

18-Day Everest Base Camp (EBC) Trek



**A journey into some of the most breathtaking sceneries in the world.
A classic trek into the heart of the Khumbu region.**

Trek Itinerary

Day	EBC Trek Team A	EBC Trek Team B	Description	Estimated Altitude at Rest Location
1	29 Mar	12 April	Singapore – Kathmandu	1400m
2	30 Mar	13 April *	Kathmandu	1400m
3	31 Mar	14 April	Kathmandu – Lukla – Phakding	2500m
4	1 April	15 April	Phakding – Namche Bazaar	3440m
5	2 April	16 April	Namche Bazaar	3440m
6	3 April	17 April	Namche Bazaar – Khumjung	3790m
7	4 April	18 April	Khumjung – Thengboche	3867m
8	5 April	19 April	Thengboche – Dingboche	4350m
9	6 April	20 April	Dingboche	4350m
10	7 April	21 April	Dingboche – Lobuche	4930m
11	8 April	22 April	Lobuche – Kala Pattar (5545m) – EBC	5400m
12	9 April	23 April	EBC – Lobuche	4930m
13	10 April	24 April	Lobuche – Thengboche	3867m
14	11 April	25 April	Thengboche – Monjo	3000m
15	12 April	26 April	Monjo – Lukla	2850m
16	13 April *	27 April	Lukla – Kathmandu	1400m
17	14 April	28 April	Kathmandu	1400m
18	15 April	29 April	Kathmandu – Singapore	Sea level

Note: All accommodation on trek are in Teahouse Lodges, except for one night at EBC – camping tent

*13 April – Team A & Team B meet in Kathmandu

DAY 01: SINGAPORE / KATHMANDU (WELCOME- DINNER)

Meet 2 hours before departure at the Singapore Changi International Airport. From here, we fly to Kathmandu. Upon arrival at the airport, we shall clear customs and meet with our guide and transfer to the hotel in Thamel. You are free in the afternoon for your own activities, some shopping would be in order! In the evening we gather for a Welcome Dinner - Nepali style. **O/N in Kathmandu.**

DAY 02: KATHMANDU – 1400m (BREAKFAST)

This is a free day for you to visit the sites around Thamel or do a little shopping in preparation for the trek to EBC. **O/N in Kathmandu.**

DAY 03: KATHMANDU / LUKLA – 2850m / PHAKDING – 2500m (B/L/D)

This morning we will be transferred from your hotel to Kathmandu airport for our domestic flight to Lukla. The flight itself is awe-inspiring as we fly parallel to the Himalayan giants bordering Nepal and Tibetan China. Flying time to Lukla is approximately 40 minutes. Upon arrival in Lukla, we will be met by our local guide and porters. There will be time to explore the village whilst the Sherpa crew sort and load equipment. Lukla lies at an altitude of 2850m ("luk la" = place of sheep). From Lukla we descend on a wide trail northwest to the village of Choblung in the Dudh Kosi Valley. The valley radiates energy through beautiful pine and rhododendron forest. The walking is easy and we follow the river's course, passing through the village of Ghat. Our destination is the small village of Phakding where accommodation is provided in the form of Tea House Lodges. **O/N in Phakding at Teahouse Lodge.**

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DAY 04: PHAKDING / NAMCHE BAZAAR – 3440m (B/L/D)

From Phakding we head up valley on a busy trail: porters from the lower Solu district in the south ferrying supplies to Namche, Sherpas with their Zopkio (half yak, half cow) taking trekking or climbing expedition equipment to the higher valleys. Continue along beside the Dudh Kosi amongst beautiful alpine scenery, through the fragrant blue pine and fir forest, glimpsing spectacular views of Kusum Kangru (6369m) and Thanserku (6608m) along the way. We cross the Dudh Kosi, to the western bank at Jorsale prior to trekking through the entrance to the Sagarmatha National Park. Continuing upstream along the banks to the confluence of the Bhote Kosi and Dudh Kosi, it is here that we begin our first sustained ascent to Namche Bazaar after crossing the large suspension bridge. Walking at a slow pace, we have a fantastic photographic opportunity as the peaks of Everest (8848m), Lhotse (8511m), Nuptse (7879m), Arna Dablam (6856m) and Taweche (6542m) come into view for the first time. Climbing again, the path takes us through pine trees to reach the distinctive horseshoe shaped bowl containing the village of Namche Bazaar. Stay in the heart of the village. **O/N in Namche Bazaar. O/N in Namche Bazaar at Teahouse Lodge.**

