



Day 01: Drive from Kathmandu to Kalinchowk

The drive from Kathmandu to Kalinchowk takes approximately 7-8 hours, depending on traffic and road conditions. The journey begins in the bustling city of Kathmandu, with its busy streets and crowded markets. As you leave the city, the scenery gradually changes, with lush green hills and terraced fields giving way to the rugged and mountainous terrain of the Himalayan foothills.

After a long and challenging drive, you'll arrive in Kalinchowk, a small town situated at an altitude of 3,700 metres. The town is known for its beautiful views of the Himalayan peaks and its popular Kalinchowk Temple, which attracts many pilgrims and tourists each year.

Day 02: Acclimatisation/ exploration day

An acclimatisation day at Kalinchowk is designed to help trekkers adjust to the high altitude before embarking on the challenging trek to Everest Base Camp. Typically, on this day, trekkers will take a leisurely hike to explore the surrounding area, visit nearby monasteries, and enjoy the stunning views of the Himalayan peaks. The altitude at Kalinchowk is relatively high. The aim of the acclimatisation day is to allow your body to adjust to the high altitude gradually.

Day 03: Drive back to Kathmandu

The drive from Kalinchowk to Kathmandu takes approximately 7-8 hours and follows the same route as the journey to Kalinchowk. The road winds through mountainous terrain, passing through small villages and offering scenic views of the Himalayas.

Day 04: Sightseeing in Kathmandu

Your local guide will meet you after breakfast and take you to Durbar (Palace) Square, a UNESCO World Heritage Site featuring many historical and cultural monuments. You'll also visit other heritage sites including the Hindu sacred Pashupatinath Temple, the Buddhist Swoyambhunath Stupa, and the Boudhanath Shrine.

Day 05: Fly from Kathmandu to Lukla, trek to Namche Bazaar

We aim to leave the hotel early, reaching Lukla between 7:00 and 9:00 am. After breakfast, we will begin a leisurely downhill trek to Phakding, taking about three hours to reach an altitude of 2652 metres. Lunch will be served in Phakding before continuing to Namche Bazaar. It will be a long day, so please have your head torch handy. By now, you should be well acclimated to the high altitude.



Day 06: Namche Bazaar to Deboche/ Pangboche

The trek from Namche Bazaar to Deboche/Pangboche showcases breathtaking views of the Himalayan terrain as you wind through lush forests of rhododendrons and conifers. Along the way, you'll come across charming mountain villages with Sherpa homes donning colourful prayer flags. The landscape evolves from wooded hills to vast plains with stunning vistas of the Ama Dablam and other majestic Himalayan peaks.

Day 07: Deboche/ Pangboche to Dingboche, acclimatisation hike to Nangkartshang peak and back to Dingboche

The trek starts with a gentle climb from Deboche/Pangboche, passing through picturesque mountain villages and Sherpa homes with prayer flags. The terrain transitions from forested hills to open plains with vistas of stunning Himalayan peaks including Ama Dablam and Lhotse. An acclimatisation hike to Nangkartshang Peak and return to Dingboche, a charming hamlet at 4,400 metres, surrounded by majestic snow-capped peaks.

Day 08: Dingboche to Lobuche via Kongma La Pass

Starting from Dingboche, the hike takes you through rocky terrain and steep outcrops before reaching Kongma La Pass at 5,535 metres, offering breathtaking views of the surrounding peaks. Descending from the pass, you'll follow the Khumbu Glacier to the moraine and then begin the climb to Lobuche, with several challenging sections and steep inclines. Lobuche is a small settlement at 4,940 metres, surrounded by stunning views of the peaks.

Day 09: Lobuche to EBC to Gorak Shep (Option: hike to Kala Patthar for Sunset)

The trek commences with a gentle ascent from Lobuche, tracing the Khumbu Glacier to Gorak Shep, located at an altitude of 5,164 metres.

At Gorak Shep, hikers may choose to climb Kala Pattar, located at an elevation of 5,545 metres. Though the climb is steep and challenging, the panoramic views of the surrounding peaks, including Mount Everest, are awe-inspiring, especially at sunset.

Upon descending from Kala Pattar, the trek continues to the Everest Base Camp, which sits at an elevation of 5,364 metres. The trail passes through rocky terrain, the Khumbu Icefall, and the infamous Everest climbing route. Upon arrival at EBC, trekkers can enjoy the stunning views of the surrounding peaks and Khumbu Icefall. The trail then leads back to Gorak Shep for an overnight stay.



Day 10: Helicopter flight to Kathmandu from Gorak Shep

On the last day of the trek, trekkers can look forward to an exhilarating helicopter ride from Gorak Shep to Kathmandu, providing a convenient and efficient way to return. The helicopter journey is a spectacular and unforgettable experience that takes you on a scenic route over the stunning Himalayan peaks, allowing you to admire breathtaking views of Mount Everest and the surrounding landscapes. The flight lasts for about an hour, providing an exciting opportunity to soar over the majestic mountains.