



Everest Base Camp- 12-day Route

TRIP ITINERARY

Hike to the doorstep of the world’s highest mountain, which is arguably the highlight of any journey to Mt. Everest, trekking in Nepal. This Everest Base Camp trek takes even the most novice climber on a strenuous but friendly exploration of Nepal’s magical Khumbu region, allowing for close-up views of dozens of Himalayan Giants without the dangers and technical requirements of an actual summit. Sleeping mainly in tea houses along the path, ease into the vibrant Sherpa culture, pose alongside friendly herds of yaks, breathe in the spring aromas of hedgerows and Rhododendrons bursting to life, and run your fingertips through the rush of glacial water as you approach that most illustrious of giants, Mt. Everest.





Schedule

DAY 1

Arrive Kathmandu

Welcome to Kathmandu! Upon arrival in Kathmandu's Tribhuvan International Airport, you will be met by our Nepalese representatives, who will transport you to your hotel. You are free to explore picturesque downtown Kathmandu..

DAY 2

Full Day Sightseeing Tour of Kathmandu

This will be a full day of sightseeing with a tour of Pashupatinath temple and Boudhanath Stupa. For 2,000 years, Kathmandu has been a center of trade, culture and religious life in Nepal. We will visit several of the city's best-known sites, starting with the Pashupatinath temple, a World Heritage Site,

which is the oldest Hindu temple in Kathmandu and one of the most sacred Hindu temples of Lord Shiva in the world. It is famous for its two-tiered golden roof and silver doors, as well as a richly ornamented pagoda, which houses the sacred Linga of Lord Shiva. Chronicles indicate its existence prior to 400 AD. Devotees can be seen taking ritual dips in the holy Bagmati River flowing next to the temple.

We will also visit the 5th Century Boudhanath stupa, the largest in the valley, known for its all-seeing eyes of Lord Buddha. The more than 50 Buddhist monasteries nearby have earned Boudhanath the nickname "Little Tibet." The ancient stupa is one of the largest in the world. The influx of large populations of refugees from Tibet has created an ethnic Tibetan culture inside of the city of Kathmandu. Hundreds of Buddhists spend their days praying at the various temples in the area.



DAY 3

Morning Flight to Lukla. Trek Lukla to Phakding

Elevation (ft) 9,383ft to 8,660ft

Flight Time 30 minutes

Distance 5.5mi

Hiking Time 4-5 hours

Our trek begins today with an early morning flight to the mountain town of Lukla, in the heart of the Khumbu region. The Dalai Lama named our route to Everest “the steps to Heaven,” and once in the Khumbu, we enter a place where the mountains reign supreme. After our arrival, we finish the day with the downhill trek to our night’s lodging in Phakding.

Tonight, and all nights on the trek, we stay at Nepalese “tea houses.” These are simple lodges often run by Sherpa families, which provide rooms, meals and a taste for local life. Bedrooms are not heated, so sleeping bags are required. You can bring your own or rent one in Kathmandu .

DAY 4

Phakding to Namche Bazaar

Elevation (ft) 8,660ft to 11,287ft

Distance 7.4mi

Hiking Time 5-6 hours

Today we continue north up the valley of the Dudh Kosi river to Namche Bazaar. Namche is an ancient market center now prospering as a tourist hub and a center of Sherpa culture. Despite its use as a generic term for porter, “Sherpa” refers to a distinct ethnic group originally from the mountains of eastern Nepal. Their reputation as mountain guides has made their name synonymous with the Himalaya and especially Mt. Everest.

DAY 5

Rest Day at Namche Bazaar

We spend this day in Namche for acclimatization. Before breakfast we can hike to a monument to the great Sherpa climber Tensing Norgay for great views of distant Mt. Everest and surrounding 8,000 meter peaks. In the afternoon we may visit neighboring villages, such as Syangboche or Khumjung, for a closer view of Sherpa life, or we may spend time browsing the many local shops in the colorful trading town of Namche Bazaar.

