

# Everest Base Camp Trekking

## Detail Itinerary

**Day 01:** Arrive Kathmandu. Meet assist and transfer to hotel. Overnight at hotel.

**Day 02:** AM – Half day sightseeing tour of Pashupatinath and Boudhanath  
PM – Half day sightseeing tour Kathmandu city and Soyambhunath.

**Day 03:** Transfer to airport, fly Kathmandu / Lukla and to Phakding (2640m) approx 3 hrs walk.

It takes approximately 45 minutes to fly from Kathmandu to Lukla, the trek starting point. First, pass through the cluster of lodges, bhattis (local bar), and souvenir shops at the end of the airstrip. From the edge of the village you will see the typical scenery of a mountain village with terraced fields and houses of piled stones. Down below to the left is Chaumrikharka village with farm fields and houses scattered in the fields. In the back of the village, the Dudh Kosi, which the Sherpas worship as the “sacred river,” runs deep in the V-shaped valley. You are going to climb along this river in order to go to Namche Bazaar. Mt Everest Base Camp is also situated at the head of this river.

The course will go down on the mountain flank. When it meets the old road from Chaumrikharka, Chapling will soon be reached. There are lodges here and there along the level path on the flank. Trek further down the flank, and you will come to Kusum Khola, the tributary. Far up the valley, you will see the soaring Kusum Kanguru West Peak (5,579 meters). After reaching the end of the ridge, you can easily trek down to Ghat, where there are three or four lodges. Go through the village and pass by a large mani stone, near which you will find a pass-like section. Cross over it, continue trekking on the flank, and you will notice that the Dudh Kosi below is getting closer to your left. You will soon reach Phakding(2,640 m) which has six or seven lodges. Overnight at guesthouse/lodge

**Day 04:** Trek Phakding / Namche Bazaar (3440 m.) approx 5 hrs walk.

From Phakding, trek through the pine and cedar woods, cross the Gatte Khola flowing from the left, climb up on the plateau, and you are in Tokto which has 5 or 6 bhattis. The course goes further into the woods and leads you to a lodge. You are still in Tokto. Continue through woods, overlooking the Dudh Kosi on your right, and Thamskeru (6,623m) will become visible shining white far in the valley. Follow the path on the sunny mountain flank, cross a small ridge, and you will reach Benkar which has about ten houses. Go through the village and cross over the suspension bridge to the left bank. The path will enter the woods and after a little climbing you will see a lodge. If you cross the stream, you will soon be in the village of Chumoa. Continue on a little further, and you will reach Monjo. There is a check post at the village entrance, where they will check your trekking permit.

The path will go down to the bank of the Dudh Kosi and cross over a suspension bridge. You will soon come to Jorsale with four or five lodges. After passing through the village, you will cross another suspension bridge back to the left bank. The path will lead from the river bank to the mountain flank covered with woods. Cross the suspension bridge over the Dudh Kosi. Below, to your left, the tributary Bhote Kosi joins in. It came from the border pass Nangpa La(5,716m) via Thame. From here starts a 600 m climb to Namche Bazaar. Zigzag up the mountain flank and you will reach Todhara, the ridge with a bhatti. You have finished half of the climb and you can see Everest for the first time in this course. The last half of the climb will go through the conifer woods. Shortly after you start seeing the mountains of Rolwaling Himal, some white-walled houses will come into

sight. You have reached Namche Bazaar. Overnight at guesthouse/lodge

**Day 05: Rest at Namche Bazaar**

Namche Bazaar is the central village of the Sherpas in the Khumbu region. It is situated on a horseshoe-shaped flank and is crowded with about 100 buildings including lodges, bhattis, stores, and banks as well as a magnificent outlook. There is a plateau on the right side of the village entrance, where they have a bazaar every Saturday. It is thronged with people especially in the morning. It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Tyangboche. For the acclimatization you walk up to Khunde Hospital which was set-up by Sir Edmund Hillary, or a one hour walk up to the Syangboche (3800m.) where Everest View Hotel is situated for the outstanding view of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. There are also good views from the National Park Centre and Museum just above the town. Overnight at guesthouse/lodge

**Day 06: Trek Namche Bazaar / Tyangboche (3867 m.) approx. 4 hrs walk**

We will first go down about 250 meters to the Dudh Kosi bank and climb up about 670 meters. It is tiring and you may start showing symptoms of altitude sickness. You are advised to pay attention to your physical condition and to be cautious about your actions.

