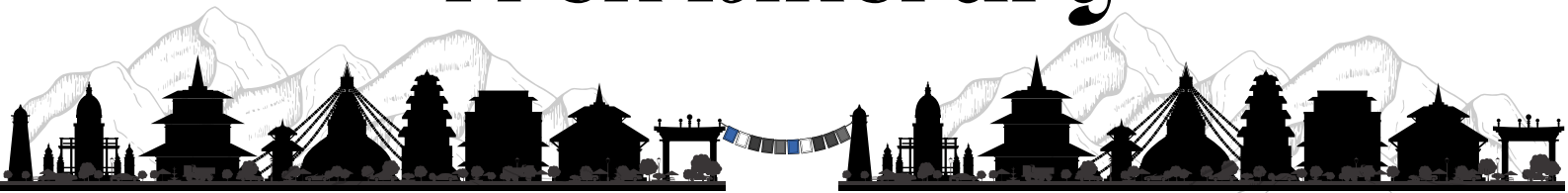


Everest Base Camp Trek Itinerary



Day 1



Day 1: Kathmandu (1,400m) → Lukla (2,840m) → Phakding (2,610m)

- Flight + Trek | Distance: ~8 km | Hiking Time: 3–4 hrs
- Overnight: Phakding
- Begin your adventure with a scenic mountain flight to Lukla, one of the world's most thrilling airstrips. After meeting your guide and porter, set off on a gentle descent along the Dudh Koshi River. Pass chortens and prayer wheels as you walk through pine forests and small Sherpa settlements before reaching the riverside village of Phakding.

Day 2: Phakding → Namche Bazaar (3,440m)

- Distance: ~10–11 km | Hiking Time: 6–7 hrs
- Overnight: Namche Bazaar
- Follow the Dudh Koshi upstream, crossing iconic suspension bridges including the famous Hillary Bridge. Enter Sagarmatha National Park and ascend steadily through pine forests. The final stretch is a challenging uphill climb, but you're rewarded with your first views of Everest before arriving at bustling Namche Bazaar.



Day 2





Day 3



Day 3: Acclimatization in Namche Bazaar

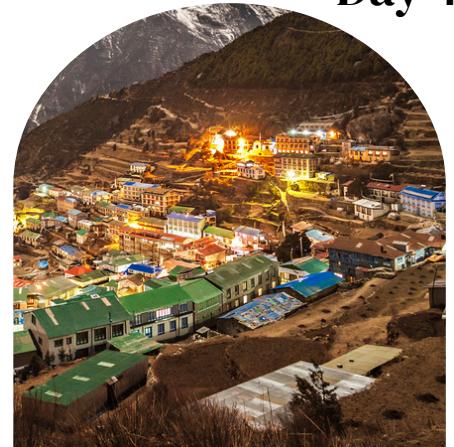
- Acclimatization Hike: Everest View Hotel (3,880m) or Khumjung Village
- Hiking Time: 3–4 hrs
- Overnight: Namche Bazaar
- Spend the day acclimatizing with a hike to the Everest View Hotel or nearby Khumjung village. Enjoy panoramic views of Ama Dablam, Thamserku, and Everest in the distance. Explore Namche's cafes, bakeries, and Sherpa museum before resting up for higher elevations.

Day 4: Namche Bazaar → Tengboche (3,860m)

- Distance: ~10 km | Hiking Time: 5–6 hrs
- Overnight: Tengboche
- Traverse ridgelines and descend through forests filled with rhododendron and juniper. Cross the Dudh Koshi again and make a steep climb to the spiritual heart of the Khumbu: Tengboche Monastery. With views of Everest, Lhotse, and Ama Dablam, this peaceful spot offers a perfect setting for evening prayers.



Day 4



Day 5



Day 5: Tengboche → Dingboche (4,410m)

- Distance: ~11 km | Hiking Time: 5–6 hrs
- Overnight: Dingboche
- Descend through pine forests to Debuche, then cross the Imja Khola on a wooden bridge. Climb gradually past mani walls and stupas as you enter the windswept, alpine valley. Dingboche, surrounded by stone-walled fields, offers dramatic views of Ama Dablam and Island Peak.





