



Detailed Itinerary for Everest Base camp Trekking Tour

Day 1

On Arrival at Kathmandu, we will transfer you to Hotel by our representative.

- Altitude – 1380 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

Welcome to the land of natural beauty and diverse geography; for your Everest Base Camp Trek, our representative will assist you transfer to your hotel. Today you just relax and treat yourself in the new country and rest well as tomorrow is your sightseeing tour. Overnight at the hotel.

Day 2

Guided Sightseeing in Kathmandu and preparation for the Everest base camp Trek.

- Altitude – 1380 meters
- Special – Kathmandu city tour
- Time – Full Day
- Activity – Sightseeing of UNESCO world heritage sites

Government licenced guide will take you around Kathmandu city in four different places in a comfortable A/C car. Tour includes cremation place, Swyambhunath Temple, Boudhanatha stupa and Kathmandu durbar square. These four destinations are suitable for anyone who wants to get to know Nepal a bit closer. One doing this tour will get to know Hindu, Buddhist and historic prospect of Nepal. Enjoy your tour during the day, in the evening will be your trek meet up and a brief introduction about the Everest Base Camp trek, and an opportunity to do the last minute shopping. Overnight at the Hotel in Kathmandu.

Day 3

Flight to Lukla (2880m/9446ft). Lukla is an airstrip village in Tenjing Hillary airport & trek to Phakding (a small town).

- Altitude – 2880 meters
- Special – Scenic view
- Time – 3 hours
- Activity – Flying in plane and trekking

From domestic terminal of Kathmandu airport you will fly to Lukla through the beautiful mountains. It takes about 30 minutes to get to Lukla from Kathmandu on a very small aircraft. Once you get near Lukla, on a clear day you can see Everest for the first time, and other surrounding mountains are awesome to look at during the entire



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



[Nepalgram.official](https://www.instagram.com/nepalgram.official)



Viber

+977-9841046094



Nepalgram Adventure

License: 2739 | VAT:606733661

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

flight. Once you get to lukla, your trekking guide will brief you about the trail in short and you will start walking for about 3 hours towards Phakding. Phakding is small riverside village, inside the river valley. Your first night at Everest region will be at altitude of 2600 meters in a tea house at Phakding. Though the flight to Lukla, also infamous for being the worlds most dangerous airprt, shortens your trip and saves your energy for coming days, an option for a die-hard trekking lover is to trek through Jiri to Namche bazzar adding a few more days of trekking through the jungles and beautiful landscapes.

Day 4

Trek from Phakding to Namche (3440m/11283ft).

- Altitude – 3440 meters
- Special – View of mountain ranges
- Time – 8 hours
- Activity – Trekking through river valley and pine jungle

Amazing curvilinear valley facing Mt. Tamserku, Mt. Kusumkangeu and Mt. Khongde on the right of the Namchhe Bazzar is awaited destination of Everest trekking. Today's walk is nice and the view is changing from jungle to bushes. Once we get to the village Namche you will be stunned with the size of the mountains you see around. Walk from Phakding to Namche is long in distance but more than half of the distance is easy and flat, only the end just before Namche is uphill. Overnight at Teahouse in Namche

Day 5

Rest day in Namche (3440m/11283ft).

- Altitude – 3440 meters
- Special – Everest view hotel and exploration of Sagarmatha National Park
- Time – 4/7 hours
- Activity –hiking

Today is more for acclimatization. The theory of acclimatizing is to trek high and sleep low. We do the same this day, there are plenty of options to hike for the entire day. If you visit the National park museum you will witness Everest Mountain range view for the first time. (Explore Everest View hotel, Sagarmatha National park & Khumjung/Khunde Village or Hidden Valley Called Thame). Overnight at the same tea house as you are acclimatizing.

Day 6

Trek to tengboche (3870m/12694ft) (Here you will see region's old monastery)

- Altitude – 3870 meters
- Special – Tengboche and mountains



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



[Nepalgram.official](https://www.instagram.com/nepalgram.official)



Viber

+977-9841046094



Nepalgram Adventure

License: 2739 | VAT:606733661

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

- Time – 6 hours
- Activity – Trekking

This day of the Everest base camp trek will embed the magnificent view of Mt. Amadablam, along with the spiritual and cultural aspects. Tengboche is a small village just with 5 tea houses and a huge monastery. Landscape is nice, the village is located at the end of a ridge and monastery is to the very end of the ridge. Walk today is short but towards the end of the day you are climbing for two hours or more. The climbing part is after lunch break, thus you will have good energy and walking through the beautiful rhododendron forest keeps you going. Once you get to the top of Thyangboche, Everest will come even closer and Mt. Amadablam will be really beautiful. Do not miss to watch stars during the night. Overnight at local teahouse at Thyangboche.

Day 7

Trek from Tengboche to Dingboche [4350m/14268ft]

- Altitude – 4350 meters
- Special – View of tall mountain ranges
- Time – 6 hours
- Activity – Trekking

Six hours hike today is mostly walking around the beautiful mountain Amadablam. Once you start walking from Thyangboche you will be in front of Amadablam and once you get to Dingboche you will be behind the same mountain. Apart from Amadablam you will see lot of other mountains like Kangtega, Thamsherku, Lotse, Lhotse shaar, Island Peak, Taboche, Pumori and many other. Hike is easy and exciting as you will start the walk from Rhododendron forest and end up reaching the no-tree line. Overnight at local tea house at Dingboche.

Day 8

Rest day in Dingboche [4350m/14268ft] and acclimatization hike up to Nangkarsng Peak (5080m/16662ft).