DAY 6

Namche to Tengboche

Elevation (ft) 11,287ft to 12,664ft

Distance 6mi

Hiking Time 6 hours

The day starts with the trail descending all the way down to the Dudh Khosi river, crossing at the village of Phunki Tenga. There, we will eat lunch before ascending the long, steep ridge to Tengboche, passing through Rhododendron and pine forests and enjoying the views of the snow-clad mountains. We stop for the night in Tengboche, where we will visit a Tibetan Buddhist monastery considered to be the largest monastery in the Khumbu region.

DAY 7

Tengboche to Dingboche or Pheriche

Elevation (ft) 12,664ft to 14,468ft/13,910ft

Distance 6mi

Hiking Time 4 hours

Depending on weather, we may spend this night at either Pheriche, a charming but sometimes chilly village at the foot of the Khumbu Glacier, or at slightly more sheltered Dingboche, around the



corner in the adjoining valley of the Imja Khola, but both at relatively the same elevation.

DAY 8

Rest Day at Dingboche or Pheriche

Another day spent resting to fully acclimatize, with options to explore either of these charming villages, visit a local medical clinic, or hike to a nearby gompa.

DAY 9

Dingboche/Pheriche to Lobuche

Elevation (ft) 14,268ft/13,910 to 16,110ft

Distance 12mi

Hiking Time 6 hours

After breakfast, and depending on whether we are in Dingboche or Pheriche, we climb uphill and traverse around a high ridge, or we ascend the alluvial plain of the river. Eventually crossing it in either event, we continue our route to Lobuche by ascending the terminal moraine of the Khumbu Glacier at the village of Dughla, and continue along the lateral moraine to our destination for the night, the high village of Lobuche .

DAY 10

Lobuche to Gorakshep/Optional Kala Patthar summit

Elevation (ft) 16,110ft to 16,860ft /to 18,519

Distance 3m/1mi

Hiking Time 3-4 hours/3-4 hours

A short but challenging day spent traversing the rocky shoulder of the Khumbu glacier. We will arrive in Gorak Shep by lunchtime having gained almost a thousand feet of elevation before Everest Base Camp. Optional afternoon summit of nearby Kala Patthar a somewhat taller peak that

allows you to see the top of Mt. Everest and all of its surrounding peaks.

DAY 11

Gorak Shep to Everest Base Camp to Pheriche/Dingboche

Elevation (ft) 16,860ft to 18,190ft to 13,910ft

Distance 11m

Hiking Time 7 - 8 hours

We start early again today, and the sun welcomes us to the top of the world with its world-famous views of Nuptse, Lotse, Pumori and the jumble of lesser peaks that surround us. At 18,190, this is the highest, and grandest point on our trek, and for those who have the energy, it is about a two hour walk from Gorak Shep to Everest Base Camp in each direction. Saturated with beauty, we return to Gorakshep for lunch. We continue our rapid



descent past the village of Loboche into the Imja Khola Valley, completing the long descent to Pheriche.

DAY 12

Pheriche to Tengboche

Elevation (ft) 13,910 ft to 12,664ft

Distance 6mi

Hiking Time 4 hours

We descend back below the tree line and pass a series of small villages. Our return to relative civilization and lower elevations continues today, but first we must climb back up the ridge to Tengboche.

DAY 13

Tengboche to Namche

Elevation (ft) 12,664ft to 11,287ft

Distance 6 miles

Hiking Time 5 hours

We head down again to the Dudh Kosi, then back up to Namche Bazaar. It's a roller coaster of a day, but ends once again in that colorful market town, and only one day from the end of our journey.

DAY 14

Namche to Lukla

Elevation (ft) 11,287 ft to 9,283ft

Distance 11mi

Hiking Time: 6 hours

Today will be a long but rewarding day as we return to Lukla via the Dudh Kosi valley. From this direction, the views will be entirely different,

though still rewarding. We descend back below the tree line today. Eventually we reach the large town of Lukla. We overnight in Lukla before our morning flight back to Kathmandu.

DAY 15

Fly Lukla to Kathmandu

Elevation (ft) 9,283ft to 4,593ft

Flight Time: 30 minutes

In the morning we fly to Kathmandu. You are free to roam the city, pick up souvenirs... or sleep!

DAY 16

Departure

You leave Nepal, taking your unforgettable memories with you.

