Itinerary

16 Day Everest Base Camp Trek

***IMPORTANT NOTE: Any extra nights, optional tours or other amendments, will not be visible on this itinerary.**

DAY 1: Kathmandu Arrival

Begin this incredible Everest Base Camp trek with your arrival into Kathmandu airport. You will be met and assisted at the airport by a tour representative and transferred to your hotel for the night. The rest of the day is at your own leisure.
MEALS: Nil

OVERNIGHT (3 STAR OPTION): Samsara Resort, Kathmandu

OVERNIGHT (4 STAR OPTION): Woodland Hotel, Kathmandu

DAY 2: Pre-Trek Meeting & Kathmandu Valley Tour

After breakfast you will have a pre-trek briefing and meet your guides for the trip. Then, set off for full day of sightseeing in Kathmandu valley. The tour includes; the Hindu temple complex at Pashupatinath (a UNESCO world heritage site); the biggest Buddhist Stupa at Boudhanath, Monkey Temple the Shyambhunath (2000 years old temple) and visit Patan city of fine arts. In the afternoon you will have the opportunity to buy or rent any trekking gear you require.
MEALS: Breakfast

OVERNIGHT (3 STAR OPTION): Samsara Resort, Kathmandu

OVERNIGHT (4 STAR OPTION): Woodland Hotel, Kathmandu

DAY 3: Kathmandu ~ Lukla (2886m) ~ Phakding (2610m)

Our early morning scenic flight to the small mountain airport Lukla, the most renowned mountain airstrip in the world! On the flight we watch the rugged foothills give way to the snowline of the Himalaya; many of the world’s highest mountains, including Kanchenjunga, Lhotse and Makalu (the world’s 3rd, 4th, and 5th highest respectively) may sometimes be seen from the window of the plane. Once we are in Lukla you will meet your porters and begin today's trekking. Surprisingly, this high-altitude trek begins by descending to the river at Phakding where we stay for the night.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Phakding

TREKKING: 3.5 hours

DAY 4: Phakding ~ Namche Bazaar (3440m)

We continue our trekking following the Dudh Koshi River and crossing it many times and we enter to the park in Jorsale and we will stop there for lunch and again we continue the trekking. At about half-way up the hill, a gap in the trees allow us a cheeky glimpse of Mount Everest for the first time. If the weather is clear the top, the South-West face will be just visible behind the long Lhotse-Nuptse ridge. A plume can often be seen stretching away from the very summit. After few hours walking Namche Bazar will appear ahead as you travel along the path surrounded by pines. Pass the plateau where the Saturday bazaar is held and enter the village. Namche Bazar (3440m) is surrounded on three sides by mountain ranges and opens out only where it faces the Duch koshi Koshi. The village is a central hub of the area and food, sundrie and even mountain climbing equipment may be purchased here. Mt. Thamserku (6648m), Mt. Kwangde Ri (6187m) and Mt. Khumbila (5707m) surround the natural bowl that Namche sits in. Overnight at Lodge.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Namche

TREKKING: 6 hours

DAY 5: Namche Bazzar Rest Day

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Tyangboche. For the acclimatization we walk up to Khhumjung village through Everest view Hotel in Syangbuche and you will see the beautiful view of the Himalayas including Mt.Everest . Khhumjung is densely populated by Sherpa community and there is an old monastery as well so, we will visit that as well, and then Return to Namche, Overnight at Lodge.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Namche

DAY 6: Namche Bazaar ~ Tyangboche (3,867m)

We start our trekking with the ridge and level mountain path that offers an excellent panorama of Thamserku, Kantega, and Kusum Kangrib, after walking few hours on flat Zigzag we descend to the river and arrive at Phunki Tenga. Then we climb through Rhododendron forest to the Tengbuche, Overnight at lodge.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Tyangboche

TREKKING: 5 hours

DAY 7: Tyangboche ~ Dingboche (4,260m)

We start our trekking with descending through Rhododendron forest to the Imja Khola and cross exciting suspension bridge on the Imja Khola and walk passing by a long Mani stone wall to enter the village of Pangboche. Our route continues through summer pastures to Dingboche.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Dingboche

TREKKING: 5 hours

DAY 8: Dingboche Rest Day

Today is the remarkable acclimatisation day. There are some breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak. The walk is short with a good chance to relax in the afternoon. You have another option as you can hike up to Chhukum. From where, you can enjoy the panoramic view of Island peak, Ama Dablaml, Makalu, Tawoche peak and others.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Dingboche

DAY 9: Dingboche ~ Lobuche (4,930m)

The onward Himalayan journey leads us north for up to 50-minutes until we come to a mani-prayer Stupa then The trail is gentle looking down to Pheriche village below. Today's walk offers views of the Mt.Tawache, Ama Dablam and to the north-Pokalde (5741m) Kongma-tse (5820m) and the great wall of Nuptse. After two hours of walking, the trail from Pheriche joins near Dugla (4595m) before a small wooden bridge over the river of Khumbu glacier. Then continue for an hour up a steep hill to the top, where there are views of Mt. Pumori and other peaks west of Everest. After a short break, continue trekking up to Lobuche.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Lobuche

TREKKING: 5 hours

DAY 10: EVEREST BASE CAMP! (5,300m)

We start our trekking following the rocky moraine path, view icy glacial pond and icebergs down below of Khumbu glacier. After the last rocky moraine dunes, a short downhill walk brings you to Gorakshep, where we will stop for lunch and we leave all our stuff there at lodge as this is the last place where there are lodge available – then we start our Himalayan journey to the Everest Base camp - WOW !!! Congratulations!!! Your dreams come true now, after spending some time at Base Camp then we return to Gorekshep.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Gorak Shep

TREKKING: 6-7 hours

DAY 11: Gorakshep ~ Kala Patthar (5,545m) ~ Pheriche (4,243m)

Quite an early morning, we climb to Kala Patthar (5545m.) and enjoy the view of sunrise. From Kala Patthar we can have a panoramic view of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku and many more, after seeing the sunrise, we trek down to Gorekshep and have lunch and start trekking down to Pheriche, Overnight at lodge.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Pheriche

TREKKING: 7 hours

DAY 12: Periche ~ Namche Bazaar (3,441m)

We walk back to Namche, one of the beautiful Sherpa villages to spent overnight. An easier descent passing through rhododendron forest.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Namche

TREKKING: 6 hours

DAY 13: Namche ~ Lukla (2886m)

Today is the last day of your trekking, The trekking is pleasant, except for few short uphill climbs and then down to the Bhote-Koshi River crossing it three times. The last uphill climb of 45 minutes will bring you to Lukla.
MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Lukla

TREKKING: 6 hours

DAY 14: Lukla ~ Kathmandu

Fly from Lukla to Kathmandu. We will take an early morning flight back to Kathmandu.
MEALS: Breakfast

OVERNIGHT (3 STAR OPTION): Samsara Resort, Kathmandu

OVERNIGHT (4 STAR OPTION): Woodland Hotel, Kathmandu

DAY 15: Kathmandu Free Day

Free final day in Kathmandu. It's also spare day in case of bad weather in Lukla. Enjoy a farewell dinner in Kathmandu, overnight at hotel.
MEALS: Breakfast, Dinner

OVERNIGHT (3 STAR OPTION): Samsara Resort, Kathmandu

OVERNIGHT (4 STAR OPTION): Woodland Hotel, Kathmandu

DAY 16: End of Tour

After breakfast and check out you will be transferred to the airport for your return flight home after a memorable trip of a lifetime to Everest Base Camp!
MEALS: Breakfast