- Altitude – 4350/5080 meters
- Special – Nangkarsyang peak
- Time – 4 hours
- Activity – small hike

As we reach the altitude above 4000meters we need another acclimatization day; we take a break for an extra day here and make sure we hike high and sleep low. Nangkarsang peak is right on the nose of Dingboche valley; we start early in the morning to climb the hill ridge. Dingboche is deep in the mountain valley and you don't see that much of the mountains from the village, but when you start walking higher up you will see more mountains and get closer to them. To the North you will see a glacial



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



[Nepalgram.official](https://www.instagram.com/nepalgram.official)



Viber

+977-9841046094



lake called Chola Lake; and three eight thousand meter high peaks; Lhotse, Lhotse Shaar and Makalu at the far end. Overnight at the same tea house we stayed last night.

Day 9

Trek to Lobuche (4930m/16170ft) making Everest more near but we don't see Everest. (Still View of Mt. Nuptse is Nice)

- Altitude – 4930 meters
- Special – Lobuche village
- Time – 4/5 hours
- Activity – Trekking

Today's hike is tough in comparison to other days as you will walk above tree line with less oxygen. It is 5 hours hike today but everybody will walk in slower pace and make sure they feel good. Go slow, save your energy to get to the base camp. Today we pass through bunch of memorials of the people who died on Everest expedition. The memorial place is right after a small village called Thukla. From Thukla you will walk straight uphill for 200 meters, walk around and find memorials of Rob Hall, Scott Fisher, BabuChiri Sherpa and many other climbers. Once you get to Lobuche it is a small village right in front of Mt. Nuptse. Do not miss to check into World's highest bakery at Lobuche. Tonight at local tea house at Lobuche

Day 10

Trek to Gorak Shep [5180m/16990ft] and hike up to Kalapatthar for Sunset view. (Awaited destination of whole trekking)

- Altitude – 5180 meters
- Special – View of various mountain ranges
- Time – 8 hours
- Activity – Trekking

Lobuche to Ghorakshap is just 3 hours hike but today is long as we are also doing a hill top hike up to Kalapatthar at 5545meters. Walking to Ghorakshap is walking through and by the side of the world's longest glacier "Khumbu Glacier". Today's scenery is unbelievably nice, although many trekkers are starting to feel the effects of the high altitude. To hear people coughing is common; so make sure you stay warm and hydrated. Your guide is making sure you are alright. Overnight at Teahouse at Ghorakshap

Day 11

Trek to Everest Base Camp [5364m/17594ft], and get back to Gorak Shep.

- Altitude – 5364 meters
- Special – View of various mountain ranges



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



[Nepalgram.official](https://www.instagram.com/nepalgram.official)



Viber

+977-9841046094



Nepalgram Adventure

License: 2739 | VAT:606733661

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

- Time – 5 hours trek
- Activity – Trekking

Today is the day of achievement for Everest Base Camp Trek: you will go to the base camp! It takes about 3 hours to hike to the base camp and 2 hours to come back to Ghorakshesh. Today's hike is on the side of Khumbu Glacier so you will be walking on the top of big boulders most of the time. Once you get back to Ghorakshesh, celebrate your achievement and relax tonight at Ghorakshesh.

Day 12

Trek back to Pangboche [4000m/13120ft]

- Altitude – 4000 meters
- Special – Exploration of pangboche village and various mountain ranges
- Time – 6 hours
- Activity – Trekking

We start descending today, which is a lot easier and you will see the scenery from another perspective. Walking down, make sure you have tightened your shoes properly to avoid blisters. Pangboche is the last original village in this region. The village we stay in will be lower Pangboche, there is also upper Pangboche like 30 minutes away from this village. Small Sherpa settlement with stone fenced farming land is beautiful in contrast with surrounding mountains. Overnight treat yourself at local tea house in Pangboche.

Day 13

Trek to Namche (3440m/11283ft) and relax your half civilized life here.

- Altitude – 3440 meters
- Special – Exploration of namche village
- Time – 4/5 hours
- Activity – Trekking

Take warm showers, go shopping souvenirs, go to pub, play pool and relax, ask for massage after those long days of walking in the mountains. Getting back to Namche means you are almost done with the trekking, so it's time to treat yourself and rest tonight at the tea house.

Day 14

Trek to Lukla (2880m/9446ft) to connect your flight the next day.

- Altitude – 2880 meters
- Special – View of mountains and greenery



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



[Nepalgram.official](https://www.instagram.com/nepalgram.official)



Viber

+977-9841046094



Nepalgram Adventure

License: 2739 | VAT:606733661

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

- Time – 6 hours
- Activity – Trekking

Namche to lukla is a long hike, but it's also the last hike of the entire trip. Use your energy to push towards Lukla; from Namche to Lukla you will cross the same high suspension bridges you passed on the way up. Overnight at the local teahouse in Lukla and celebrate the successful completion of the Everest base camp trek with your entire team, as this is the last night together with the whole team.

Day 15

Fly to Kathmandu

- Altitude – 1380 meters
- Special – Scenic view of mountains and greenery
- Time – 25 minutes flight
- Activity – Flying in Ppane

You will take a flight from Lukla to Kathmandu in the small plane and same scenic route. Overnight in Kathmandu

Day 16

Depart from Kathmandu to next destination.

- Time – 30 minutes airport transfer time
- Activity – Flying to next destination

It's time to say farewell. We will drop you off to the airport to catch your flight to the next destination. We are hoping to welcome you to Nepal again in the future. Be happy and remember us.



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



[Nepalgram.official](https://www.instagram.com/nepalgram.official)



Viber

+977-9841046094