Everest Base Camp is not a specific site. Most of its popularity stems from the fact that it is the best place for making Everest Expedition Camping. Different locations have been selected by various expeditions for semi permanent camp during their assault on the mountain. This camp is located at the foot of Khumbu Icefall which is on the Rocky Slopes of the Khumbu Icefall. So it is a great place to view Khumbu glacier. The famous mountains such as Cho Oyu (8153m), Lothse (8511m), Nuptse (7879m), Makalu (8470m), Ama Dablam (6856m) are located in the Khumbu region. This is the most concentrated mountain region with the highest mountains of the world, where more than 200 peaks are higher than 6000m. Everest Base Camp is equally famous for its friendly Sherpa people (our old friends), Sherpa village, great varieties of cultures, traditions, and active Buddhist monasteries.
Name: Everest Base Camp Trek  
Code: PP-EBC-01  
Duration: 17 days  
Max. Altitude: 5545m  
Type: Tea house Trekking  
Difficulty: Medium – Hard

Regular Itinerary of Trekking

Days 01 - Arrival in Kathmandu

Peak promotion representative will be at airport to pick up you to the Hotel. Introduction with guide and short briefing about the trek. You will have welcome dinner in Nepali traditional restaurant with cultural dance, in the evening.

Days 02 - Sightseeing and preparation day

In the morning we begin tour around Kathmandu with Peak Promotion's renowned guide. Kathmandu has many historic, religious and architectural places to visit. Swyambunath (Buddhists shrine, also called
monkey temple), Boudhanath (Tibetan Buddhism beliefs), Pashupathi Nath (Hinduist's greatest pilgrimage site) and the Patan Durbar Square (Historic place for ancient art & architecture of Kathmandu) are the highlights of the tour. In the evening our guide will check the trekking equipment that you have. You can also buy your equipment in Kathmandu for you convenient.
Days 03 - Fly to Lukla – trek to Phakding (2650m)

Early in the morning you have to wake up for the flight to Lukla via twin otter. You can see panoramic Mountain View by aircraft. Within 25-30 min we will land in Lukla, where we can meet our Sherpa staffs and Yaks for baggage and then begin our first day trekking to Phakding located near to the river Dudhkoshi (white like Milk).
Days 04 - Phakding to Namche (3440m)
We continue walking along the bank of Dudh Koshi River, passing small villages and many suspension bridges. We walk real uphill slowly to reach to Namche. Namche is the administrative center of Khumbu region. It is a marketplace for the people of Khumbu and also for trekkers to buy equipments. We stay overnight in Namche.

Days 05 - Namche - acclimatization day - Hike up to Khumjung valley (3970m)
Today is our acclimatization day in Namche. To adjust with high altitude we spend one more night in Namche. We hike to Khumjung crossing Syangboche airport. On the way we go to Everest View hotel for the outstanding view of Mt. Everest, Mt. Amadablam. We visit to Sir Edmund Hillary's school and hospital at Khumjung and Khunde and walk down to Namche.
Days 06 – Tengboche (3840m)

We walk towards Tengboche, going downhill to the river and cross bridge. Again the trail climbs steeply at first then make a gradual ascent through forests and mani stones and reach in Tengboche Monastery, the religious sites which sits at 3870m. It is the best place of the world that provides the most magnificent view of the Himalayan giants; Kwangde (6187m.), Twachee (6542m.), Amadablam (6812m), Everest (8848m.), Nuptse (7879m), Lhotse (8501m.), Kangtega and Thamserku.

Days 07 - Dingboche

In the morning, you can see a great view of the Himalayan range from Tengboche. We descent to Debuche through the forest of birches conifers and rhododendrons. Crossing Imja Khola (river) on a steel bridge, the route climb to the Pangboche. Our goal for today is to reach to Dingboche, en route to Island Peak. The views are great from Dingboche. You can see Island Peak, Makalu and another face Amadablam,

Days 08 - Dingboche

Another rest day in Dingboche. We have short hike near the hill Nangakarshang for adjusting with high altitude. We take rest in Dingboche.

Days 09 - Lobuche

We continue our journey from Dingboche through the high alpine region to the conclusion of Luboche and stay overnight. On the way to Luboche we cross the glacial frozen river at Thukla and climb up hill to the Lubuche, watching magnificent view of Cholatse, Lobuche, Pumori and Nuptse.

Days 10 - Gorakshep > Everest Base Camp >Gorakshep
Each day our trek is exciting, the distance will shorter and we walk slowly due to the thin air and high altitude. We can see Khumbu Glacier along the way to Gorakshep. We arrive at Gorakshep. We can view Mt. Pumori and Nuptse standing above us. After taking short rest, we walk to the Everest Base Camp and returned to the Gorakshep and stay overnight. You can see lots of expedition tent and group in Everest Base Camp during expedition period in spring. It is a great place to view Khumbu glacier.

Days 11 - Kalapathar (5545m)> Pheriche

In the morning we climb up to the Kala Patthar to view the summit of Mt. Everest. It is the best place to photograph the panoramic view of Mt. Everest. Most of the pictures of Mt. Everest are taken from Kalapathar. We decent back down to lower altitude to the Pheriche.
Days 12 – Tengboche
We walk towards the Tengboche and stay overnight there.

Days 13 - Monjo
Today we reach Monjo with enjoying the downhill walks. It quite long walks. After passing Namche Bazaar on the way we reach Monjo and stay overnight.

Days 14 - Lukla
This is our final and last walk to the mountain. We prepare for the flight to Kathmandu. This is our last and memorable day in Khumbu. We spend our night celebrating with Sherpa friends and their culture.

Days 15 - Fly to Kathmandu
Today we leave Lukla and fly to Kathmandu. Our staff will be at airport to Pick up you to the hotel.

Days 16 - Rest
It is our rest day in Kathmandu. You can walk around thamel in the early evening. It is the main tourist attraction where you can have various options to buy. It seems restful to walk around Thamel.

Days 17 - Departure
Final Departure to your country. Our staff will be at hotel to help you to the airport and give you Khada, for good luck.