

## Travel Itinerary

DAY : 1

### KATHMANDU

Arrival in Kathmandu (1,300 m) Arrival at Tribhuvan International Airport. Transfer to 4★/5★ hotel, rest, and evening trek briefing. Optional Kathmandu sightseeing.

DAy:2

### KATHMANDU SIGHTSEEING TRIP

Kathmandu Sightseeing Explore UNESCO heritage sites: Pashupatinath Temple, Boudhanath Stupa, and Durbar Square. Prepare gear and final trek arrangements.

DAy:3

### KATHMANDU-LUKLA

Early morning flight from Kathmandu to Lukla (may involve Ramechhap due to high traffic), trek to Phakding (4-5 hours). Downhill from Lukla through Chaurikharka, Thadokoshi, Ghat, and Chhuthawa.

DAy:4

### PHAKDING TO NAMCHE

Trek from Phakding to Namche Bazar (6 hours). Cross several suspension bridges, pass through Monjo (checkpost), and climb steeply to Namche Bazar.

DAY:5

### ACCLIMATIZATION

Acclimatization hike to Syangboche (3,800m), visit Everest View Hotel and explore Namche Bazar.

DAY:6

### NAMCHE TO TYANGBOCHE

Trek from Namche Bazar to Tyangboche (6 hours), cross Phungi Thanga, climb uphill to Tyangboche, visit the monastery.

DAY:7

### TREK FROM TYANGBOCHE TO DINGBOCHE

Trek from Tyangboche to Dingboche (5 hours), pass through Pangboche, Somare. Appx.5 hrs



Nepal

[www.everestyatra.com](http://www.everestyatra.com)  
info@everestyatra.com

# Travel Itinerary

## ACCLIMATIZATION DAY AT DINGBOCHE , HIKE TO NANGKARTSHANG PEAK

DAY:8

Trekking to EBC is always challenging due to its high altitude. Many trekkers suffer from altitude sickness in this region. It is not only due to the high elevation: weather conditions also play a major role in altitude sickness.

## TREK TO LOBUCHE 4,910M (16,108 FT) – 6 HOUR

DAY:9

Trek from Dingboche to Lobuche (6 hours), cross Thukla, climb uphill to Thukla pass then Lobuche.

## EVEREST BASE CAMP 5364

DAY:10

Early morning hike from Lobuche to Gorakshep (3 hours), continue to Everest Base Camp (1.5 hours), and return to Gorakshep for the night.

## GORAKSHEP-PHERICHE

DAY:11

Hike to Kalapathar 5,545m (18,192 ft) early morning – 1:30 hours for sun rising view, Back to Gorakshep and trek down to Pheriche 4,200m

## TREK TO NAMCHE BAZAR

DAY:12

Trek from Pheriche to Namche Bazar (7 hours), cross Pheriche Pass, and descend through various villages Somare, Pangboche, Deboche, Tyangboche, Phungi Thanga, and Sanasa.

## NAMCHE BAZAR TO LUKLA

DAY:13

Trek from Namche Bazar to Lukla (7 hours), follow the same route back through Monjo, Phakding.

## LUKLA-KATHMANDU

DAY:14

After having an incredible time on the Everest Base Camp trek, today you will fly back to Kathmandu.

## FINAL DEPARTURE

DAY:15

Transfer to the airport as per the flight itinerary.