Day 6



Day 6: Acclimatization in Dingboche

- Acclimatization Hike: Nangkartshang Peak (5,100m)
- Hiking Time: 3–4 hrs
- Overnight: Dingboche
- To aid acclimatization, hike to Nangkartshang Peak, a rocky viewpoint with striking panoramas of Makalu, Lhotse, and the Imja Valley. Return to Dingboche for a relaxed afternoon, hydrating and resting ahead of the push to higher altitudes.

Day 7: Dingboche → Lobuche (4,940m)

- Distance: ~8–9 km | Hiking Time: 5–6 hrs
- Overnight: Lobuche
- The trail climbs gradually through alpine meadows before ascending the Thukla Pass, a moving memorial site honoring fallen climbers. Continue along glacial moraines beneath towering peaks to reach Lobuche, a small cluster of teahouses nestled below Nuptse.



Day 7



Day 8



Day 8: Lobuche → Gorakshep (5,164m) → Everest Base Camp (5,364m)

- Distance: ~12–13 km (round trip) | Hiking Time: 7–8 hrs
 - Overnight: Gorakshep
- Begin early along rocky glacial terrain to reach Gorakshep. After a short break, continue to Everest Base Camp, weaving through boulders and ice ridges. Stand at the foot of the Khumbu Icefall, surrounded by towering peaks. After photos and reflection, return to Gorakshep for the night.





Day 9



Day 9: Pheriche → Namche Bazaar (3,440m)

- Distance: ~15 km | Hiking Time: 6–7 hrs
- Overnight: Namche Bazaar
- Retrace your steps past Pangboche and Tengboche, with the trail now feeling easier as you descend. Cross suspension bridges and enjoy the warmth of thicker air and forests. Return to the comforts of Namche for a well-deserved rest.



Day 10

Day 10: Namche Bazaar → Lukla (2,840m)

- Distance: ~18 km | Hiking Time: 6–7 hrs
- Overnight: Lukla
- A long day of descent through forests and small settlements. Cross several suspension bridges as you follow the Dudh Koshi back to Lukla. Celebrate the end of your trek with your team in this lively mountain town.



Day 11



Day 11: Lukla → Kathmandu (1,400m)

- Flight | Duration: ~30 mins
- Fly back to Kathmandu early morning (weather permitting). Enjoy aerial views of the Himalayas one last time. Transfer to your hotel for a hot shower, a real bed, and some well-earned rest, or perhaps a celebratory meal in Thamel.





Day 12



Day 12: Kathmandu → Departure

- Upon landing in Kathmandu, you will transition to the international terminal for your flight back home or hotel, as per your preference. As you depart, we hope you carry with you more than just photos. Take the strength, stories, and spirit of the 8Mountains community with you.

Everest Base Camp: More Fun & Fascinating Facts

Q: Why is Everest Base Camp so famous?

Everest Base Camp is the starting point for climbers attempting Mount Everest, the world's tallest peak at 8,849 meters. Even for trekkers who don't climb, it's a bucket-list destination for its stunning Himalayan scenery and adventure.

Q: What wildlife can I spot along the trek?

The Sagarmatha (Everest) region is home to red pandas, Himalayan tahrs, musk deer, and over 100 bird species, including the beautiful Himalayan monal. Lucky trekkers may even spot elusive snow leopards at higher altitudes!

Q: What is the highest point on the trek?

The trek reaches Kala Patthar at 5,545 meters (18,192 ft), which is the best viewpoint for a close-up view of Everest's summit. The sunrise from here is legendary among trekkers and photographers.

Q: What cultural experiences can I expect?

The trek passes through Sherpa villages, where you'll see Buddhist monasteries, prayer flags, and mani stones. You'll experience Sherpa hospitality, taste local food, and learn about their traditions rooted in Tibetan Buddhism.

Q: How does the trek support local communities?

By staying in teahouses, hiring guides, or porters, trekkers directly support the local Sherpa economy. Trekking in this way promotes sustainable tourism, helping communities preserve their culture and environment.

