



SLEEPING IN EVEREST BASE CAMP TREK ITINERARY

Taking the journey to the base of the World's highest peak, with our award-winning team, will be the highlight of any trekkers career! Our unique itinerary includes extra acclimatization at the critical point as well as 4 guides for every group of ten trekkers. The journey in the Everest Region, also known as the Solukhumbu Region, begins in the small village of Lukla. From here, the total distance to Everest Base Camp and back is just over 82 miles or 132km, covering over 6,000m/ 20,000 feet of elevation. This makes this spectacular journey to Mount Everest a challenging and rewarding experience.

This trek should not be taken lightly. When going to these levels of altitude, your body's acclimatization to the lack of oxygen is the real key to success, and because of this, we have added an extra day to our itinerary, which has given us **95% success rate**. This also gives you a safer and more enjoyable experience into high altitude. We will also cover the daily distances on the trail at a very slow and steady pace, to aid the acclimatization process. Even though we are giving you the best chance of success with our acclimatization schedule, you still need to play your part and come physically prepared for this adventure. We recommend 5 to 6 days a week training in the lead up to your trip. We are your best resource for information on the trek and are available five days a week in support of your journey to Everest Base Camp. Once you sign up to our trip, we will send you our 40-page Dossier, giving you all the information you need to be safe and successful on your trip.

Itinerary

Day 1: Arrive in Kathmandu

Day 2: Fly to Lukla – Trek to Monjo

Day 3: Namche Bazaar

Day 4: Namche Bazaar (Acclimatization Day)

Day 5: Namche Bazaar (Acclimatization Day)

Day 6: Tengbouche

Day 7: Dingbouche

Day 8: Dingbouche (Acclimatization Day)

Day 9: Lobuche

Day 10: Kala Patthar and Gorak Shep

Day 11: Everest Base Camp

Day 12: Pheriche

Day 13: Namche Bazaar

Day 14: Lukla

Day 15: Fly to Kathmandu

Day 16: Day of Leisure in Kathmandu before transfer to airport



Detailed Itinerary:

Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodations on the trek are on a shared basis. If you want to arrive in early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

Day 2: Fly to Lukla – Trek to Monjo – 2,850m/ 9,350 feet

Fly from Kathmandu to Lukla. We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu Region. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will meet the rest of our trek staff and set off straight away for our first night in the mountain village of Monjo. Depending on what time the flight arrives in Lukla, we may have to stop in the town of Phakding (2,600m/ 8,530 feet) for the night. Hopefully, the team will make it all the way to Monjo. Both villages are situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, and is the main trade route for the entire region. This can be the busiest part of the trail. Today we will walk for 3 hours to Phakding and a total of 5 hours to Monjo. The total distance is 8.8 miles/ 13 km to Monjo from Lukla.

Day 3: Namche Bazaar – 3,440m/ 11,286 feet

Today we will continue up the banks of the Dudh Kosi River, towards Namche Bazaar. Just past Monjo, we will officially enter the Sagarmatha National Park before following the trail through small villages. We will take a tea break along the way. After tea, the trail then crosses the confluence of the Dudh Kosi and the Bhoté Kosi, on a high suspension bridge. The trail then climbs steeply uphill for about two hours to reach Namche Bazaar (3,440m/11,286 feet). This is a prosperous trading town and the capital of the Khumbu Region. Just across the valley to the east stand the peaks of Thamsérku and Kangtega, both very impressive mountains. From Monjo, the trek today is approximately 4 hours and the total distance is 5 miles/ 8 km.

Day 4: Namche Bazaar (Acclimatization Day) – 3,600m/ 11,800 feet reached

Today is an acclimatization day where we will walk to the Sherpa Museum at 3,600m/ 11,811. From here you will have stunning views of Mount Everest and the surrounding mountains. The key is to rest, relax and acclimatize at this height and will make all the difference as we go to



high and extreme altitude. The afternoon will be at leisure in Namche Bazaar, resting, eating, and enjoying the sites! Remember that it is still important to continue to drink 4-5 liters of water every day on the trail. Today, the walk up to the Sherpa Museum is only approximately 30 minutes.

