

Outline Itinerary (14 Days)

Day 1

Arrive Kathmandu (1,300m/4,264ft)

Upon your arrival at the Tribhuvan International Airport in Kathmandu, you will be welcomed by a representative of the Himalayan Wander Walkers. You will be checked into your hotel. You will meet our trekking operator for a briefing about the entire trek on this day. You can either rest or hang out around a famous tourist area in Kathmandu, Thamel.

Overnight at hotel set with BB plan.

Day 2

Flight from Kathmandu to Lukla and trek to Phakding (2,651m) 3-4 hours.

Your trek to Everest base camp starts from today and you will be transferred to the airport and will enjoy 40min short scenic flight to the Himalayan foothills. The views from the plane are stunning, providing dramatic sights of terraced hills and the distant giant Himalaya. After landing at Lukla airport, we walk for 3 hours to the town of Phakding with few ups and down along the Dudh Koshi River.

Overnight at teahouse.

Day 3

Phakding to Namche Bazaar (3438m) 5-6 hours.

After breakfast, we continue trekking along the bank of the Dudh Koshi River and crossing this majestic river numerous times on exciting suspension bridges decorated with prayer flags. After entering Sagarmatha National Park, from Larja Dobhan, the trail climbs up steeply with breathtaking views to Namche Bazaar, the gateway to the Everest region.

Overnight at teahouse.

Day 4

Acclimatization day.

Today is a rest and acclimatization day in Namche Bazaar. Namche is a colorful village with many wonderful and interesting shops and vendors, fabulous food and stunning views of the surrounding mountains. An early hike above town, before the clouds move in, reward trekkers with a

spectacular Himalayan sunrise and views of Mt. Everest, Lhotse, the beautiful Ama Dablam and many more. On the way down, we can visit the Sherpa Museum that houses an exhibit on traditional Sherpa lifestyle and a fabulous photography display by a local Nepalese naturalist. Overnight at teahouse.

Day 5

Namche Bazar to Tengboche (3870m) 5-6 hours.

Today we will trek to Tengboche which is beautiful day to walk. The trail is easy till Phunki and from there we climb to Tengboche village after crossing the Dudh Koshi River. Tengboche is famous for its monastery which is the biggest monastery of the Everest region. It is located within the Sagarmatha National Park which is listed in UNESCO World Heritage Sites. The monastery is blessed with panoramic views of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamserku. We will visit the monastery and village in afternoon. Overnight at teahouse.

Day 6

Tengboche to Dingboche (4360m) 5hours.

The trail descends and passes through lush forests of birch, conifer and rhododendron trees with the spectacular views of Mt. Everest, Lhotse, and Ama Dablam which help to energize your trek. Then the path goes downhill to Debuche and cross the Imja River to reach Pangboche. We choose the upper Pangboche trail and admire the Himalayan vista and the Pangboche Monastery. We continue our walk to the Imja Valley and Lobuche River before ascending to Dingboche. It is a breathtaking village with beautiful barley, potato and buckwheat fields complete with grazing animals dotted along those fields. Overnight at teahouse.

Day 7

Acclimatization day.

Spending a day in Dingboche will help us to acclimatize in the high altitude. In this free day, we climb a ridge located behind the village and see six of the world's tallest peaks including Lhotse, Makalu and Cho Oyu. Furthermore, we can also admire Cholatse and Taboche peaks. On our north-west we see more Himalayan peaks rising above the Khumbu Khola Valley. From another

location on the ridge we can also admire the picturesque Imja Khola Valley and the beautiful Dingboche village.
Overnight at teahouse.

Day 8

Dingboche to Lobuche (4940) 5 hours.

Today is a bit harder trek day because there is steep climbing. We will be starting our walk above 4400 meters. The day starts with gradual climbing to Dughla where we will stop for a quick lunch. It's an early day lunch but we do not have another option before reaching Lobuche. A steep climb from Dughla will take us to tombstones of different famous mountaineers from various countries build for the memory of them. Here we will enter into Khumbu glacier and follow the route to Lobuche.
Overnight at teahouse.

Day 9

Lobuche to Gorakshep (Day trip to EBC) (5368m) 7-8 hours.

The trek to Everest Base Camp is not very difficult. However, we ascend and descend mostly on a glacier path. There is also a lot of zig-zag on rough terrains. As we reach the base camp, we enjoy the incredible melt patterns and admire the gently rounded ice towers on the upper part of the Khumbu glacier. The Everest Base Camp is stunningly beautiful. We can enjoy amazing views of Nuptse, Khumbute and Pumori mountains from the base camp. After soaking in the beauty, we walk back towards Gorakshep.
Overnight at teahouse.

Day 10

Gorakshep to Pheriche (Morning trip to Kala Patthar) (5545m) 7-8hours.

We wake up early for the morning view walk from Kala Patthar. It is dark outside with cold temperature and most likely chilly winds. We walk on a fairly steep trail at a comfortable pace. As we are climbing up the hill we can see Lingtren, Khumbutse, and Changtse mountains. The view from the summit is outstanding. We can see the world's tallest mountain (Everest) along with other mighty Himalayan peaks. After spending some time at the summit of Kala Patthar, we walk back to Gorak Shep which is relatively easier than hiking up to Kala Pathhar.
Overnight at teahouse.

Day 11

Pheriche to Kyanjuma (3,550m) 6-7 hours.

We will head down to Kyanjuma which is before Namche Bazar. We will start descending from our lodge towards Dudhkoshi River, cross the river then make a steep climb to Kyanjuma village. May be we can see Mountain goats around this area. This will be the last day to have view of Everest ranges specially the mind-blowing Ama Dablam which faced toward the Kyanjuma. Overnight at teahouse.

Day 12

Kyanjuma to Lukla (2,840m) 7-8 hours.

Today after breakfast we will retrace back to Lukla with a few ups and downs. Overnight at teahouse.

Day 13

Lukla to Kathmandu 40 minutes.

In the morning our guide will take you to the airport and you will have a scenic flight back to Kathmandu. After landing at Kathmandu, you will be transfer to hotel and rest of the time you can enjoy exploring evening ambience of Thamel or Boudha. Overnight at hotel.

Day 14

Final Departure to Home Country.