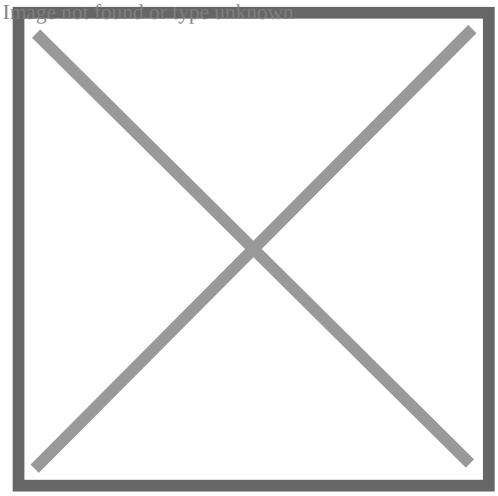

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Everest Base Camp Trek with Kala Pathar

The provided itinerary is only for your reference and is subjected to change as per your requirements.

Day 01 **Arrive Kathmandu**

Arrival in Kathmandu Tribhuwan International Airport. Our representative will greet and assist you at airport . Then transfer you to hotel. Check- in hotel with rest and trek briefing followed. Overnight at hotel.

Day 02 **Flight to Lukla / Trek to Phading (2600 m)**

Early morning 2 am drive to Manthali domestic airport at Rammachhap district . Flight to Lukla the gateway to Everest begins from here .These days due to air traffic problem in Kathmandu domestic airport, flights have been taken from Manthali domestic airport. Board a scenic flight about 25-30 minutes to reach Lukla airport. Meet local Sherpa potter and after collection of luggage , begin your trail crossing the Dudh Koshi valley . Step up gently around 4 hours to reach destination of first day at Phakding. Rest and overnight at teahouse.

Day 03 **Phakding - Namche Bazzar (3,440 m):**

Today after breakfast **,** start the trial that leads through a beautiful pine forest, along Dudh Koshi River crossing many suspension bridges via Sherpa villages Benkar, Chimoa, Monjo and Jorsole a national park permit check point with the tranquility view of glistering Mt. Thamserku (6,618 m) .Trail continues crossing high Tenzing- Hilary suspension bridge. About 6 hours ascend finally, reach a prosperous trading and administrative village - Namche Bazar. Overnight

in Namche Bazar teahouse.

Day 04 **Namche Bazzar: Acclimatization day**

Today is Acclimatization day. In order to be fit and suitable with altitude and surrounding today after breakfast stroll around to Syangboche airport 3720m, 2nd highest altitude airport in the world . Visit Khumjung village 3840m and Sherpa Museum ,where you can get to see first glimpse of Everest peak . Later back to teahouse and overnight.

Day 05 **Namche Bazzar - Tengboche (3,870m)**

After breakfast, start trail leads moderately flat with superb view of Mount Nuptse, Lhotse, Ama Dablam and close up view of Thamserku . Cross suspension bridge over Dudh Koshi River a steep climb through pine and juniper forest, walk about 4 hours to reach Tengboche. The famous Tengoche Gompa (Tengboche Monastery) with the background view of Ama Dablam and many peaks. Rest and overnight in teahouse.

Day 06 **Tengboche - Dingboche (4,360 m)**

Today, early breakfast and ascends trail slowly as altitude gradually increasing . Crossing bridge over Imja Khola to Pangboche village about 4 hours with the towering close view of Mt. Ama Dablam . Keep the trail up hill to reach last part of the day to Dingboche village about next 2 hours - the last Sherpa settlement with the beautiful terraced field enclosed by stone wall . Overnight in teahouse.

Day 07 **Dingboche: Acclimatization day**

This is another scheduled rest day for acclimitize. Get your body fit with higher altitude and surroundings. An enjoyable 3-4 hrs , 400m climb to Nangkartshang Gompa, on the ridge north of Dingboche village can be the best choice. This vintage point offers view of Mt. Makalu (8,463m) to the east, Mt. Ama Dablam and valley floor. Return back to Dingboche teahouse and overnight .

Day 08 **Dingboche – Lobuche (4,940 m):**

After breakfast, trail climbs to ridge of Khumbu Glacier about 3 hour. Passing by you can view the memorial built stone of lost Mounatain climbers and Sherpas, including Scott Fischer who died in the 1996, Everest disaster. This place has awesome view of Mt. Khumbutse (6623m), Pumori (7145 m) and Mahalangur Himal.Everest is hidden behind the towering wall of Nuptse and Lhotse. Follow the trial about an hour to reach Lobuche. Overnight in teahouse.

Day 09 **Lobuche - Gorak Shep (5,160 m) / Everest Base Camp (5,364 m)**

Today is the main day. With early breakfast , our trek follows windy and rocky path with crest of north ridge to Everest along with Mt. Pumori, Mahalangur, Nuptse etc. Trail continues along side of Khumbu Glacier to Gorakshep about 4 hours. Check in to teahouse .Take Lunch and ascend trail to Everest Base Camp about 2 hours.

Hurray !!! The dream to step in Everest Base Camp is succeed !!!

From here you can witness the fantastic view of Khumbu Icefall , 360 degree of panaromic range view and colorful tent camp site of Everest expedition during expedition season. Everest

peak is just hidden behid the west shoulder of Everest and in between Mt. Nuptse . After enjoy your time.trek back to Gorakshep about 2 hours , rest at teahouse and overnight.

Day 10 **Kala Patthar (5,545 m) / Pheriche (4,280 m)**

A very early morning climb of 2 hours up hill to Kala Patthar fore the magnificient sunrise view over Himalayan range and Everest peak . This day is also a memerising for the life time moment . Spent 15-20 minutes at top with 360 degree view of ranges and descend back to Gorak Shep for breakfast. Later descend the trial to Pheriche village for overnight .

Day 11 **Pheriche – Namche Bazzar (3,440 m)**

Today's trail gradually descends to Deboche passing through rhododendron forest to village of Tengboche monastery and great views in all directions. Cross the Imja Khola and led the path back to Namche Bazzar about long descend of 7-8 hours. Overnight in Namche Bazzar

Day 12 **Namche Bazzar – Lukla (2,642 m)**

From Namche, the trail descends to more comfortable altitudes, passing through the friendly farming villages of Jorsale (where we exit the National Park), Monjo, Phakding, then crosses the suspension bridge at Thado Koshi before rising to Ghat and Cheplung. Round off the adventure with the final 700m, 35min ascent to Lukla and say goodbye to your porter. Overnight in Lukla.

Day 13 **Lukla – Manthali / Drive to Kathmandu (1,300m)**

After an early breakfast, take the return flight back to Manthali, Ramachhep . Then drive back to Kathmandu about 4 hours. Check-in hotel and rest. Overnight at hotel .

Day 14 **Free day**

Breakfast and rest day leisure / shopping . Evening transfer to Typical Nepalese restaurant for Nepali cuisine dinner with cultural dance performance show. Back to hotel and overnight .

Day 15 **Departure**

After breakfast, timely transfer to Kathmandu Tribhuwan Int'l. Airport for your onward destination.