

ITINERARY: EVEREST BASE CAMP AND GOKYO RI

Day 1-Arrive in Nepal

Elevation: 4,383 ft / 1336 m

Namaste! Welcome to Kathmandu: the exotic and chaotic capital of Nepal! Our first day abroad is an easy one. Since the time difference from North America to Nepal is roughly between 10-13 hours, your body needs a day to rest from the long flight over. Therefore, today is a free day. At the end of the day, we will have a welcome dinner and meeting to get to know everyone attending, go over gear, and complete all necessary forms for our trek!

Accommodation: Hotel (1 night)

Meals Included: A welcome dinner is included.

Special Information: Attending the welcome meeting is mandatory, as we will be collecting insurance details, filling out forms for our permits, going over gear, and making sure that everybody is prepared for the trek ahead of us! Flight delays happen. Unforeseen events that might affect the trip also happen. Therefore, we recommend that you arrive a day or two before the first day of the hike to ensure that you arrive on time and have enough time to adapt to the time change.

Day 2: City tour

Elevation: 4,383 ft / 1336 m

While we wait for our trekking permits to finalize, we spend the day on a tour of the nation's capital. We will explore Durbar Square, Thamel, Pashupatinath Temple, and nearby markets around the capital. During this time we can also stop at local trekking shops to rent or purchase any gear that is needed for the hike.

Accommodation: Hotel (1 night)

Meals Included: Breakfast, lunch and dinner are included for today.

Day 3: Fly from Kathmandu to Lukla and hike to Phakding

Elevation: 8,563 ft / 2,610 m

Trekking distance: 5 miles+/-

Today, the real fun begins! Today we have an early start with a stunningly beautiful 40-minute flight from Kathmandu to Lukla and begin our quest to Everest Base Camp. After landing, we have a nice breakfast in Lukla before our trek begins. Our first day out is pretty mellow, with about 3 hours of trekking and a descent of around -200 feet into Phakding.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 4: Phakding to Namche Bazaar

Elevation: 11,286 ft / 3,440 m

Trekking distance: 4 miles+/-

Today we will trek around 6-7 hours to Namche Bazaar. From Phakding we'll cross the river many times over suspension bridges and head up the valley. The trail is in the forest, follows the river valley and we will have picturesque views the whole way! High Himalayan peaks above 20,000 feet line the trail and we will have views of the peaks of snow-capped Kusum Kanguru (20,895') and Thamserku (21,729'). Lunch will be had in Monjo (9,300'), which is about half way from Phakding to Namche Bazaar. This makes it a good place to break for lunch. From here we start our ascent to Namche Bazaar and enter into Sagarmartha national park. Here, we will have our first glimpse of the peaks of Everest, Lhotse, Nuptse and Ama Dablam.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 5: Rest day in Namche Bazaar

Elevation: 11,286 ft / 3,440 m

Trekking distance: 4-6 miles

Today we will stay another night in Namche Bazaar to help us acclimate to the elevation in the Himalayas. We'll start the day about an hour before sunrise and hike about 30 minutes to Sagarmartha National Park headquarters. Here, there are panoramic views of Mt. Everest (29,035'), Lhotse (27,940'), Nuptse (25,791'), Ama Dablam (22,349'), and other magnificent peaks in the area. We can also admire our first real view of the trek ahead and watch the sunrise, and have great photo opportunities, before making our way back down to our teahouse to have breakfast. After breakfast, we will take an optional hike up higher in elevation to take in the views and enjoy the crisp and refreshing mountain air that Namche Bazaar has to offer. Any additional gear that we might need to purchase or rent can be done here at the bazaar.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 6: Namche Bazaar to Tengboche

Elevation: 12,664 ft / 3,860 m

Trekking distance: 6 miles+/-

After a relaxing day in Namche Bazaar, we start the day early and take 6-7 hours to trek the 6 miles to our next destination of Tengboche. We ascend above the treeline and have panoramic views of high mountain peaks the whole day! The trail follows the river below and has incredible views of Ama Dablam, which is often considered the most beautiful mountain in the world.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 7: Tengboche to Dingboche

Elevation: 14,469 ft / 4,406 m

Trekking distance: 7 miles+/-

Today our trek will be another 6-7 hours and the distance covered will be roughly 7 miles. This will be our second day above the treeline and although Everest will be mostly hidden behind the stunning Lhotse-Nuptse Ridge, the huge peaks that tower above the eastern end of the valley are absolutely incredible to say the least! This is the day that most people really start to feel the altitude.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 8: Rest day in Dingboche

Elevation: 14,469 ft / 4,406 m

Trekking distance: 4-7 miles

We have another rest day on the schedule today but that doesn't mean that we're not out being active! We have many possibilities for our adventure for the day that we will discuss the night before. We can either backtrack our trek from yesterday and make our way to Ama Dablam base camp, take a trek to Chukkhung, or summit the nearby peak of Nangkartshang. Either option will take us higher into the Himalaya and we will once again come down to sleep at a lower elevation to help with the acclimation process.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 9: Dingboche to Lobuche

