

Detailed Itinerary

Day 1: Arrival in Kathmandu (1,400m)

Our representative will pick you up on arrival at Tribhuvan International Airport (TIA) on a private vehicle and drop you off at the hotel in Thamel. Trekking briefs and other formalities will be at the hotel. Shop around for gear and explore the city for the rest of your day. Overnight in Kathmandu.

Max Altitude	Drive Duration		
Kathmandu (1,400 m/4,600 ft)	30-45 minutes		

Note:

A 3-star hotel is included in the package. The hotel can be upgraded with an additional charge. Must be informed of the booking process. Briefing, along with gear checks and remaining dues are also settled in this day.

Day 2: Fly to Lukla (2,860m) and Trek to Phakding (2,610m)

Our guide will pick you up from your hotel and drive you to the airport. Flight to Lukla. On reaching Lukla, you will start hiking to Phakding. Today is a moderate hike with gentle ups and downs covering a good distance. Feature of the day: good walking day for acclimatization, adventurous suspension bridges, and unique Sherpa villages. Overnight at Phakding.

Max Altitude	Trek Duration	Flight Duration	Meals
Lukla (2,860m/9,383ft) & Phakding (2,610m/8,563ft)	3-4 hours	30-35 minutes	Breakfast, Lunch, Dinner

Note:

Due to high traffic in Kathmandu, most flights operate from Ramechhap airport to Lukla. Lukla mountain flight being at a high elevation, has unpredictable weather so expected delays can extend up to 3 days. The drive to Ramechhap is about 3 to 4 hours. You can take helicopter option from Kathmandu to Lukla for reliable flight which will cost \$500 per person extra on sharing flight.

Day 3: Trek to Namche Bazaar (3,440m)

Today will be a longer walk, an up and down route to cross several suspension bridges, among them one of the most popular, the Hillary Bridge, in the name of Sir. Edmund Hillary will also be crossed today. Enjoy the scenic glimpses of the mountains en route to Namche. Reaching Namche Bazaar, a very popular stop, you will have time to explore Namche. The highest Irish pub is a popular spot in Namche Bazaar. Overnight at Namche Bazaar.

Max Altitude	Trek Duration	Meals	
Namche Bazaar (3,440m /11,283ft)	5-6 hours	Breakfast, Lunch & Dinner	

Note: Note: Stay in Namche Bazaar till reaching Dingboche can be upgraded with pre-information on booking. The cost of goods and services may be higher in comparison to your normal prices due to it being harder to reach, and the only way is via flight or helicopter, the cost is added.

Day 4: Acclimatization Day at Namche Bazaar (3,440m)

First acclimatization stop of the trip, Namche at the elevation of 3440m, is a high climb for most people living at a lower altitude. This acclimatization day is an important stop with additional activities added to your trip, a hike to Hotel Everest View, a famous viewpoint restaurant at an elevation of 3880m. Ascent is about 2 to 3 hours, and 440m elevation is gained during the hike, and 1.5 hours to return. This short hike and descent help your body to acclimatize to the altitude for the next day.

Max Altitude	Meals		
Namche Bazaar (3,440m /11,283ft)	Breakfast, Lunch & Dinner		

Day 5: Trek to Tengboche (3,860m)

A similar route continues on the 3rd day of the hike on the cliff-side trail, ascending and then descending at Phunki Tenga (3,250 m). Crossing the Alpine forest, you will cross a suspended bridge to your final climb of the day. Walking along the Dudh Koshi River, you will reach Tengboche. Overnight at Tengboche.

Max Altitude	Trek Duration	Meals	
Tengboche (3,860m /12,664ft)	5-6 hours	Breakfast, Lunch & Dinner	

Day 6: Trek from Tengboche to Dingboche (4,410m)

The day hike starts with a steep descent to Debuche. Crossing the fast-flowing Imja Khola on a suspension bridge, climb to Pangboche, the highest permanent settlement, then cross the river through the open alpine meadow cross Shomare on the way to reach Dingboche. On this day, enjoy an unobstructed view of the mountain getting closer as you continue the hike. Overnight at Dingboche.

