

# Everest Base Camp 15 days

## Detailed Itinerary

### Day 1: Arrival in Kathmandu

Upon arrival at Kathmandu International Airport, transfer to your hotel in Kathmandu or Bhaktapur. Depending on your arrival time, you may spend your free time visiting nearby sanctuaries or resting.

### Day 2: Trek preparations in Kathmandu

Today we will be finalizing your trek preparations and permits. There will be a half-day tour of World Heritage sites in Bhaktapur or Kathmandu, and time to shop for any last-minute items you might need for the trek. In the evening you will enjoy a traditional Nepali welcome dinner and a trek briefing with your guide.

### Day 3: Kathmandu to Phakding

Early in the morning, you will be picked up by your guide to go to Kathmandu airport, from where we will take the 35-minute flight to Lukla. At Lukla, we will meet with our porters and head north to Chablung (2,700 m). Here we will cross the Tharo Koshi river on a local-style suspension bridge.

Just past the bridge, we can see the peak of Kusum Kangru (6,367 m), which is the most difficult of the so-called “trekking peaks”. Beyond the Tharo Koshi, the trail climbs a bit towards Ghat (2,590 m), where we will cross a ridge marked with painted Mani stones and then cross a bridge over the Dudh Koshi river to our overnight lodge in Phakding (3 hours).

### Day 4: Phakding to Namche Bazaar

From Phakding, we follow the valley of the Dudh Koshi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2,710 m). In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2,840 m).

Just beyond Monjo, the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect an 1148 sq. km area surrounding Mt. Everest. Beyond the national park entrance

station, the trail makes a steep, rocky descent and crosses the Dhudh Koshi river on a 120-meter-long suspension bridge towards Jorsale (2,830 m).

After crossing this river a few times, we make a long, steep ascent up to Namche Bazaar (3,420 m). Namche Bazaar is the main trading center in this region and features numerous shops, hotels, and restaurants. (6 hrs).

#### Day 5: Acclimatisation in Namche Bazaar

Acclimatization is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Syangboche airstrip (3,790 m), from where we will slowly ascend towards Khunde passing numerous Chorten (stone Buddhist monuments).

From Khunde, we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of Khumbila, a sacred peak. After enjoying lunch here, we will follow a steep switchbacking trail descending to Chhorkung (3,540 m). It's a quick descent back to Namche Bazaar (5 hours) from here.

#### Day 6: Namche to Tengboche/Deboche

Our route today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of Mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek.

We pass the small settlement of Sanasa, from where the trail drops towards Phunki Thanga (3,250 m). From here the trail climbs steeply through forests and around Mani stones as it follows the side of a hill to the saddle on which the Tengboche monastery is located at 3,870 meters.

The view from here is rightly deemed to be one of the world's most magnificent. Kwangde (6,187 m), Tawachee (6,542 m), Everest, Nuptse, Lhotse (8,501 m), Ama Dablam, Kantega, and Thamserku provide an inspiring panorama of Himalayan giants.

From Tengboche, we end our day by descending for about 30 minutes through forests of birches, conifers, and rhododendrons to the village of Deboche, where we will spend the night at an idyllic Sherpa lodge. (5hrs).

### Day 7: Deboche to Dingboche

From here, the level trail passes many Mani walls in a deep rhododendron forest. We will climb past some magnificently carved Mani stones on our way to Pangboche (3,860 m) after crossing the Imja Khola (river). This is the highest year-round settlement in the valley, and the Pangboche gompa is the oldest in Khumbu and contains relics that are said to be the skull of a yeti.

Beyond Pangboche, the route enters alpine meadows above the tree line, mostly consisting of scrub juniper and tundra. We will cross the Khumbu Khola river, then head northwest toward the Chukung Valley, and arrive in Dingboche at the foot of the valley (4:30 hrs).

### Day 8: Acclimatization day in Dingboche

To help ensure our proper acclimatization before ascending further up to EBC, we will spend another day in Dingboche. A good way to spend the day is to hike up to the small summer settlement of Chhukung, where we can briefly experience higher altitudes at 4,730 m.

From here, we have tremendous views of Island Peak (6,189 m), the south face of Lhotse, and the south-eastern face of Ama Dablam. After taking in the scenery here, we return to Dingboche for the night (4 hours).

### Day 9: Dingboche to Lobuche

From Dingboche, the trail goes directly up a ridge overlooking the deep valley and the village of Periche. After a steep climb from Dulgha, where we can stop for tea, we reach the memorial area known as Chukpilhara, which was built in memory of six Sherpas who died in an avalanche during the 1970 Japanese ski expedition on Everest.

From here, the trail drops a bit and follows the western side of the valley to Lobuche, a summer settlement at 4,930 meters that has become a major trekking stop. The sunset over Nuptse, seen from here, is a memorable sight. (5 hrs)

### Day 10: Lobuche to Gorak Shep and Everest Base Camp

Today, we will follow the western side of the broad Khumbu valley and ascend gently through meadows beside the glacial moraine. The ascent becomes steeper and rougher as it crosses several side moraines.

After rounding a bend in the trail, the conical peak of Pumori comes into view. On the lower slopes of this mountain, a ridge extending to the south terminates in a small peak, known as Kala Pattar (5,545 m), meaning "black rock."

The trail then makes a short descent onto the sandy, flat expanse of Gorak Shep. From here, we will continue to the current Everest base camp, which is about a 4-hour return walk from Gorak Shep. We will return to this small settlement after our visit to the base camp (6 hours).

#### Day 11: Gorak Shep to Periche

We will start our day very early by climbing the Kala Pattar (5,545 m) for a spectacular dawn view of the classic Himalayan peaks. This is a steep ascent up the grassy slopes west of Gorak Shep.

From Kala Pattar, the entire Everest south face is visible, as are Lho La (the pass between Nepal and Tibet, also named the Western Cwm), Changtse (the northern peak of Everest), and most of the West Ridge route. We return to Gorak Shep and continue to descend to Lobuche and Periche, which we trekked above on our way up to EBC (6 hrs).

#### Day 12: Periche to Namche

The route from Periche descends the Imja valley, crosses the Khumbu Khola on a wooden bridge, and climbs to rejoin the upward trail at some stone huts. Following the trail downhill from here, we will arrive in Tengboche for lunch (5 hours). From Tengboche, we retrace our steps down to the Dudh Kosi River before ascending back up to Namche (7 hrs).

#### Day 13: Namche to Lukla

Today, we will trek down toward Monjo and hike along the river before ascending up to the entrance of the Sagarmatha National Park. There, we will have our trekking documents checked. It's a fairly long trekking day. But it is mostly downhill and flat until a final one-hour moderate climb up to Lukla. You will confirm our flight tickets for the next day and spend the night (5 hrs.).

#### Day 14: Lukla to Kathmandu

The 35-minute flight from Lukla will bring us back to Kathmandu. Since the flight usually arrives in the morning, you should have plenty of free time for sightseeing or shopping in Kathmandu.

Day 15: Departure

Transfer to the airport for your international departure flight or continue to your next destination in Nepal.