



Everest Base Camp Trek

Nepal Trail Circle

Daily Itinerary

This itinerary provides a detailed day-by-day schedule for your Everest Base Camp trek. Please note that this is a sample itinerary, and actual days may vary depending on weather conditions and acclimatization needs.

The Everest Base Camp Trek is one of the world's most iconic Himalayan journeys, taking you deep into the heart of the Khumbu region to the base of the highest mountain on Earth (5,364 m/17,598 ft). The adventure begins with a thrilling flight to Lukla and follows the Dudh Koshi River through vibrant Sherpa villages, ancient monasteries, and breathtaking alpine landscapes. Along the way, trekkers experience the lively mountain hub of Namche Bazaar, the spiritual atmosphere of Tengboche Monastery, and dramatic views of Everest, Lhotse, Ama Dablam, and Nuptse.

Reaching Everest Base Camp is a powerful achievement, offering close-up views of the Khumbu Icefall and the surrounding Himalayan giants. The climb to Kala Patthar (5,550 m/18,208 ft) provides the most spectacular panoramic view of Mount Everest at sunrise. Blending natural beauty, high-altitude adventure, and rich Sherpa culture, the Everest Base Camp trek is a once-in-a-lifetime experience for those seeking both personal challenge and unforgettable mountain scenery.

Day 1: Arrive in Kathmandu (1,400m/4,593ft).

Day 2: Fly to Lukla (2,860m/9,383ft) and trek to Phakding (2,610m/8,562ft).

Day 3: Trek from Phakding to Namche Bazaar (3,440m/11,286ft).

Day 4: Acclimatization day in Namche Bazaar. Hike to Everest View Hotel.

Day 5: Trek from Namche Bazaar to Tengboche (3,860m/12,664ft).

Day 6: Trek from Tengboche to Dingboche (4,410m/14,468ft).

Day 7: Acclimatization day in Dingboche. Hike to Nagarjun Hill.

Day 8: Trek from Dingboche to Lobuche (4,910m/16,108ft).

Day 9: Trek from Lobuche to Gorakshep (5,140m/16,863ft) and hike to Everest Base Camp (5,364m/17,598ft).

Day 10: Hike to Kala Patthar (5,550m/18,208ft) and trek down to Pheriche (4,240m/13,910ft).

Day 11: Trek from Pheriche to Namche Bazaar.

Day 12: Trek from Namche Bazaar to Lukla.

Day 13: Fly from Lukla to Kathmandu.

Day 14: Contingency Day / Sightseeing in Kathmandu.

Day 15: Departure from Kathmandu.

Day 16: (Optional) Buffer Day

Highlights

- Breathtaking views of Mount Everest, Lhotse, Nuptse, and Ama Dablam.
- Experiencing the unique Sherpa culture and hospitality.
- Visiting ancient monasteries like Tengboche Monastery.
- Reaching the iconic Everest Base Camp.
- Witnessing sunrise from Kala Patthar, offering panoramic mountain views.
- Trekking through diverse landscapes, from lush valleys to alpine terrain.

Essential Packing List

Clothing:

- Moisture-wicking base layers
- Fleece jacket or sweater
- Insulated down jacket
- Waterproof and windproof outer shell
- Trekking pants
- Hiking shorts
- Warm socks
- Gloves or mittens
- Warm hat
- Sun hat

Gear:

- Sturdy hiking boots
- Backpack (50-70 liters)
- Sleeping bag (rated to -20°C/0°F)
- Trekking poles
- Headlamp
- Sunglasses
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Water bottles or hydration reservoir
- Water purification tablets or filter
- First-aid kit
- Toiletries

Altitude Information

The trek reaches high altitudes, where the air is thinner and oxygen levels are lower. It is important to acclimatize properly to avoid altitude sickness.

- **Key Altitudes:**

- Lukla: 2,860m/9,383ft
- Namche Bazaar: 3,440m/11,286ft
- Dingboche: 4,410m/14,468ft
- Lobuche: 4,910m/16,108ft
- Everest Base Camp: 5,364m/17,598ft
- Kala Patthar: 5,550m/18,208ft

- **Acclimatization Tips:**

- Ascend slowly and gradually.
- Drink plenty of water.
- Avoid alcohol and smoking.
- Eat a high-calorie diet.
- Listen to your body and rest when needed.

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

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Summary

This information sheet provides essential details for your Everest Base Camp trek, including a day-by-day itinerary, highlights, packing list, altitude information, and safety tips. By following these

guidelines, you can ensure a safe and unforgettable adventure in the Himalayas.