Max Altitude	Trek Duration	Meals	
Dingboche (4,410m /14,470ft)	6-7 hours	Breakfast, Lunch & Dinner	

Day 7: Acclimatization Day at Dingboche (4,410m)

Today will be the acclimatization day, you can either hike to Nangkartshang Peak(5083) and descend to Dingboche, approximately a 3 to 4 hour walk or you could take a rest at Dingboche. Climbing to Nangkartshang Peak is a rocky, steep trail and exposure to the chilly wind makes the trail challenging, however the scenic view from the top overlooking the Imja valley is surrounded with giant peaks Ama Dablam, Makalu, Lhotse, and Thamserku.

Max Altitude	Trek Duration	Meals	
Nangkartshang Peak (5,083m/ 16676ft)	Optional hike (3-4 hours)	Breakfast, Lunch & Dinner	

Day 8: Trek from Dingboche to Lobuche (4,940m)

After the breakfast walk through the open alpine meadow with local yaks grazing to Dughla with stunning view facing Ama Dablam, Tawoche, and Cholatse you will continue walk to the steep climb gets harder as the air get thin, this is the hardest climb of the day to reach Dughla Pass. Crossing the pass you will get to the final push of the day through rocky flats to get to the Lobuche.

Max Altitude	Trek Duration	Meals	
Lobuche (4,940m /16,207ft)	5-6 hours	Breakfast, Lunch & Dinner	

Day 9: Trek to Everest Base Camp (5,364m) and return to Gorak Shep (5,164m)

Today will be slow paced incline due to high elevation through the rocky trails of Khumbu. Ascend will be gradual since you will be crossing 5000m slow and steady consistent pace is recommended. Tips for the day will be to walk slow rhythming patrons to avoid fatigue. The route will be mostly flat wide lands with slightly inclined and decline to reach the Gorakshep.

You will leave your backpacks at Gorakshep and only carry essentials and walking gear to ascend the base camp. Similar rocky flats land and slight incline continues to gain about 200m in elevation; final push in the end to reach the goal EBC will be challenging. There will be no stay at EBC as there are no teahouses you will descend back to Gorakshep.

Max Altitude	Trek Duration	Meals	
Everest Base Camp (5,364m /17,598ft)	6-7 hours	Breakfast, Lunch & Dinner	

Day 10: Hike to Kala Patthar (5,545m) and fly back to Lukla by helicopter

For a more clear unobstructed view of Mount Everest you will need to climb the view point. Kalapather hike will be the highest and most challenging part of the trek as you will be reaching the elevation of 5545m from 5160m at Gorakshep within the distance of 1.2 kilometers. Rugged steep climb makes the hike challenging. Be cautious of altitude sickness any signs of illness should be reported immediately. Early morning walk to view sunrise from kala Patthar

After ascending Kala Pathar, soaking in the view of Mount Everest you will descend the same route back to Gorakshep, descending back to lower elevation is quicker then from Gorakshep flight back to lukla airport. Amazing views of flying through high rising mountains on Heli to Lukla.

Max Altitude	Trek Duration	Flight Duration	Meals
Kala Patthar (5,545m/18,192ft)	3-4 hours	25-30 minutes	Breakfast, Lunch & Dinner

Day 11: Fly from Lukla to Kathmandu Or Manthali/Ramechhap

Today you will descend from 2860 m to 1400 m at Kathmandu or 1218 m at Ramechhap depending on flight via mountain flight from Lukla. Soak in the amazing view of Khumbu region on your flight back and reflect on your journey. Reaching Ramechhap, drive back to Kathmandu via bus. Trip completion certificate and farewell dinner at the hotel.

Altitude	Flight Duration	Meals	
Kathmandu (1,400m/ 4,600ft)	25-30 minutes	Breakfast & Dinner	

Day 12: Departure from Kathmandu

On day 12 Before the flight you will have free time to visit the local market to get souvenirs or explore around the city. **Swyambhunath, Bouddhanath, Basantapur Darbar Square** are some of the closest to Thamel and recommended sites to visit on this day according to your flight time. Afterwards you will be transferred to Tribhuvan International Airport according to the scheduled flight our representative will see you off to the airport departure gate.

Altitude	Drive Duration	Meals	
Kathmandu (1,400m/ 4,600ft)	30-45 minutes	Breakfast	

