

## Mount Everest Base Camp Itinerary

<i>Day</i>	<i>Place</i>
Day:1/30 Mar	<a href="#">Arrival in Kathmandu</a>
Day:2/31 Mar	Sightseeing in Kathmandu
Day:3/1 Aprl	<a href="#">Fly to Lukla (2840m/11290ft)- trek to Monjo (26500m/8692ft)</a>
	<b>Total trekking time:</b> 5 hours 15 minutes + Rest time: 45-minute lunch in Phakding
	Trek through beautiful scenery, crossed suspension bridges, passed by yaks, and smelled the cherry blossoms and rhododendrons.
	<b>Note:</b> If you are flying to Lukla, it's not uncommon for your flight to be delayed or even cancelled. Be prepared to get a later start
	<b>Difficulty Level</b> - Today is easy, with mild uphill and downhill portions.
Day:4/2 Aprl	<a href="#">Trek to Namche bazaar (3440m/11290ft)</a>
	<b>Total trekking time:</b> 4 hours 30 minutes + Rest time: 30 minutes at the Namche checkpoint
	<b>Description:</b> Start the day crossing suspension bridges and easy walk, but after the last suspension bridge it is 2 hours or more of uphill hiking
	<b>Difficulty Level:</b> - Easy first few hours, but the hill to Namche is a killer.
Day:5/3 Aprl	<a href="#">Namche Bazaar- Rest and Acclimatize (3440m/11290ft)</a>
	<b>Total trekking time:</b> 3 hours
	<b>Description:</b> Rest day during trek means to hike to higher elevation and trek down back for proper acclimatization. Today we will walk up to the Everest view Hotel, which lies at the altitude of 3880m (440m higher than Namche). Rest of the time you may just explore Namche Bazaar.
Day:6/4 Aprl	<a href="#">Trek to Tengboche (3860m/12660ft) 5-6 hours walk</a>
	<b>Total trekking time:</b> 5 hours and 10 minutes + Rest time: 15-minute snack break in Khyangjuma and 45 lunch break in Phunke Tenga
	<b>Description:</b> It's a steep climb out of Namche and then a level walk for about 1 hour with views of Everest and surrounding mountains with river valley below. Then downhill for an hour before the 2 hours and 15 minutes zig-zag uphill through the pine forest before Tengboche. The Tengboche monastery is one of the biggest Buddhist monasteries of Khumbu region, your guide will take you to see this monastery.
	<b>Difficulty Level:</b> - Early easy walk on flat trail, but the down and then up were challenging.
Day-7/5 Aprl	<a href="#">Trek to Dingboche (4360m/14300ft)</a>
	<b>Total trekking time:</b> 4 hours and 40 minutes + Rest time: 15-minute snack time
	<b>Description:</b> After leaving Tengboche, there's 30 minutes of downhill hiking within a woody forest. You'll walk on a flat trail for what seem like hours, stepping over boulders along the way. Once you get above the tree line near Somane, the landscape make you feel like you stepped into the Lord of Rings film set.

	<b>Difficulty Level:</b> – Simple hike on a well walked trail, but by now the altitude can start to take an effect on your breathing.
Day-8/6 Aprl	<b>Acclimatization day at Dingboche (4375m)</b>
	<b>Description:</b> On this day you will rest before the last leg of the journey. You may explore the surrounding Chhukung and Imja valleys which are connected with the most interesting Island Peak, the high passes of Amphu Laptse and Makalu Barun National park.
	If you interested, you may hike to the Chhukung Ri (5000m Approx) for the panorama of the valley.
Day:9/7 Aprl	<b>Trek to Lobuche (4900m)</b>
	<b>Total trekking time:</b> 5 hrs
	<b>Description:</b> It's an easy gradual slope that leads into Dugla. There are epic views throughout the entire hike to the south. Leaving Dugla, the extremely difficult uphill climb takes about 1 hour. Once you're at the top breathing is difficult, but luckily it's pretty flat the rest of the day trekking over rocks and boulders.
	<b>Difficulty Level:</b> – Hardest day so far. The uphill climb in the morning is a bitch and you'll be so happy once you're at the top.
Day:10/8 Aprl	<b>Trek to Gorak shep &amp; to Everest Base Camp - trek back to Gorek shep (Gorak shep- 5180m, Everest Base Camp 5360m)</b>
	<b>Total trekking time:</b> 6 hours and 25 minutes + Rest time: 1 hour lunch and 1 hour at Base Camp
	<b>Description:</b> From Lobuche it's an easy stroll for about 1 hour and then it gets pretty steep. Climbing over boulders and crossing glacial streams would be fun it wasn't for the whole struggling to breathe thing. The trail from GS is full of short ups and downs over loose rocks, but there are a few flat parts. You'll know when you're at EBC because there will be a few people gathered around the famous rock and flag pile. Time to celebrate! You made it to Everest Base Camp!!
	<b>Difficulty Level:</b> from Lobuche to Gorak Shep, and 7 from Gorak Shep to EBC – We were surprised on how (relatively) easy the hike is from Gorak Shep to Base Camp. It's probably because we didn't have packs on, which was really nice.
Day:11/9 Aprl	<b>Trek to Kalapathar and trek down to Thulka (Kalapattar- 5545m &amp; Periche 4250m )</b>
	<b>Total trekking time:</b> 8 hours and 45 minutes
	<b>Description:</b> Another big day of Everest Base Camp Trek. Enjoy 360 degree panorama of Everest and its siblings from Kalapattar. Then, trek back on the retracing trail to your hotel, enjoy the breakfast and begin the trek downhill towards Periche.
	<b>Difficulty Level:</b> Difficulty Level: 10 – Kala Pattar is one of those hills that just seem to get higher and higher the further you climb. At that altitude, you need to take your time. It seriously take 3 hours to reach the top of KP and only 40 minutes to get down.

Day:12/10 Aprl	Trek back to Tengboche (3440m)
	Total trekking time:5 hours
Day:13/11 Aprl	Trek back to Namche(2800m)
	Total trekking time:7 hours
Day:14/12 Aprl	Trek back to Lukla(2500m)
	Total trekking time:3 hours
Day:15/13 Aprl	Fly back to Kathmandu
Day:16/14 Aprl	Departure