



Event Itinerary

- **Event Name:** Everest Base Camp Trek 13D/12N
- **Location:** Everest Base Camp
- **Duration:** 13 Days 12 Night

Day 1: Welcome to Kathmandu

- Arrive in Kathmandu at an altitude of **1,345 metres** and meet the team.
- Transfer from Tribhuvan International Airport to your hotel, followed by check-in.
- Take time to relax and refresh after your journey.
- In the evening, attend a briefing to understand the upcoming trek and itinerary.
- Overnight stay in Kathmandu.

Day 2: Gateway to the Everest Trail

- Take an early morning flight from Kathmandu to **Lukla**, approximately 40 minutes.
- Arrive at Tenzing-Hillary Airport, situated at around **2,840 metres**.
- Have breakfast at a local restaurant before beginning the trek.
- Walk from Lukla towards **Phakding**, following the scenic mountain trail.

- After around **3.5 hours of trekking**, reach Phakding at **2,610 metres**.
- Overnight stay in Phakding.

Day 3: Along the Rivers to Namche

- Begin the morning trek from Phakding after breakfast.
- Follow the trails beside the **Dudh Koshi and Bhote Koshi Rivers**.
- Enter Sagarmatha National Park through the Manjo checkpoint.
- Cross suspension bridges surrounded by pine forests.
- Take on the steep climb leading towards **Namche Bazar**.
- Reach Namche at approximately **3,440 metres** and explore its lively mountain market.
- Overnight stay in Namche Bazar.

Day 4: Acclimatization Above Namche

- Spend the day acclimatizing to the increasing altitude around Namche Bazar.
- Take a hike towards **Khumjung through Sangboche**.
- Enjoy impressive views of Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, and Kongde.
- Visit the school established by **Sir Edmund Hillary** in Khumjung Village.
- Return to Namche Bazar in the evening for an overnight stay.

Day 5: Monastery Trails to Tyangboche

- Depart from Namche after breakfast and continue deeper into the Everest region.
- Follow the trail towards Kyangjuma and take the route leading to **Tyangboche**.

- Cross a suspension bridge and continue through peaceful wooded landscapes.
- After approximately **5–6 hours of trekking**, arrive at Tyangboche.
- Visit the historic **Tyangboche Monastery**, one of Nepal's oldest and largest monasteries.
- Enjoy views of Everest, Lhotse, Nuptse, Ama Dablam, and Thamserku.
- Overnight stay in Tyangboche.

Day 6: Rhododendron Paths to Dingboche

- Start the day by trekking through beautiful **rhododendron forests**.
- Pass through the traditional village of **Pangboche** as the trail gradually opens to mountain views.
- Cross the Imza River and Lobuche River during the journey.
- Continue climbing towards **Dingboche**, located at around **4,410 metres**.
- Settle into the mountain accommodation and enjoy the surrounding Himalayan scenery.
- Overnight stay in Dingboche.

Day 7: Glacier Country to Lobuche

- Leave Dingboche after breakfast and continue along the high-altitude trail.
- Admire striking views of **Mount Pumori** as you make your way towards Duglha.
- Cross a small rivulet and take a short break at Duglha.
- Tackle the steep ascent for approximately **45 minutes to an hour**.
- Visit the memorial shrine dedicated to mountaineers who lost their lives on Everest.
- Continue along the **Khumbu Glacier** and climb a prayer-flag-covered ridge.

- Enjoy views of Khumbutse, Lingtren, Pumori, Mahalangur, and Nuptse.
- Reach **Lobuche at 4,910 metres** and rest overnight.

Day 8: The Everest Base Camp Achievement

- Begin the day after breakfast with the trek towards **Gorakshep**.
- Continue from Gorakshep towards **Everest Base Camp at 5,364 metres**.
- Follow the rugged trail across rocks and boulders beside the Khumbu Glacier.
- Take in dramatic views of Nuptse, Khumbutse, and Pumori.
- Spend time at Everest Base Camp enjoying the surroundings and capturing photographs.
- Return to Gorakshep after completing this memorable milestone.
- Overnight stay in Gorakshep.

Day 9: Sunrise at Kalapatthar

- Begin an early morning ascent from Gorakshep towards **Kalapatthar**.
- Follow the rocky trail for around **2.5 hours** while enjoying views of the surrounding peaks.
- Reach **Kalapatthar at 5,545 metres**, the highest point of the trek mentioned in the itinerary.
- Witness the sunrise illuminating Everest and the surrounding Himalayan peaks.
- Spend time photographing and appreciating the spectacular mountain panorama.
- Descend to Gorakshep for breakfast and collect your luggage.
- Continue downhill to **Pheriche at 4,280 metres**.
- Expect approximately **7–8 hours of walking** throughout the day.
- Overnight stay in Pheriche.

Day 10: Return Through the Rhododendron Forests

- Have breakfast in Pheriche before beginning the descent towards Namche Bazar.
- Walk through rhododendron forests and berry-covered trails.
- Stop at Tyangboche for lunch before continuing the journey.
- Cross the **Dudh Koshi River** as you make your way back.
- After approximately **6–7 hours of trekking**, arrive in Namche Bazar.
- Relax in the evening and explore the local cafés, restaurants, and other facilities.
- Overnight stay in Namche Bazar.

Day 11: Final Trek to Lukla

- Leave Namche Bazar after breakfast and retrace the familiar mountain trail.
- Cross several suspension bridges while descending through the valleys.
- Reach Phakding and take a break for lunch.
- Continue past monasteries, farms, and picturesque Himalayan settlements.
- Complete the final trekking section and arrive in **Lukla**.
- Overnight stay in Lukla.

Day 12: Flight Back to Kathmandu

- Take an early morning flight from Lukla to Kathmandu, lasting approximately **40 minutes**.
- Enjoy aerial views of the Himalayan landscape during the flight.
- Check in at the Kathmandu hotel after arrival and take time to rest.
- Spend the day exploring Kathmandu and its local sights.
- Conclude the adventure with a farewell dinner.

- Overnight stay in Kathmandu.

Day 13: Farewell from Nepal

- Prepare for your departure and complete your final packing.
- Transfer to the airport approximately **three hours before your scheduled flight**.
- Complete check-in and security procedures at the airport.
- Board your flight and begin the journey back home.
- Conclude your Everest Base Camp adventure with unforgettable Himalayan memories.

Pickup Location

- **Kathmandu Bagmati Province - 12:00 PM**

Contact Information

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