



Daily activity schedule for phaplu Everest base camp trek

Day 1

Drive from Kathmandu to Salleri at altitude of 2300 meters

- 6 to 8 hours drive
- Black topped road (jeep or tourist bus)

Day 2

Trek starts from from salleri to Nunthala village (2200m.) to Bupsa (2350m.)

- 7 hours trekking
- Tea house/homestay accommodation

Day 3

Bupsa (2350m.) to Surkey village (2400m.)

- 6 hours 30 minutes trekking duration
- Pass by villages and forest
- Surkey is Sherpa village right at the bottom of Lukla

Day 4

Continue trek from Surkey (2400m.) to Phakding (2652m.)

- 7 hours trek
- Tea house accommodation

Day 5

Trek from Phakding to Namche Bazaar (3440m.)

- 9 hours trek
- Meets ebc trekker with flight to Lukla
- Nice accommodation

Day 6

Beautiful hike from Namche to Tengboche.

- Famous Monastery of the region – at Tengboche
- Tengboche at 3870meters
- Greater view of Everest

Day 7

Tengboche monastery to Dingboche village

- Cross 4000 meters – Dingboche at 4400 meters

- Hidden valley



Phone

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



WhatsApp

+977-9841046094(Arun)



Skype

arun18



Viber

+977-9841046094(Arun)



- Rest & acclimatization day
- 5 hours trekking duration

Day 8

Acclimatization day & rest at Dingboche

- Dingboche at 4400 meters and we hike up to 4800 meters – at least – sleep at 4400 at Dingboche
- 3 hours of trekking
- Easy day
- No tree line

Day 9

Dingboche to Lobuche trek

- 5 hours walk
- Cross 5000 meters
- Memorials of Everest demises

Day 10

Everest base camp day – long but worthwhile trekking

- Trek for 9 hours in (Lobuche – Gorakshep – Ebc trail)
- Sleep above 5k, Gorakshep at 5170meters
- EBC day – day of the mission

Day 11

Hike to kalapatthar and trek down to Pangboche

- View of Ebc, Khumbu ice fall and Khumbu glacier from the top of Kalapatthar
- 7 hours trekking
- 5545 meters at the top of Kalapatthar
- Sunrise hike
- Downhill walk – mission accomplished

Day 12

Trek from Pangboche to Phortse village

- Back to 3700 meters at Phortse
- Mountaineers village – village of Everest summiteer
- 5 hours trek downhill – narrow trail



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Nepalgram

License: 2739 | VAT:606733661

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

Day 13

Phortse to Monjo

- 7 hours
- Downhill trekking
- Back to main trail of everest base camp trekking trail

Day 14

Trek to Lukla

- 7 hours trek
- Final push of your trekking

Day 15

Fly to Kathmandu

- 25 minutes flight
- Early morning flight
- Take off from lukla is never an issue for Lukla airport being worlds dangerous airport.



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