Trekking Itinerary

EBC - Everest Base Camp, 11 Nights, 12 Days

Date	Departure Time	Program First	Program Second	Program Third
1st day	6:00 am	Drive to KTM Airport by car & Flight to Lukla	Breakfast In Lukla 2840m & trek to Phakding 4-5 hr.	Stay overnight in Phakding 2630m
2nd day	7:30, after Breakfast	Trek to Namche Bajar 5-6 Hr.		Stay overnight in Namche Bajar 3440m
3rd Day	7:30 Break fast	Day Hike, Khunde Hillary hospital,	Khumjung Village & more…3780m.	Stay overnight in Namche Bajar 3440m
4th Day	7:30, after Breakfast	Trek to Debocha 5-6hr.	Visist Tengboche Monastery	Stay overnight Debocha 3820m
5th day	7:30, after Breakfast	Trek to Dingboche 5-6hr.		Stay overnight in Dingboche, 4410m
6th Day	7:30, after Breakfast	Day Hike, Chhuphung Ri, 5550m. 6-8 hr. or Nagrjung 5000m	We would see good view of Chooyu, Pumari, Lhotse, Makalu, Baruntase etc	Stay overnight in Dingboche, 4410m
7th day	7:30, after Breakfast	Trek to Lobuche 5-6hr.		Stay overnight in Louche, 4910m
8th day	7:00, after Breakfast	Trek to Gorak Shep, 4-5 hr.	Up to EBC, 3hr, 5364m.	Stay overnight in Gorak Shep, 5140m
9th Day	4:30 wake up	Trek to Kala Patthar, Everest view piont 5550m 2 hr.	Back to hotel and have breakfast, than trek to Pheriche, 5hr.	Stay overnight in Pheriche 4240m
10th Day	7:30, after Breakfast	Trek to Namche 6-7hr		Stay overnight in Namche Bajar 3440m
11th day	7:30, after Breakfast	Trek to Lukla 6-7hr.		Stay overnight in Lukla 2840m
12th day	7:30, after Breakfast	Fly to Kathmandu		END

Important things to carry: Down jackets (wind and water proof), sunglasses and sun-screen cream, 3 to 4 pair of socks, T-shirt & sweater, trekking sticks, some chocolate bars & cookies, raincoat, etc.

Included in package:

1. Guide & porters
2. All Permits
3. Three meals a day
4. Transportation both way flight tickets with all taxes and transfer
5. Accommodation

Excluded from package:

1. Bar bill
2. Tips for Guide and porter
3. Donations (where appropriate)
4. Trekking Equipment
5. Drinking Water