

Day 01: Kathmandu Arrival (1,350m/4,428ft)

Welcome to the Country of Himalayas !

As you arrive at [Tribhuvan International Airport](#), Kathmandu, One of the Representative from [Himalayan Sanctuary Adventure](#) will be waiting for you outside the terminal holding your name to escort you to your specified Hotel. Upon your arrival you will be warmly welcomed and transfer to your hotel in Kathmandu. After Check in you will be briefed to carry out the final preparation required for the trek. So that you can relax and prepare for the adventure ahead.

Day 02: Kathmandu Valley Sightseeing (4 - 6 hrs)

After breakfast, you proceed to the [Kathmandu Valley sightseeing](#) places in which you will visit the major world heritage sites and beautiful attractions around the valley throughout today. Some of these might be

Durbar Squares Three durbar squares in the valley representing the major cities of Kathmandu, Bhaktapur, and Lalitpur (Patan) here resemble the rich history, art, and culture of the Kathmandu Valley. Among them, you will visit Patan Durbar Square.

1. Patan Durbar Square:

Patan Durbar Square is a fascinating combination of palace buildings, artistic courtyards, and graceful pagoda temples. The Krishna Mandir (Temple) from the 17th century is a major attraction. The Patan museum contains bronze statues and other religious objects which has great significance. Durbar Square has both religious and cultural importance and the surroundings are artistically beautiful.

1. Pashupatinath Temple:

The Pashupatinath Temple is one of the most significant Hindu temples in Asia with over 500 small and big shrines, Lingams, and temples in the temple complex.

1. Boudhanath Stupa:

The largest stupa and center of Tibetan Buddhism that is in the Kathmandu valley. One of the best places to relax and take a hint of Buddhist culture is in Kathmandu. After the Sightseeing, we will drive you back to the hotel.

1. Swayambhunath Temple:

Also known as the 'Monkey Temple', this is one of the oldest heritage sites in Nepal. From the top viewpoint, you will have an amazing view of the capital city "Kathmandu".

Overnight in Kathmandu.

Included Meal: Breakfast

Day 03: Kathmandu - Lukla - Phakding (2,651m/8,700ft): 30-minute flight, 3 - 4 hours trek

In the morning, take a scenic flight to Lukla from Kathmandu. After that, a trek to Phakding commences via Cheplung village. Get a glimpse of Mt, Khumbila on the way. Overnight at Phakding.

Trek Distance - 6.2km / 3.8miles

Included Meals: Breakfast, Lunch, and Dinner

Day 04: Phakding - Namche (3,440m/11,284 ft): 4 - 5 hours

A trek to the Sherpa capital Namche begins. Walking through the Benkar valley and we traverse the Dudh Koshi River. Proceed further and walk through Chumoa and Monjo villages and enter the Sagarmatha National Park. From there, cross a suspension bridge to reach Jorsale village. Ascend uphill and arrive at Namche. Overnight in Namche.

Trek Distance - 11 km

Included Meals: Breakfast, Lunch, and Dinner

Day 05: Acclimatization Day - Namche Bazaar: (3,440m/11,284ft)

An acclimatization rest at Namche Bazaar to adjust easily to the altitude. We explore Namche today by exploring the surrounding places. Visit the Sagarmatha National Park and witness some diverse flora. If lucky get some glimpse of wild animals too. Admire the stunning views of Mt. Lhotse, Nuptse, Ama Dablam, and other snowy mountains. After that, we can also visit Khumjung village or rest at a hotel. Overnight in Namche Bazaar.

Included Meals: Breakfast, Lunch, and Dinner

Day 06: Namche Bazaar to Tengboche (3,870m/12,694ft): 4 - 6 hours

A pleasurable walk to Phunki. From Phunki, ascend towards Tengboche and visit the largest Tengboche Monastery in the Everest region. Observe some great views from the monastery including Mt. Lhotse, Nuptse, and Thamserku. Rest at a guesthouse. Stay Overnight.

Trek Distance - 9.2km / 5.7miles

Included Meals: Breakfast, Lunch, and Dinner

Day 07: Tengboche to Dingboche (4,358m/14,295 ft) 4 - 6 hours

A descend walk to Debuche and traverse the Imja River. Proceed further and reach the village of Pangboche. Explore the oldest Pangboche monastery. Reach our destination Dingboche via Imja Valley. Stay Overnight.

