

Everest Base Camp Trek itinerary

Day 01: Arrive in Kathmandu and Check into a Hotel.

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

Day 02: Travel to Lukla (2,800 m / 9,184 ft), Trek to Phakding (2,652 m / 8,700 ft): 3 - 4 hours

We travel to Lukla by plane. We arrive in Lukla at the Tenzing-Hillary airport, which was featured on the History Channel in the program "Most Extreme Airports". After arriving our guides meet us, and we trek to Phakding. The trail takes us through a few small villages, and provides us with views of the surrounding landscape. We spend the night in Phakding.

Day 03: Trek to Namche Bazaar (3,440 m / 11,283 ft): 5 - 6 hours

From Phakding we follow the Dudh Koshi River. We encounter several tributaries, which we cross over on suspension bridges. We also trek through several villages, monasteries and stupas. We get great views of the mountains along the trail. At Benkar Village we have an excellent view of Mt. Thamserku. The trail continues into Sagarmatha National Park. Continuing on the trail we pass Jorsale, a mountain village nestled in the forest, and cross the Hillary Suspension Bridge. We can see Kwangde Peak, Kusum Peak, Mt. Everest, Mt. Lhotse, Mt. Taboche and others. We spend the night in Namche Bazaar.

Day 04: Acclimate at Namche Bazaar

Our acclimatization day will give us a chance to explore Namche Bazaar. We hike to Khumjung, and Syangboche villages to enjoy the view of Kongde, Thamserku and Khumbila mountains. We can also visit a museum in Khumjung that believes to possess yeti hair. After we returned from the hike we tour Namche Bazaar, and visit the Tourist Visitor Center. The visitor center contains a lot of interesting facts and stories about Everest, and Sherpa culture.

Day 05: Trek to Tengboche (3,867 m): 05hrs.

Tengboche is known for its extremely large Buddhist monastery. It is an impressive building at the base of the mighty Himalayas. The trail to Tengboche takes us over a river, through a village, and forest with beautiful rhododendron plants, pines, and firs. In Tengboche we have excellent views of Mt. Everest, Nuptse, Lhotse, Kangtenga, Thamasarku, Kwande, and Amadablam. We spend the night in Tengboche.

Day 06: Trek to Dingboche 4,260 m - 05hrs.

Trekking to Dingboche takes us above the tree line into the crisp, cool mountain air. We pass Pangboche Village at 3,900 m, and continue to Dingboche. We have phenomenal panorama views of the Himalayas on our way. Dingboche is located in the Imja Tse Valley.

Day 07: Acclimate in Dingboche and Go on a Day Hike.

We take this day to acclimate, and hike to Nagarjun Hills. From here we have spectacular views of the 5th tallest mountain in the world, Mt. Makalu. We can also see the surrounding mountains. We spend the night in Dingboche.

Day 08: Trek to Lobuche 4,930 m - 05 hrs.

On our way to Lobuche we pass Khumbu Glacier. Mt. Everest is extremely close from here. We spend the night in Lobuche.

Day 09: Trek to Gorak Shep (5,170 m), and Hike to Everest Base Camp (5,364 m): 06 hrs

We reach the pinnacle of our adventure at Everest Base Camp. After trekking to Gorak Shep we set out for Everest Base Camp. At base camp we can see Kuhmbu Ice Falls, and Glaciers. We return to Gorak Shep to spend the night.

Day 10: Morning Hike to Kala Patthar and Trek to Pheriche (4,240 m): 05 hrs.

Before we embark to Pheriche we go on a morning excursion to Kala Pathar (5,545 m). We have excellent views of the mountains from here. We then return to Gorak Shep, and continue to Pheriche. We spend the night in Pheriche.

Day 11: Trek to Tengboche: 05 hrs

The majority of this part of the trail is downhill. It is a relatively pleasant trek from Pheriche. We spend the night in Tengboche.

Day 12: Trek to Mojo (2,860 m): 05 hrs

On our way to Mojo we pass a few small villages, a river, and Namche Bazaar. From here we travel through the Dudh Kosi River Valley to Monjo to spend the night.

Day 13: Trek to Lukla: 04 hrs

We pass Phakding on our way to Lukla. We spend the night in Lukla.

Day 14: Travel to Kathmandu and Check into our Hotels.

After we arrive in Kathmandu, we have the rest of the day to explore the city or rest.

Day 15: Go Sightseeing in Kathmandu

This day is reserved as a spare day in case of inclement weather. If we did not use the spare day on the trek we will tour Patan, and Bhaktapur.

Day 16: Conclude Tour.

If you wish to stay in Nepal, further accommodations can be arranged for your enjoyment. If you are leaving Nepal we will assist you in preparations, and travel to the airport.