DAY 05: ACCLIMATIZATION DAY IN NAMCHE BAZAAR– 3440m (B/L/D)

Today is a full day at rest to acclimatize. As the name suggests, Namche is famous for its local market or bazaar. Each week, Sherpas from the surrounding villages come to buy food and to socialize. Any food not grown locally, such as rice, corn and some vegetables is brought in from the lowland village, which can be up to a 6-10 day walk from Namche Bazaar. Rising early, those who climb to the ridge above Namche will be rewarded with the stunning dawn and sunrise over the panorama of the Khumbu peaks. Spend the morning exploring this colorful and lovely spectacle. Perhaps walk along the Thami Valley in the afternoon or visit the National Park Headquarters to see the interesting displays of Sherpa lifestyle and culture, mountaineering in the park, flora and fauna. **O/N in Namche Bazaar at Teahouse Lodge.**

DAY 06: NAMCHE BAZAAR / KHUMJUNG – 3790m (B/L/D)

Breakfast is served in your Tea House Lodge. From Namche, we trek out of the village bowl and follow a small trail high above the Dudh Kosi River, where the views are incredible; behind to the west, the ridge of Nupla and Kwangde Himal (6194m); across the valley to the south, the towering ice-fluted walls of Thanserku (6623m), and to the east at the head of the valley, the Lhotse and Nuptse wall, towering a full three and a half thousand meters above the valley at Dingboche. Everest looms above the ridge, a black, triangular rock; Sagarmatha, "Goddess Mother of Earth", is a truly magnificent sight. On a small ridge across the valley, the monastery of Thyangboche can be seen, a small speck against the gigantic mountain background. We descend to Khumjung, and after staying in the more westernized town of Namche Bazaar, these villages make a welcome change. Here tourism has hardly changed the life of the Sherpas. It is possible to take the opportunity to sample the Sherpa specialty, Riki Kur - a type of potato fritter enriched with yak butter. The afternoon has been left free to assist with further acclimatization. **O/N in Khumjung at Teahouse Lodge.**

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DAY 07: KHUNJUNG / THYANGBOCHE - 3867m (B/L/D)

In the morning we descend to the village of Shanasa and then contour to Trashinga where the trail drops steeply to cross the Dudh Kosi at Phukitenga (3250m). A break is taken here by a series of water-driven prayer wheels. In the late morning we initially climb steeply before the trail levels out to ascend gradually towards Thyangboche. It is a steady ascent of approximately 2 ½ hours through pine fir, black juniper and rhododendron forest. Thyangboche is set in a beautiful meadow, high on a ridge surrounded by towering Himalayan peaks. A peaceful, tranquil position, surely one of the wonders of the world and the Thyangboche Monastery is spectacularly situated. The monastery dominated by the gompa with its prayer flags and mani stones was founded in 1916 as a meditation center. **O/N in Thengboche at Teahouse Lodge.**

DAY 08: TENGBOCHE / DINGBOCHE – 4350m (B/L/D)

From Thyangboche, we descend through a forest of birch, fir, juniper and rhododendron, to the nunnery at Deboche. Keep an eye open for the Blood and Danphe Pheasant...and high on the steep slopes of the valley, Himalayan Thar (wild goats). We cross the Imja Khola, ascending gradually, with the beautiful Ama Dablam dominating the skyline, to visit the monastery. The afternoon walk follows a trail high above the Imja Khola. A little further upstream we cross the tributary stream and ascend over glacial moraines to our lodge in the 'summer settlement' of Dingboche. **O/N in Dingboche at Teahouse Lodge.**

DAY 09: ACCLIMATIZATION DAY IN DINGBOCHE – 4350m (B/L/D)

Today we have a full day for acclimatization and exploration. Dingboche is a beautiful patchwork of small fields enclosed by stone walls protecting the crops of barley and potatoes from the cold winds. It is occupied mainly through the monsoon months, when large numbers of yaks are brought here to graze on the valley pastures. Those looking for a pleasant walk can head up the valley towards Chukung. The views are fantastic; the towering south face of Lhotse to the north, Island Peak in the center of the valley, and the fluted ice-walls of unnamed peaks that line the southern end of the valley form a hauntingly beautiful sight. **O/N in Dingboche at Teahouse Lodge.**

DAY 10: DINGBOCHE / LOBUCHE – 4930m (B/L/D)

