



Everest Basecamp Trip Itinerary



Day 1 Depart home



Day 2 Day lost to dateline if traveling from US



Day 3 Arrive Kathmandu

We will be met at Kathmandu airport by our friendly Sherpa staff. Our baggage will be loaded into our bus and we will be driven to our hotel. These first moments in Kathmandu are often the most memorable. Once we are situated in our hotel we will have a short team meeting and orientation. Overnight at Viashali Hotel.



Day 4 Full day in Kathmandu

Gear check, sightseeing, relaxing. We will have staff take us to the 'Monkey Temple' (Swayambhunath) probably at sunrise. This is optional but highly recommended. We also offer an optional half day tour of Kathmandu or Baktapur. (\$50 per person) The rest of the day is yours to explore, shop, relax and do final gear checks. There will be a team welcome dinner on us at a local restaurant.



Day 5 Lukla to Monzo

Hike time: 4 hours

Elevation change: approx 800ft

Estimated distance: 3 miles

Camp at 10,000 ft

Weather permitting we will have a short but spectacular (25 min) flight to Lukla (9,200ft) for an unforgettable landing. Once all our gear has arrived and has been strapped to yaks or picked up by porters we will really start our trek. After about 4 hours we will arrive at the village of Monzo. Overnight in lodge.



Day 6 Monzo to Namche Bazaar

Hike time: 5 hours

Elevation change: 1,200ft

Estimated distance: 4 miles

Camp at 11,250 ft

Today we will officially enter Sagarmatha (Mt Everest) National Park.. We will ascend 'Namche Hill' to the Sherpa town of Namche Bazaar (11,270ft) and unofficial capital of the Khumbu. You will get your first view of Mt Everest about half way up the hill. Overnight in lodge.



Day 7 Rest Day in Namche Bazaar

As we need to acclimatize, this is a great day to re-group, rest and sightsee this beautiful village. This is a perfect opportunity to pick up souvenirs for friends and family back home. You can make the short, but steep hike to the Everest View Hotel where weather permitting you will get a great view of Mt Everest. Overnight in lodge.



Day 8 Namche Bazaar to Tengboche Monastery

Hike time: 5 hours

Elevation change: 1,500ft

Estimated distance: 3 miles

Camp at 12,700 ft

Today we go to Tengboche Monastery (12,700ft). This Monastery is the spiritual center of the Khumbu and a training center for new monks. With luck we will be able to watch the monks worship and receive a blessing from the high lama. Overnight in lodge.



Day 9 Tengboche Monastery to Dingboche

Hike time: 4 hours

Elevation change: 1,300ft

Estimated distance: 3 miles

Camp at 14,000 ft

We hike to Dingboche (14,000ft). During this spectacular day we will cross the famous suspension bridge from which there is the classic view of the mountain, Ama Dablam. Overnight in lodge.



Day 10 Rest Day in Dingboche

Rest day in Dingboche. There are several beautiful day hikes from the village. Depending on how well the team is acclimatizing we will probably hike up a ridge and get amazing views of the surrounding mountains and valleys. Alternatively we will simply rest and take in the views of surrounding peaks. Overnight in lodge.



Day 11 Dingboche to Lobuche

Hike time: 5 hours

Elevation change: 2,100ft

Estimated distance: 4 miles

Camp at 16,170 ft

We will trek to the small village of Lobuche (16,170ft). En route to Lobuche we will pass by a number of stone memorials to honor climbers lost on nearby peaks, mostly Mt Everest. Overnight in lodge.



Day 12 Lobuche to Gorak Shep

Hike time: 4 hours

Elevation change: 100 ft

Estimated distance: 2.5 miles

Camp at 16,200 ft

This is a big day – have your cameras ready. The views are unbelievable. We will trek to Gorak Shep where we will have lunch. Then we will walk to the summit of Kala Pattar (18,190ft) where you will get the best view of Mt Everest without climbing it. Overnight in lodge.



Day 13 Gorak Shep to Everest Basecamp with optional trek up Kalipatar, back to Gorak Shep

Hike time: 8 hours roundtrip
Elevation change: +1,000 ft -1,000 ft
Estimated distance: 2.5 miles
Camp at 16,200 ft

This is the final uphill push to Mt Everest basecamp. There may be some climbing teams already set up. Depending on time We will hike up to the start of the notorious Khumbu icefall. We will return to Gorak Shep. Overnight in lodge.



Day 14 Gorak Shep to Pangboche

Hike time: 7 hours
Elevation change: -2,200 ft
Estimated distance: 6 miles
Camp at 14,000 ft

We descend to the village of Pangboche via the high altitude clinic at Pheriche. This clinic is staffed by volunteer Doctors and nurses, often from the US to help climbers who are suffering from high altitude sickness. Overnight in lodge.



Day 15 Pangboche to Kumjung

Hike time: 4 hours
Elevation change: 1,300 ft
Estimated distance: 3 miles
Camp at 12,700 ft

We continue or descent to the village of Kumjung. This is the birthplace and home of our Sirdar, Kami Tenzing Sherpa. He is very well known in this village. He will probably invite us to his home for tea. Also in Kumjung is an opportunity to visit Kumjung monastery and view the only remaining Yeti skull. Overnight in lodge.



Day 16 Kumjung Rest Day

This is our day of service in the village of Kumjung.



Day 17 Kumjung to Monzo

Hike time: 4 hours
Elevation change: -2,000 ft
Estimated distance: 3 miles
Camp at 10,000 ft

From Kumjung it is a short hike to Namche Bazaar. We will stop and give you time to make any final souvenir purchases before continuing on down the hill to Monzo. Overnight in lodge.



Day 18 Monzo to Lukla

Hike time: 3 hours

Elevation change: -1,000 ft

Estimated distance: 3 miles

Camp at 9,000 ft

Even though we are going down the valley the trek has a final sting for us. We must hike UP a hill to get to Lukla. Overnight in lodge.



Day 19 Kathmandu

Weather permitting we will fly from Lukla to Kathmandu (25mins) and transfer to our hotel for a well deserved shower. Rest of day in Kathmandu for shopping. Team farewell dinner at Vaishali Hotel.



Day 20 Depart for home

Late morning transfer from hotel to Kathmandu International Airport. Fly to the US.



Day 21 Arrive home