartshang peak
- Time – 45 minutes hike
- Activity – small acclimatization hike to Nangkartshang

As in Namche village acclimatization day we will hike up to Nangkartshang peak and then sleep at Dingboche village. Nangkartshang peak is 5081 meters above the sea level but ascending for 500 meters from Dingboche altitude is enough for acclimatization. The walk to Nangkartshang peak is straight uphill, be gentle while walking downhill after summit.



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Day 7

Trek to Lobuche (4930m/16170ft) making Everest more near but we don't see Everest. (Still View of Mt. Nuptse is Nice), 5 hours of flat terrain and uphill and again flat trekking.

- Altitude – 4930 meters
- Special – Mountains, Thukla pass and chola pass trekking trail
- Time – 5 hours hike
- Activity – Walking at flat terrain, uphill and downhill to reach Lobuche

From today we will be really close to the mountains, the trekking is nice and beautiful on the side of the towering mountains of Everest trekking trail. We will also see Gokyo chola pass trekking trail from Thukla pass. Thukla pass is not like chola pass, but it is one of the remarkable walks on the way to Everest base camp. Trek gently on Thukla pass uphill. You will get near to 5000 meters above sea level from this altitude. Once you get to Lobuche village, if you are still strong go on the glacier view point 30 minutes away from your lodge. If you want to rest, this can be a good idea, tomorrow is the main day, the Everest base camp trekking day.

Day 8

Trek to Everest Base Camp [5364m/17594ft], and stay for a few hours, 9-10 hours of trekking in total, mostly flat trail.

- Altitude – 5364 meters
- Special – Everest Base Camp
- Time – 9/10 hours hike
- Activity – Walk in flat trail to reach to Everest Base Camp

Today is the awaited day of Everest base camp trekking. Trekking for 10 hours sounds hard but it has multiple breaks. Also we will have lunch break in between Lobuche village and Everest base camp, in the middle at Gorakshep. Gorakshep is the last village of Everest base camp trekking. After lunch at Gorak Shep we will check in our hotel rooms and trek to Everest base camp on the same day with necessary gears, which will be briefed by your guide. After visiting Everest base camp, we will come back and sleep at Gorakshep village. Lobuche to Goraksep is a rocky trail on glacier walk. From Goraksep to Everest base camp the trekking trail is on the glacier and big boulders.

Day 9

Hike up to Kalapatthar for Sunrise view and trek down to Pangboche. 7-8 hours of walk all downhill - except 2 hours trek up to Kalapatthar top.

- Altitude – 3985 meters
- Special – Mount Everest
- Time – 10 hours hike
- Activity – Walk downhill to Namche from EBC

Early morning we will hike up to kala patthar with glittering stars on the sky. From the top of kalapthar we will catch the sun rising above the thousand of mountains and trek down to Goraksep



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for breakfast. After breakfast, we trek back to Pangboche on the same trail of Everest base camp trail. We will walk downhill on the way back to Namche from Goraksep after successful completion of Everest base camp trek.

Day 10

Trek to Namche (3440m/11283ft) and relax your half civilized life here. 8 hours trekking on downhill and flat terrain except 2 hours uphill in total.

- Altitude – 3440 meters
- Special – Tengboche monastery, suspension bridges and kyangjuma
- Time – 8 hours hike
- Activity – Passing through the Tengboche monastery

Today we will pass by the famous Tengboche monastery, walk by the lunch places we stayed on our way up to Everest base camp trekking. We will cross the suspension bridge back again. After walking on the properly maintained trail from kyangjuma to Namche, we will get to the destination and can have chilled beer. Grab your drink to the limit; which you have skipped last time, even if you wanted to, but do not override the limit as tomorrow is still a long walk from Namche to Lukla.

Day 11

Trek to Lukla (2880m/9446ft) to connect your flight the next day. 8 hours of downhill trekking.

- Altitude – 2880 meters
- Special – Flashback of the first and second day of trekking
- Time – 8 hours hike
- Activity – Celebrate on success

We will trek back to Lukla, by the same trail from the 1st and second day of Everest base camp trekking on our way up. We will trek out of sagarmatha national park, cross the suspension bridge more than 5 times and walk by the riverside on the river valley before we get to the hill top of Lukla. Coming back to lukla concludes our trekking. Have a refreshing evening with your trekking team, celebrate it and get ready to fly back to Kathmandu, back to the capital of Nepal and the city life once again.

Day 12

Fly to Kathmandu

- Altitude – 1400 meters
- Special – scenic view from plane
- Time – 30 minutes flight
- Activity – Flying in Plane

Before noon, we will fly back to Kathmandu or Ramechhap as per your flight schedule. On arrival at Kathmandu airport our vehicle will drop you at your respective hotel.



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Viber

+977-9841046094(Arun)



Nepalgram

License: 2739 | VAT:606733661

Email: nepalgramofficial@gmail.com | mail@nepalgram.com

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