Trek Distance - 9 km

Included Meals: Breakfast, Lunch, and Dinner

Day 08: Acclimatization (hike to Nangkartsang peak)

Dingboche is one of the famous place to acclimatize while trekking to Everest base Camp to adjust your body and prevent from being altitude sickness before continuing to base camp. Sherpa village along with stunning mountain views makes it great place to rest, relaxation and recharge. You can find well-facilitated coffee shops, local teahouse and few shops with limited items of trekking equipment. Dingboche with breathtaking views surrounded by its reward.

Today you will embark on an acclimatization hike to Nangkartsang peak at an elevation 5083m(16677ft) which offer spectacular views of Himalayas is another popular spot along the EBC. 360 degree views of stunning mountain along the way including Mount Amadablam, Mount Everest,

Mount Lhotse, Mount Makalu, Mount Choyo, Mount Nuptse, Nuptse Sar, Baruntse, Cholatse, Taboche, Island Peak (Imja Tse) and many more

Trek Distance - 4.2km / 2.61 miles

Included Meals: Breakfast, Lunch, and Dinner

Day 09: Dingboche - Lobuche (4,928m/16,164 ft.) 4 - 5 hr

A long trail continues admiring the scenic views. Pass through lovely settlements and traverse Dughla Pass and reach Lobuche. Stay Overnight.

Trek Distance - 8.5km / 5.2 miles

Included Meals: Breakfast, Lunch, and Dinner

Day 10: Lobuche - Gorak Shep (5,160m/16,929ft) - Everest Base Camp (5,364m/17,598ft)

A prime point of our trek comes as a trek to the Everest Base Camp commences. A long-hour trek yet a fruitful experience. Reach Gorak Shep and have lunch. From there, trek to the Everest Base Camp onwards. Upon reaching the base camp, relish the spectacular views of Mt. Pumori, Khumbu, and Nuptse. Return to Gorak Shep and stay overnight.

Trek Distance - 15km / 9.32 miles

Included Meals: Breakfast, Lunch, and Dinner

Day 11: Gorak Shep - Kalapatthar (5,550m/18,204ft) - Pheriche (4200 m)

A thrilling trek to the highest point Kalapatthar for a stunning close-up view of the world's highest Everest and surrounding snowy mountains. Snap some photos and enjoy some time in the vicinity. Return to Gorak Shep and have lunch. Trek down to Pheriche and spend a night at a guesthouse.

Trek Distance - 9.6km / 6 miles

Included Meals: Breakfast, Lunch, and Dinner

Day 12: Trek to Namche Bazaar (3,440m/11,284ft) 5- 7 hours

An enjoyable walk to Namche Bazaar. A slow descent walks adoring the sceneries through Pangboche and Tengboche. Arrive at Namche and rest for a while at the hotel. Explore the Bazaar, eat some bakery items, or buy some souvenirs in the evening. Overnight at a guesthouse.

Trek Distance - 9.2km / 5.7 miles

Included Meal: Breakfast, Lunch, and Dinner

Day 13: Trek to Lukla (2,804 m) - 6 hours

Our last day of trekking in this Everest region. We trek to Lukla and reminisce about the wonderful adventurous journey towards the Everest Base Camp. Enjoy the last day in the lap of mountains, relax, take a hot shower, and have some celebrations upon accomplishing the trek. Overnight at a guesthouse.

Trek Distance - 13km / 7 miles

Included Meal: Breakfast, Lunch, and Dinner

Day 14: Lukla - Kathmandu (1400 m)

An early morning flight from Lukla to Kathmandu. Bid adieu to this wonderful mountainous place and enjoy the last scenic flight from Lukla. Upon reaching Kathmandu, rest and relax at the hotel. In the evening, join us for a cultural dinner and share some of the experiences. Overnight in Kathmandu.

Flight Time 40 - 45 min

Included Meals: Breakfast

Day 15: Departure Day

Our representative will bid you farewell at Tribhuvan International Airport as you depart for your onward destination. Wishing you a safe and pleasant journey !

Distance: 25 - 30min

Included meals: Breakfast