First, climb the east flank of Namche Bazaar, and you will come to Chokang. On the way, there is a check post where they will check your trekking permit. This procedure can be done a day before. The Dudh Kosi is far down below to your right and you will see Thamserku, Kantega (6,799 meters), Ama Dablam (6,812m), Lhotse, and Everest in front of you. This spot is overwhelmingly beautiful.

The path on the flank meanders down towards the valley. The Hotel Everest View can be seen on the hill above. Stay on the path for a while enjoying the view of Everest and other mountains, enter the rhododendron forest, and you will soon come to Sanarsa, where the path forks into three. The left fork will lead to Khumjung, Khumde, and the Hotel Everest View. The center one that climbs the steep flank goes to Gokyo via Moun La (4,140m). Take the right one to Mt. Everest Base Camp.

From the front of the lodge in Sanarsa, trek down the mountain flank, pass Trashinga into the woods, and you will be on the shores of Kudh Kosi. Cross the suspension bridge to Phunki Tenga(3,190m) .

The path to Tengboche will first climb up a steep slope in the woods. Once you are on the sunny mountain flank, the slope becomes gentler. Follow the path on the right side flank of the ridge, go up on the plateau, and you will reach Tengboche (3,867m) with a Gompa (Monastery). Every year in October, on full moon day, Mani Rimdu festival, with Tibetan Buddhist dance-drama of 14 scenes, is held in this Tengboche Gompa. Overnight at guesthouse/lodge

**Day 07: Trek Tyangboche / Pheriche (4243m) approx. 5 hrs walk**

From the northern end of Tengboche plateau surrounded by rhododendrons, trek down the stone steps, and you will come to Dewoche. It is a village of nuns and has an atmosphere of a garden surrounded by cedars. The path from the upper and the lower villages of Pangboche meet at the edge of Pangboche. If you climb up along the Imja Khola, you will come to the kharka in Shomare. Further ahead, there will be a place where a part of the flank is collapsed. Before long, you will come to Orsho which has a house on top of the hill and, after about 15 minute trekking on the hill, you will arrive at the kharka in Tsuro. The path forks into two. The fork that goes straight along the river is the sub-course B-2 leading to Chukung via Dingboche. In order to go to Pheriche, climb up the left side flank onto the pass. In the wide valley ahead, you will see a kharka with a stone wall around it. Trek down to the stream, cross it, and you will reach Pheriche (4,215m). Overnight at guesthouse/lodge

**Day 08:** Rest day at Pheriche for acclimatization. Overnight at guesthouse/lodge

**Day 09:** Trek Pheriche / Lobuche (4930 m.) approx 5 hrs walk

From the sandy place in front of the lodge, trek further into the valley. The path will remain level for a while. After passing the kharka in Phulong Karpo, the valley turns to the right and the course, too, accordingly. As you go up the valley, you will come to a point where the valley branches off to the left. The path along this branch valley passes through the glacier lake Tshola Tso, crosses over Tshola La (5,420m), and leads to Gokyo. It is a hard course. To go to your destination Lobuche, climb the mountain flank. The path will meet another that comes from the right side. It is a trail from Dingboche. Ahead of this point, cross the stream flowing from the Khumbu Glacier and you are in Tukla.

What you see up ahead is the end moraine of the Khumbu Glacier. The steep ascent of about 250m from here is very tough for everyone. Zigzag up the slope with all your strength and you will be standing on the pass, from where you will see ahead of you many tombstones of those who lost their life there. Now, go through the gully of the glacier on your right. Cross the stream in the ablation valley, climb along the stream, and you will reach Lobuche (4,930m), looking straight up at Nuptse. Overnight at guesthouse/lodge

**Day 10:** Trek Lobuche / Kalapather (5545 m.) / Gorak Shep approx 8 hrs walk

It is only a half-day journey from Lobuche to Gorakshep but it is hard trekking due to the high elevation of 5,545m. First trek along the stream in the ablation valley, and Pumo Ri (7,161m) will become visible in front of you. From its summit, a snow ridge is stretching towards you and changes into a dark brown hill. That is Kalapather, a lookout point at 5,545m. If you turn around, you will see Tawetse (6,501m) and Cholatse(6,440m), shining their snow-clad peaks beyond the hills.

