Best approach to upgrade to ML6:

1- MarkLogic Corporation strongly recommends performing a backup of your databases before upgrading to MarkLogic 6.
2- Additionally,MarkLogic Corporation strongly recommends that you first upgrade to the latest maintenance releases.
   "If upgrading from ML5 to ML6 then upgrade to the latest maintenance release of ML 5 first i.e MarkLogic-5.0-5".
3- If you do not want to reindex a database, disable reindexing for that database before installing MarkLogic Server 5.0, 4.2, or 4.1 (set reindexer enable to false on the Database Configuration page of the Admin Interface).
   The entire database will be reindexed after upgrading to MarkLogic 6 unless you disable reindexing. (Note:- We had issues while indexing also, So we need to be careful here)
4- Stop the ML server before upgrade.
5- Unstall the MarkLogic server 5.x
6- Install the MarkLogic server 6.x latest release
7-When the Admin Interface prompts you to upgrade the Security database and the configuration files, click the button to confirm the upgrade.