



## **Short Everest Base Camp trekking / EBC hiking - Itinerary**

### **1. Day 1**

Arrive in Kathmandu Altitude: 1,350m/4,428ft

### **2. Day 2**

Kathmandu – Lukla Flight (30-35 min) & Lukla – Phakding Trek 8 km (866ft., 2640m.): 3 – 4 hours – B.L.D

### **3. Day 3**

Phakding – Namche Bazaar trek 11- 12 km (3440m., 11319ft.): 5 – 6 hours – B.L.D

### **4. Day 4**

Namche Bazaar to Tengboche 10 km (3860m., 12694ft.): 6 – 7 hours – B.L.D

### **5. Day 5**

Tengboche to Dingboche 11km (4410m., 14300ft.): 5 – 6 hours – B.L.D

### **6. Day 6**

Dingboche: Acclimatization – B.L.D

### **7. Day 7**

Dingboche to Lobuche 10 -11 km (4910m., 16207ft.): 5 hours – B.L.D

### **8. Day 8**

Lobuche to Gorakshep and Everest Base Camp 5364 m/ 17598 ft and back to Gorakshep 5180 m/ 15 km 16994 ft – B.L.D

### **9. Day 9**

Gorakshep to Kalapatthar (5550m., 16962ft.): 2hr 30min then trek down to Pheriche (4200m.):15 km 7 hours – B.L.D

### **10. Day 10**

Pheriche to Namche Bazaar (3441m.) 17 km: 6 hours – B.L.D

## **11. Day 11**

Namche to Lukla: 7 hours 18 Km – B.L.D

## **12. Day 12**

Fly back to Kathmandu 35 min – B. D

## **13. Day 13**

Farewell & Departure – B

## **INCLUSIONS**

- All airport pick up and drop in private vehicle
- All transportation A/C car, tourist deluxe bus during trips & two flight ticket KTM-Lukla-KTM.
- Standard hotel in the city with twin sharing bed including breakfast basis & nice trekking lodge during trekking
- Whole accommodations during trips
- We provide a sleeping bag & down-jacket during the trek  
3 meals during trekking as mention in the itinerary (Breakfast, Lunch, Dinner )  
Some seasonal fruits
- First aid medicine item, T-shirt & Trip achievement certificate
- Trekking permit & TIMS card (Trekking Information Management System)  
Guides and porters their salary, accommodation, meals and their insurance (2 guests for 1 porter)
- One especial cultural show and farewell dinner program
- Our government tax official expenses

## **EXCLUSIONS**

- Extra meals in the Kathmandu & dessert items, any types of drinks
- Your international air ticket
- Your travel insurance & tips for the trekking crew

URL: <https://www.sunriseadventuretrek.com>