Day 5: Namche Bazaar (Acclimatization Day) – 3,900m/ 12,800 feet reached

This is where our itinerary is different. Instead of heading up to 3,900m/ 12,800 feet and sleeping in Tengboche, we will stay in Namche another night giving you the best possible acclimatization program. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes to aid in the process. We will wake early for our acclimatization hike today, up to Shangbouche Hill at 3,900m/ 12,800 feet, for beautiful vistas of the whole Everest Region. The goal is to spend some time acclimatizing at this elevation before returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche Bakeries and local stores! The hike to Shangbouche Hill will take approximately four hours round trip.

Day 6: Tengboche – 3,900m/ 12,800 feet

Today we will leave Namche and trek to Tengboche at 3,900m/ 12,800 feet. From Namche, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get excellent views of the great peaks of the Khumbu; Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages, we will descend approximately 300m/ 984 feet down to the Dudh Kosi River, where we stop for lunch. After lunch, we will make the steep 700m/ 2,296 feet uphill climb to Tengboche. This is the home of the impressive and famous Tengboche Monastery. You can visit the Monastery or the local bakery this afternoon. The hike will be approximately 5 to 6 hours today and covers 7.5 miles/ 12 km.

Day 7: Dingboche – 4,350m/ 14,271 feet

We will continue up the trail to Dingboche today. Shaded by Rhododendron trees, the trail crosses an airy suspension bridge just beyond Debouche. From here, the trail continues approximately an hour before reaching the village of Pangboche. From here, there are excellent views of Ama Dablam ('Mother's Charm Box') and where we stop for tea. If there is time, we may be able to visit the local Monastery, which was the first in the Everest Region. Contouring up the valley, we will re-cross the river and turn up the Imja Valley to reach the picturesque farming village of Dingboche at 4,350m/ 14,271 feet above sea level. The hike will take approximately 5 – 6 hours today and cover 7.5 miles/ 12 km.



Day 8: Dingbouche (Acclimatization Day) - 4,900m/ 16,000 feet reached

Today is spent as another acclimatization day at this critical elevation. Just above the town, while on our acclimatization hike, we will have stunning views of three 8,000/ 26,200 feet peaks; Makalu, Cho Oyu and Lhotse. Our goal today is to ascend to 4,900m/ 16,000 feet for some of the most beautiful views on the trip. This is one of Ian's favorite days of the trip! After enjoying the views and spending some time at this new elevation, we will descend back to Dingbouche for lunch. The afternoon will be free to enjoy the village of Dingbouche and relax before some more challenging days ahead. The trek today will be approximately 4 hours round trip and you will gain 550m/ 1,804 feet of elevation.

Day 9: Lobuche – 4,940m/ 16,207 feet

Today we will trek to Lobuche, continuing along the upper trail towards Thukla at 4,620m/ 15,157 feet. Ahead of us is the Lobuche East Peak at 6,119m/ 20,075 feet, and to our left is the formidable north face of Taweche. After approximately three hours walking slowly, we reach the small collection of lodges at Thukla where we will stop for an early lunch. After lunch, we continue the walk up for approximately one hour uphill to the Everest Memorial. From the Memorial, there are outstanding views of Ama Dablam, Cholatse and Taweche. After leaving the Memorial, the trail continues gradually parallel to the famous Khumbu Glacier, that runs off Mount Everest. After approximately another hour, the trail will eventually lead to a small cluster of tea houses pleasantly situated at Lobuche at 4,940m/ 16,207 feet. The total trekking time will be approximately 5 – 6 hours today and you will cover 7.5 miles/ 12 km in distance.

Day 10: Gorak Shep (5,180m/ 17,126 feet) to Kala Patthar (5,645m/ 18,520 feet)

Today will be a long and very rewarding day! We will be up early to start our trek to Gorak Shep, which takes approximately 3 hours to reach 5,180m/ 17,126 feet. Today is a very challenging day on the trail, as we cross glacial moraine on mixed rocky terrain with a lot of up and down hill to cover. Gorak Shep was the site of the 1953 Everest Expedition's Base Camp and where we will stop for lunch. After lunch, you will check in to your room and relax before heading up Kala Patthar in the afternoon to see the sun set over Mount Everest. The trail from Gorak Shep leads steeply uphill all the way to the top of Kala Patthar at 5,645m/ 18,520 feet. This takes approximately 2 hours to reach the top and the views off Kala Patthar are spectacular and you will be rewarded with the famous view of Mount Everest! After enjoying the mountain views at the top, we will return to Gorak Shep, which takes about one hour for the evening. Today we will hike for approximately 6 hours.