We are now well above the tree line and your journey today brings you to Dusa from where you descend to a stream at 4850m. We begin our climb of the Khumbu Glacier en route to the teashops at Dughla. Continue along the moraine of the glacier, with views of Kalar Pattar and Pumori to reach Lobuche at 4930m for your evening stay. This will be your last stop before your climb to the base camp tomorrow. Take time to rest and acclimatize for this unforgettable day. **O/N in Lobuche at Teahouse Lodge.**

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DAY 11 - 12: KALAPATTAR – 5545m / GORKSHEP – 5160m / EBC – 5400m / LOBUCHÉ – 4930m (B/L/D)

Early this morning you begin your trek, which will prove to be both mentally and physically demanding. Above Lobuche, we follow the path running through a trough alongside the Khumbu Glacier. Continuing on over rough ground we reach Gorak Shep, where a short break is offered to replenish fluids. A walk for a further hour and a half reaches Kala Pattar, a small, rocky peak on the southwest ridge of Pumori - a slow & steady pace, once again being the best attack. Avoid rushing. Stop and turn around: the scenery is fantastic. It is a hard climb, but the view from the top surpasses the wildest imagination. Huge creaking glaciers surround us and classic views of Everest are available. The views from the summit of Kala Pattar (5630m) are truly outstanding. Here you are directly below Pumo Ri's light granite and slanted snow channel. The surroundings have an awesome and unnatural brilliance. To the south, the Khumbu Glacier sweeps below you; northwards rise several border peaks including the vertical Lho La, reached from the Tibetan side in 1921, the first time foreigners had seen the Khumbu Glacier. Mt Everest rises above them all. Known as "Chomolungma" (Lady Goddess of the Wind) by the Nepalese, the mountain was initially called Peak XV. In 1852 it was recognized as the highest peak on earth and four years later was given the name Everest in honor of Sir George Everest, the early surveyor general. After some time out to contemplate this view, we return to Lobuche.

This is also the time where we plan to visit Everest Base Camp and spend a night at Base Camp. Tents, food, fuel etc, will be carried here to base camp and back to Lukla. (est. 5 porters, 1 cook and 1 helper to be allocated). Min group size of 10.

O/N in Gorkshep/Lobuche at Teahouse Lodge.

DAY 13: LOBUCHÉ / THYANGBOCHÉ - 3867m (B/L/D)

After our tiring ascent to Kala patar, today is an easier walk to the lower altitudes. Following the same route back to the terminal moraines at Dughla, we then take a different return trail. We follow the wide alpine valley covered in scrub juniper through the temporary settlement of Phulung Karpo (4343m), then on to Pheriche. A small settlement, Pheriche has a number of welcome teahouses that often have "left over" for sale from various climbing expeditions. It may be possible to find imported chocolate, tinned prawns or smoked oysters: even vegemite! The town consists of several low stone buildings and is considered a "years" - summer settlement. Continue down to Orsho, then on through Lower Pangboche and down to Deboche, reaching our lodge at Thyangboche in the afternoon. **O/N in Thyangboche at Teahouse Lodge.**

DAY 14: TENGBOCHÉ / MONJO – 3000m (B/L/D)

Follow a similar trail through a forest of juniper, rhododendron and fir to Phunkitenga, you continue on to cross the Dudh Kosi for a steep descent to Trashinga. After lunch at Shanasa you make your way back to Namche Bazaar. Following a steep descent passing the Bhote Kosi, crossing the river, follow the bank to Jorsale, then to Monjo for overnight. **O/N in Monjo at Teahouse Lodge.**

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DAY 15: MONJO / LUKLA – 2850m (B/L/D)

This morning you will depart Monjo and continue your descent along the Dudh Kosi, before making a final ascent to reach the Lukla plateau by mid afternoon. On arrival in Lukla you will have time to relax and celebrate the completion of your trek. **O/N in Lukla at Teahouse Lodge.**

DAY 16: LUKLA / KATHMANDU -1400m (BREAKFAST)

This morning you will be transferred to Lukla Airport for your flight back to Kathmandu. On arrival in Kathmandu, you will be met and conveyed to your hotel. The remainder of the day has been left free. **O/N in Kathmandu.**

DAY 17: KATHMANDU (BREAKFAST)

A contingency day in case of delays due to the departure from Lukla. Alternatively, you are free to rest for the rest of the day. Shopping or sight seeing. **O/N in Kathmandu.**

DAY 18: KATHMANDU (BREAKFAST)

After breakfast, you are free until the time for the airport transfer for your flight back to Singapore. HOME.

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Map of Nepal



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Everest Trekking Map

