Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Everest Base Camp Trekking Brief Itinerary

Day 01 : Arrival in Kathmandu airport (1,350 M).

Our airport representative will be receiving you at Tribhuvan International airport, Kathmandu and she/he will be displaying a Global treks signboard outside the airport terminal in Kathmandu. You will be then transferred to your respective hotel in our private tourist vehicle.

Day 02 : Fly to Lukla (2,804 M) trek to Phakding (2,610 M)

An early morning start takes us to Tribhuwan International Airport in Kathmandu for the 40-minute scenic flight to Tenzing and Hillary Airport at Lukla at 2,804 meters. Upon arrival at the airport, in Lukla, your guide will brief you and introduce our porters before we begin our trek towards Phakding at 2,610 meters. After landing we have time to explore the village while our Sherpa crew sorts and loads our trekking equipment. Then we begin our trek by descending towards the Dudh Koshi River where we join the main trail to Namche Bazaar, located just above Chaunrikharka (2,713 M). The walking is easy and after passing through the small village of Ghat (2,550 M) it is a short walk to Phakding. Overnight at Guesthouse.

Day 03 : Trek to Namche Bazaar (3,440 M)

We continue trekking along the banks of the Dudh Koshi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views. Namche Bazaar known as the Gateway to Everest is home to many quality restaurants, hotels, lodges, shops, money exchanges, internet cafe, and bakeries. Namche is one of the biggest villages along the whole Everest trail. Overnight at Guesthouse.

Day 04 : Trek to Tengboche Monastery (3,890 M)

After breakfast in Namche,we start our trek towards Tengboche enjoying the superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek follows on the gradual trail with few up and down overlooking magnificent view of the great Himalaya. Along the way, we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kayangjuma. The path eventually reaches Sansa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and it has the biggest Buddhist Monastery all over in Khumbu region. overnight at Guesthouse.

Day 05 : Trek to Dingboche (4,410 M)

From Tengboche, the trail drops to Debuche crosses another exciting suspension bridge on the Imja Khola and climbs to Pangboche amongst thousands of mani stones. The place where we stop for lunch not

only serves delicious food but also allows a fantastic close-up view of Mt Ama Dablam. In the afternoon, The valley gradually unfolds as we approach the confluence of the Lobuche River. We descend into the river and begin the last and steepest climb of the day up to Dingboche. On arrival at Dingboche, we will see a beautiful array of fields enclosed by stone walls to protect barley, buckwheat, and potatoes from the cold winds and grazing animals. Overnight at Dingboche.

Day 06 : Essential Second Rest Day at Dingboche (4,410 M altitude today

The altitude at Dingboche means there is just 61% of the oxygen available to sea level. So as you gain altitude your lungs and heart have had to work much harder to supply the oxygen your body requires for walking and even just sitting and resting. Your body is also adjusting in less obvious ways to make your blood more efficient in capturing and transporting oxygen. Your body is also adjusting to the different way it stores and moves fluid at high altitude. Your Sherpa guide and porters have the natural physiology to handle the effects of altitude, however, you must give your body time to adjust before you can more safely proceed higher to Everest Base Camp and any of the even higher vantage points that offer spectacular mountain views. So listen to your guide and that the advice to rest and acclimatize properly today.

Day 07 : Trek to Lobuche (4,910 M)

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the altitude of 4910 meters at Lobuche which is really just a few huts at the foot of giant Lobuche peak. Some breathing problems may arise today due to the altitude. Overnight at Guesthouse.

Day 08 : Trek from Lobuche to Gorakshep (5,140 M) settlement and on to Mount Everest Base Camp(5,160 m maximum altitude today)

Your trail will take you along the western edge of the Khumbu Glacier initially to the small settlement of Gorakshep. This is a very well appointed location with accommodation and all the facilities a trekker may need. A quick tea stop might be useful before pushing on to the goal of this trek – Mount Everest Base Camp. The walk continues northward along the edge of the glacier before arriving at the shattered jumble of ice and snow that is the main campsite for expedition parties attempting to summit Mount Everest. However, it depends on the month you visit as to whether expedition parties will be encamped. There are short seasonal windows before and after the annual monsoon when the ascent of Mount Everest is potentially possible. But once you arrive at base camp the presence or absence of expeditions is immaterial – just take in the awe of Mount Everest, the Khumbu Ice fall and the many 7,000 m plus peaks jutting towards the sky in every direction you look. This is the power of nature at its most impressive. You will complete the day be returning to your accommodation for the night at Gorakshep.

Day 09 : Gorakshep up to Kalapathar (5,550 M) early in the morning and trek down to Periche (4200 meters)

This will be one of the most difficult yet rewarding days of the trek. Most of the morning in this day is spent climbing Mt. Kalapathar, a small peak beautiful and inspiring by Himalayan standards at 5,555 M. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 29,028 FT/ 8,848 M, towers directly ahead and on all sides loom the other giants, Nuptse, Pumori, Chagatse, Lhotse, and countless others. We make a quick descent to Gorak Shep, a tiny hamlet at 5180 meters then trek down to Pheriche. Overnight at Guesthouse.

Day 10 : Trek to Namche Bazaar (3,440 M)

From Periche we take a slightly different route down to Orsho, then to Pangboche village. Here is the oldest monastery in the region which contains what is said to be the scalp and bones of a ‘Yeti’ or the abominable snowman. Leaving mountains behind us our descent takes us through Tengboche Monastery

at an elevation of 3,890 meters before continuing back to the town of Namche Bazaar at 3,441 meters. We arrive back to Namche Bazaar in the afternoon. Overnight at Guesthouse.

Day 11 : Trek to Lukla (2,804 M)

Early morning after breakfast Finally we return to Lukla where the trek began which will seem like a lifetime ago enjoying time to reflect on the trek as a group and the personal achievement of all those who took part and also giving you time to explore the town. Overnight at Guesthouse.

Day 12 : Morning flight back to Kathmandu

Enjoying your last glimpse of the mountains you have recently visited for one last time on the 35-minute scenic flight back to Kathmandu. On arrival in Kathmandu we are met and transferred back to our hotel in Kathmandu. Overnight at Hotel.

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 2 Night Kathmandu hotel accommodation with B/B plan.
- Kathmandu-Lukla-Kathmandu domestic Air Tickets
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners).**
- Lodges/Guesthouses accommodation during the 10 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS for trekking.
- Food, accommodation, salary, insurance, and medicine for all staff.
- All our government taxes, vat, tourist service charges.
- Official expenses.
- farewell Dinner.

Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Travel insurance covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on ‘Price Includes’ section.

Trip Map



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