The path will soon start climbing up the side moraine of the Changri Glacier. The climb up to the top of the moraine, covering the height of about 150m, is very hard, but the rest is just to cross the Changri Glacier that joins the Khumbu Glacier. When you reach the opposite side of the glacier, you will overlook the Gorakshep glacier lake and three lodges with wide barren sand in the front. Trek down the slope of scree for about 10 minutes and you will find yourself in front of the lodges. If you have strength left, climb up to Kalapatthar in the afternoon. It takes about one hour and a half. You can enjoy a 350 degree view and Mt. Everest at dusk, which is beautiful beyond description. It is not an exaggeration to say that the main purpose of taking this course is to fully enjoy the view from Kala Patthar. Overnight at guesthouse/lodge

**Day 11:** Trek Gorak Shep / Everest Base Camp / Lobuche (4930 m.) approx 6 hrs walk.

Today's journey is a round trip to Mt. Everest Base Camp pass by the glacier lake, which supplies water for Gorakshep. Go through the side moraine, and trek down to the central part of the Khumbu Glacier. Where you stand is covered with rocks, soil and sand and you do not feel like you are walking on a glacier. As you follow the course, repeating small ascents and descents, you will start trekking through glacier tables with a cluster of ice spires on your left. You will now realize that you are in the midst of glacier.

Before long, you will pass by another group of ice spires, this time on your right. Continue climbing towards the end of these ice spires, and you will reach Mt. Everest B.C. which looks desolate surrounded by ice, snow and rock faces. South Col (7,986m) and the icefalls of the Western Cwn can be seen from this place. Many climbing parties use this base camp to climb Mt. Everest. The place is often full of tents and presents a unique atmosphere. The summit of Everest cannot be seen from this base camp. You are advised not to stay here a long time to avoid getting altitude sickness.

It takes about two hours to go down from the base camp to Gorakshep. If time allows, trek further down to Lobuche, which is about one hour and a half further away.

**Day 12:** Trek Lobuche / Dingboche (4260 m.) approx 4 hrs walk.

From Lobuche retrace your steps back down to Thuklha, then go straight up the hill from the bridge to reach an upper trail, staying high above the valley floor past the yak pastures at Dusa to a chorten at the head of the Imja valley. From here the views of the Island Peak is great and the Makalu is in a distance. The trail continues descending lower in the valley through little stone huts leading to a village of Dingboche. There are few houses and lodges in Dingboche. The mountain scenery is outstanding.

**Day 13:** Trek Dingboche / Phortse approx 6 hrs walk.

The walk today will be easy heading downhill to a lower elevation to Pangboche and from where the path split to Phortse village with a pleasant walk. 2 hrs walk to get a beautiful village to Phortse which is quite out of touristic areas but can be found some lodges with beneath the towering majestic beautiful peak Ama Dablam, Mt. Lhotse and Lhotse Shar towards north east and more peaks all around you. Machharmo & Kyajo Ri peak can be seen beautifully from this village and the best Himalayan wildlifes can be seen from your hotel windows as Pheasant, Musk deer and Thar. We overnight at teahouse

**Day 14:** Trek Phortse / Namche approx 6 hrs walk.

We descend through mountain forest back to the rushing Dudh Kosi River. From the pretty crossing point, we climb to a chorten with wonderful views across the valley to Phortse, Tyangboche and the surrounding mountains. We then turn south to Namche, our stop for the night.

**Day 15:** Trek Namche / Lukla. approx 7 hrs walk.

From Namche we trek back to Lukla the same way down.

**Day 16:** Fly back to Kathmandu. Arrive Kathmandu and transfer to Hotel. Rest of the day free. Evening Nepalese cultural program followed by farewell dinner. Overnight at hotel.

**Day 17:** Transfer to airport for departure flight.