



## **Mount Everest Expedition (Climb Mount Everest / Sagarmatha) - Itinerary**

### **1. Day 1**

Arrival in Kathmandu airport, meet our staff then transfer to Hotel.

### **2. Day 2**

Preparation for Expedition.

### **3. Day 3**

Official works for expedition and briefing by officer of Ministry of Tourism.

### **4. Day 4**

Fly to Lukla 2860m. then trek to Phakding 2622m. /Manjo

### **5. Day 5**

Phakding/Manjo – Namche 3440m.

### **6. Day 6**

Rest day for acclimatization and explore around.

### **7. Day 7**

Namche – Tengboche 3867m.

### **8. Day 8**

Tengboche – Dingboche 4343m.

### **9. Day 9**

Dingboche – Labuche 4915m.

### **10. Day 10**

Lobuche – Everest Base Camp 5380m.

## **11. Day 11**

Climbing Period for Mt. Everest 8,848m. (Base to Base)

## **12. Day 12**

Cleaning Base Camp and Preparation.

## **13. Day 13**

Base Camp – Pheriche.

## **14. Day 14**

Pheriche – Tengboche.

## **15. Day 15**

Tengboche – Namche Bazaar.

## **16. Day 16**

Namche Bazaar – Lukla and transfer to Teahouse Lodge.

## **17. Day 17**

Flight back to Kathmandu then transfer to Hotel.

## **18. Day 18**

Free in Kathmandu.

## **19. Day 19**

Last minute, transfer to airport for your onward journey.

## **INCLUSIONS**

- Climbing guide and his equipment allowance
- High altitude tent, ropes, snow bars, gas (high fuel) & high food
- Staff insurance
- National Park entrance fee
- Airport arrival and departure all land transfers as per the itinerary

## **EXCLUSIONS**

- The expenses of personal nature
- Personal climbing gear, and rescue by helicopter and accident insurance

[URL: https://www.sunriseadventuretrek.com](https://www.sunriseadventuretrek.com)