Day 11: Everest Base Camp (5,364m/ 17,600 feet)

Today is another big day, but one to remember forever! Today is the day you have been waiting for, where you will reach the base of Mount Everest and spend the night under the stars! We will take our time this morning, have a nice relaxing breakfast and rest before lunch. After lunch, we will begin the approximately two-hour trek into Base Camp. From Gorak Shep, we will traverse more glacial moraine, with landslide potential, before reaching Everest Base Camp! Everest Base Camp sits on the Khumbu Glacier and when you arrive, you will see the Ian Taylor Trekking campsite ready for your arrival! You will enjoy the splendor of Base Camp and enjoy a traditional Dhal Bhat meal prepared for you by one of our cooks. The evening is spent exploring and marveling at the beauty of this unique place! You will sleep in a shared tent with your roommate. Total trekking time today is approximately 2 hours.

Day 12: Pheriche – 4,200m/ 13,780 feet

After spending the night in this unique location, you will be waken with hot tea/coffee/chocolate and snack before packing up your duffel bag and making the return journey to Gorak Shep. Here, we will have breakfast and warm up, before we head back down the trail. We will then retrace our steps through the Lobuche, the Everest Memorial and usually stop in Thukla for lunch. From here, we will take the lower trail to the village of Pheriche at 4,200m/ 13,780 feet, for the night. The total distance today is approximately 11.7 miles/ 19 km and will take about 7 – 8 hours.

Day 13: Namche – 3,440m/ 11,286 feet

The trek today will be another long and challenging day. From Pheriche we head back through Pangbouche, then uphill into Tengbouche where we stop for tea. From Tengbouche, the trail continues downhill for one hour to our lunch spot, beside the river. After lunch, there is a one hour and thirty minute ascent, back up to the Ama Dablam View Guesthouse, where we will have a final short break. There is another approximately hour and thirty minutes before we reach Namche Bazaar. This is a long day as we will only arrive in Namche in the late afternoon. It is now time to take a shower, relax and get some rest! The hike today is approximately 8 hours and will cover 13.7 miles/ 22 km.

Day 14: Lukla – 2,850m/ 9,350 feet

Today is the final day of trekking!! It will be another long day as we must get all the way back to Lukla for the night. The day starts with a one hour descent from Namche, back to the high suspension bridge. Following the river from here, you will have to trek up and down stairs and trails, retracing our steps back to Phakding, where we will stop for lunch. After lunch, it will be



a gradual two-and-a-half-hour ascent back into Lukla at 2,850m/ 9,350 feet. The hike today will take approximately 8 hours and we will not reach Lukla until late afternoon. The distance covered today is 13 miles/ 21 km and you will enjoy your final night spent in the Everest Region tonight.

Day 15: Fly to Kathmandu – 1,400m/ 4,500 feet

We will wake early today and have breakfast before returning to the Lukla Airport for the flight back to Kathmandu. If the weather is cooperating, then you would be back in the hotel in Kathmandu by early morning! You can spend the day at Leisure in Kathmandu, enjoying the sites, including Pashupatinath, Swayambhunath and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get a treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

Day 16: Kathmandu

Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.

Important Notes:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!

One of the main disruptions may come from weather related delays. Please note that often the Kathmandu-Lukla-Kathmandu flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather conditions. These conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for long waits either at Kathmandu or Lukla airports, as this can happen either at the start or end of the trek or even both! If flights are not flying due to the weather, the only option that might be available to get you in to Lukla, might be to take a private helicopter at an additional cost. Our team on the ground will be ready to organize helicopters in such conditions. More information on this will be in our Dossier if you do sign up to the trip.



We are your number one resource for the trip and if you sign up to one of our trips, we will send out a 45+ page Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the trek to Everest Base Camp: <https://iantaylortrekking.com/blog/all-you-need-to-know-about-trekking-to-everest-base-camp/>.

The Cost Includes:

- 4 Guides for every group of 10 trekkers
- Internal flights – Always aim to have first few rounds of flights per day
- Professional guides
- Porterage of gear (Animals) (Carrying 15kg/33lb per person Maximum)
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- All lodge accommodation when in mountains
- All permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu

The Cost Does Not Include:

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$200)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)

Typical Menu in Mountains:

Breakfast: Eggs, oatmeal, porridge, toast, pancakes, tea & coffee



Lunch: Egg fried rice, Potato's, Beans, fries, Pizza, Pasta

Dinner: Pasta, Vegetable rice, soups, Chicken (Namche and below), Dhal (traditional Nepalese food), Curry