



## TREKKING ITINERARY

### Experienced Everest / Khumbu Trek

- DAY 1.** Fly from Kathmandu to Lukla (2.840m) - about 45 minutes, with breath-taking view of the High Himalayas including Everest and more... Commence trek to Phakding (2.652m) about 3 hours walk.
- DAY 2.** Trek to Namche (3.446m) - about 6 hours walk
- DAY 3.** Rest day at Namche to explore the surrounding area
- DAY 4.** Trek to Tengboche (3.867m) - about 6 hours walk
- DAY 5.** Trek to Khumjung (3.790m) - about 5 hours walk
- DAY 6.** Trek down to Mondzo (2.800m) - about 5 hours walk
- DAY 7.** Trek back to Lukla - about 4 hours walk
- DAY 8.** An early morning proceed to the Lukla airstrip to fly back to Kathmandu. Upon arrival meet assist and transfer to your hotel

#### TREKKING TIPS

TREKKING TIME	7 days
DIFFICULTY	Moderate
BEST SEASONS	Spring & Autumn
HIGHEST POINT	3.867m, Tengboche
ACCOMMODATION	Mountain Lodges / Camping

#### CONTACT

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