



Itinerary for Everest base camp camping trek

Day 1

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

You will begin your trip from Kathmandu with a short flight to Lukla. Once you reach to Lukla you will begin your trek. You will be trekking towards to jorsalle village which will take around 4 hours.

Day 2

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

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

After having breakfast at Jorsalle you will walk towards Namche. You will be walking uphill through rhododendron forest and high bridge. It takes around 6 to 7 hours to reach to Namche.

Day 3

Trek to Kyangjuma with side trip to Khumjung and Everest view hotel

- Altitude – 3440 meters
- Special – Everest view hotel and khumjung
- Time – 30 minutes/1 hour hike
- Activity – Short hike

Today you will trek towards Kyangjuma. While trekking towards kyangjuma you will have a side trip to Khumjung village and Everest view hotel. Khumjung village is a famous village dominant by Sherpa settlement whereas Everest view hotel is considered as the highest altitude hotel which offer the trekker to view the tall snow capped mountains of Everest region.

Day 4

Trek to Phortse



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



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Viber

+977-9841046094



- Altitude – 3680 meters
- Special – Scenic view of surrounding
- Time – 4/5 hours
- Activity – trekking

After having breakfast at Kyangjuma you will walk towards Phortse. Walking to Phortse you will be able witness the beautiful surrounding of Everest Region. It takes around 4/5 hours to reach to Phortse.

Day 5

Trek to Dingboche (4350m/14225ft) 5-6 hours

- Altitude – 4350 meters
- Special – Exploration of dingboche village
- Time – 5/6 hours
- Activity – Trekking

We go to Pangboche through a high beautiful path. We can see the best perspectives on Ama Dablam and see the Everest, Lhotse, Thamserku, Khangtenga and Kowande Peak from in transit. We could see musk deer and Himalayan Thar also.

We rise along the valley inverse of Ama Dablam to arrive at Somare. Then, we walk above timberlines through the wide path to arrive at Dingboche.

Day 6

Hike to Thukla [4650m/15206ft] 5-6 hours

- Altitude – 4650 meters
- Special – mountain ranges
- Time – 3/4 hours
- Activity – Trekking

From Dingboche following day venture is simple and short as you just walk for 3-4 hours to arrive at Thukla. There is Chola Lake in Thukla to wander around.

Day 7

Trek to Lobuche (4930m/16170ft) 5 hours

- Altitude – 4930 meters
- Special – View of mountain ranges
- Time – 5 hours trek
- Activity – Trekking



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After having breakfast at Thukla, you will head towards to Lobuche. Walking with the scenic view of mountain is amazing this day. 5 hour of walk from Thukla will take you to Lobuche.

Day 8

Everest Base Camp [5364m/17594ft], 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

Following the flat trail from Lobuche will take you to Everest Base Camp. The highest peak of the world i.e. Mount Everest looks very close from Everest Base Camp.

Day 9

Climb Up to Kalapatthar for Sunrise and trek down to Pangboche. 7-8 hours

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

Today you will get up early in the morning and hike to Kalapatthar for the sunrise view. The best views of the entire trip comes today. Today you will witness the panoramic mountains view. With the sunrise the mountains is seems to be golden in colour which is very eye – catchy.

After the panoramic mountain view at Kalapatthar, you will hike down to Pangboche.

Day 10

Trek back to Phunki tanga river side; 8 hours

- Altitude -3250 meters
- Special – Phunki tanga river side
- Time – 8 hours
- Activity – Walk along river side

You will hiking towards to Phunki tanga. Walking for 8 hours along the river side will take you to phuki tenga.

Day 11

Trek to Lukla (2880m/9446ft)



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WhatsApp

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Viber

+977-9841046094



Nepalgram Adventure

License: 2739 | VAT:606733661

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

- Altitude – 2880 meters
- Special – View of mountains and greenery
- Time – 7/8 hours hike
- Activity – Celebrate on success

7/8 hours of hike from Phunki tenga will take you back to Lukla. Once you reach to Lukla, you will be celebrating about everest base camp trek success.

Day 12

Fly to Kathmandu

- Altitude – 1400 meters
- Special – scenic view from plane
- Time – 25 minutes flight
- Activity – Flying in Plane

25 minutes of scenic flight from Lukla will take you back to Kathmandu. Your trip ends here in Kathmandu.



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