



## TREKKING ITINERARY

### Everest Base Camp - Kala Patthar

- DAY 1.** Fly from Kathmandu to Lukla (2.800m), commence trek to Phakding (2.652m)  
- about 3 hours walk
- DAY 2.** Trek to Namche Bazaar (3.466m) - about 6 hours walk
- DAY 3.** Rest day at Namche for acclimatisation
- DAY 4.** Trek to Tengboche (3.867m) - about 5 hours walk
- DAY 5.** Trek to Dingboche (4.343m) - about 6 hours walk
- DAY 6.** Rest day at Dingboche for acclimatisation
- DAY 7.** Trek to Lobuche (4.900m) - about 5 hours walk
- DAY 8.** An early morning, commence trek to Gorakshep (5.200m) - about 3 hours walk. After a light breakfast here, we climb to Kala Patthar (5.545m) - about 2 to 2,5 hours walk, and back to Gorakshep - about 1 to 1,5 hours walk
- DAY 9.** Trek to Everest Base Camp (5.365m) - about 3 hours walk, and back to Lobuche - about 5 hours walk
- DAY 10** Trek to Tengboche (3.867m) - about 6 to 7 hours walk
- DAY 11** Trek to Khumjung (3.790m) - about 4 hours walk
- DAY 12** Trek down to Mondzo (2.800m) - about 5 hours walk
- DAY 13** Trek back to Lukla (2.840m) - about 4 hours walk
- DAY 14** Fly from Lukla to Kathmandu - about 45 minutes. Upon arrival, meet assist and transfer to hotel

### TREKKING TIPS

TREKKING TIME	13 days
DIFFICULTY	Moderate to Hard
BEST SEASONS	Spring & Autumn
HIGHEST POINT	5.545m, Kala Patthar
ACCOMMODATION	Mountain Lodges / Camping

### CONTACT

Mr Bijaya Pradhan, Kathmandu (Nepal)  
**Tel:** 977 - 1 - 441 36 90 | **Mobile:** 977 - 985 103 78 66  
**E-mail:** stt@mos.com.np | sttpradhan@gmail.com  
**Website:** www.dreamnepal.com.np