Elevation: 16,109 ft / 4,910 m

Trekking distance: 5 miles+/-

The last few days were spent hiking pretty much due north. Today we turn to the northwest and get new views to experience! The morning begins with a mellow, gradual uphill ascent for the first hour with views of Lobuche Peak(20,162'), Cholatse(21,130'), and Taboche(21,310'), just to name a few! We then pass over a bridge and begin our climb over Thok La Pass, which has memorials dedicated to many mountaineers, porters and others that have perished on their quest to summit Everest over the past 50 years or so.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 10: Lobuche to Everest Base Camp, return to Gorak Shep

Elevation: 16,942 ft / 5,1640 m

Trekking distance: 7 miles+/-

Today is the big day! The day that you signed up for and the day that you've been envisioning since you can remember! The day's trek parallels the fabled Khumbu Glacier all the way up to Gorak Shep. Here, we will drop off all our stuff, grab lunch and continue the day up to EBC! It's a short 1.5-2-hour trek to base camp and along the trail, we will have up close views of Nuptse, which absolutely dominates the view the whole way! The views of Everest itself is not spectacular, but we will be able to see gloriousglaciers, lakes, caves, and the notorious Everest

Ice Fall that flows from the Western Cwm. After spending as much time as needed at base camp, we will return to Gorak Shep for the evening.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 11: Gorak Shep to Kala Pattar to Pheriche

Elevation: 15,842 ft / 4,830 m

Trekking distance: 10 miles+/-

Wake up early morning and walk up to Kala Patthar (5,550m) for the sunrise over Everest, Nuptse, Lhotse and Pumori. The views are amazing and Everest is magnificent. We continue our descent to the sandy flat expanse of Gorak Shep, back to the lodge for a breakfast and then onwards to Pheriche.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 12: Pheriche to Namche Bazaar

Elevation: 15,252 ft / 4,650 m

Trekking distance: 12 miles+/-

The hike on day 12 will essentially be the opposite route of days 6 and 7, which goes from Namche to Tengboche and then Tengboche to Dingboche (Dingboche is located right next to Pheriche)

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 13: Namche Bazaar to Lukla

Elevation: 8,563 ft/ 2,610 m

Trekking distance: 12 miles +/-

It's a long but enjoyable and rewarding walk from Namche Bazaar to Lukla. Take your time to take in

Sherpa village life on your last day of trekking in the Himalayas. Check-in for the overnight and relax with

an ice-cold beer after the rigorous adventure you've just completed.

Accommodation: Teahouse (1 night)

Meals Included: Breakfast, lunch and dinner are included.

Day 14: Fly from Lukla to Kathmandu

Elevation: 4,383 ft/ 1,336 m

Our time in the mountains comes to an end and we catch a morning flight back to Kathmandu and have

a transfer to our hotel in the Thamel area. After settling in, we go for our last, and well-deserved group

activity: A nice massage! After the massage, the rest of the day is yours to enjoy!

Accommodation: Hotel (1 night)

Meals included: Breakfast at Lukla is included. All other meals after breakfast are not included

Day 15: Departure

Private transfer to Airport

Please read our POLICIES and RESPONSIBILITIES document before booking.

*Special Itinerary Notes:

Weather in the Himalayas can change rapidly without any notice, which can result in changes to be

made on our intended itineraries. Even though the weather in Kathmandu might be bright and sunny, it

could be cloudy in Lukla. Additionally, the airport at Lukla does not have radar or navigation equipment

so the pilots are completely dependent on if they can see or not. Flights throughout Nepal are often

delayed or canceled due to poor weather conditions. Flights between Kathmandu and Lukla are particularly prone to these delays which has the potential to vary the itinerary of our tour departures.

Our contingency plans in case of bad weather are as follows:

Day 2 – We will attempt to board our booked flight as per the itinerary. If this flight is canceled, we will

return to our hotel in Kathmandu for an additional night and have a free day in the nation's capital.

Day 3 – We will again attempt to board our booked flight. If this flight is canceled we will charter a

helicopter to transport the group, provided helicopters are available and weather does not prevent

them from flying to Lukla.

Our guests will need to use their mandatory emergency fund to cover the cost of the chartered helicopter. The exact cost will depend on how many travelers are in our group and could be up to \$500.

If we reach Lukla on day 3 by either aircraft or helicopter we will follow the same itinerary to Everest

Base Camp but descend from base camp to Lukla in two days in order to take our return flight from

Lukla on day 14.

Day 4 – If both airplanes and helicopters are unable to reach Lukla on the morning of day 3, then on day

4 we will travel by road to Phaplu, which is an approximately 9-hour drive by private vehicle. From

Phaplu we will then trek to Tengboche on the Everest Base Camp route via Lukla. A group decision based on departure dates will be made on the hike on how to proceed. We also advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.