

Everest Base Camp & Kalapathar
Region: Everest/Khumbu
Total Number of Trekking Days: 20
Highest altitude: 5545 m. (18250 feet)

ITINERARY

Day 01: Arrival in Kathmandu, transfer to hotel, pre-trek briefing.
Day 02: Choice of Heritage Tour I/II, Welcome dinner
Day 03: Drive to Jiri
Day 04: Jiri to Bhandar
Day 05: Bhandar to Sagar
Day 06: Sagar to Junbesi
Day 07: Junbesi to Nuntala
Day 08: Nuntala to Khari Khola
Day 09: Khari Khola to Puiyan
Day 10: Puiyan to Phakding
Day 11: Phakding to Namché
Day 12: Full Day Acclimatization in Namché
Day 13: Namché Bazaar to Tengpoche
Day 14: Tengpoche to Dingboche or Pheriche
Day 15: Full Day Acclimatization in Dingboche/Pheriche
Day 16: Pheriche/Dingboche to Lobuje
Day 17: Lobuje to Kalapathar - Ghorekshep
Day 18: Gorak Shep to Everest Base Camp- Lobuje
Day 19: Lobuje to Pangboche
Day 20: Pangboche to Namché Bazaar
Day 21: Namché Bazaar to Lukla
Day 22: Fly from Lukla to Kathmandu
Day 23: Free day in Kathmandu
Day 24: Depart from Kathmandu

Departure Dates

- 20 March - 13 April
- 15 April - 09 May
- 10 Oct - 03 Nov
- 10 Nov -04 Dec

Level of Difficulty: Grade C/D