Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Everest Base Camp Kalapathar Trek

Duration: 12 Days

Itinerary (Plan)

Day 1 Fly to Lukla, trek to Phakding (2,651m): 35 minutes flight; 3 - 4 hours trek

- Time : 4 hours
- Max Altitude : 2851m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Early morning flight from Manthali airport or Kathmandu airport to Luckla. Arrive luckla and trek to Phakding.

Day 2 Phakding to Namche Bazaar (3,440m): 5 - 6 hours

- Time : 6-7 hours
- Max Altitude : 3440m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Namche Bazaar is the largest village in the Khumbu region and serves as a central hub for trekkers and climbers heading towards Everest Base Camp and other destinations. It offers various amenities, including shops, cafes, and internet services, making it a comfortable and exciting place to acclimatize before continuing your trek. Over night at namche

Day 3 Acclimatization Day - Namche Bazaar: (3,440m)

- Time : Null
- Max Altitude : 3440m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Hike to Everest View Hotel and around. The hike to Everest View Hotel is a perfect day hike for those looking to experience the beauty of the Everest region without committing to a multi-day trek. The combination of stunning views, cultural immersion, and moderate difficulty makes it a must-do for trekkers visiting the Khumbu region. Whether you're an avid hiker or a first-time visitor to the Himalayas, this hike offers a memorable experience with unparalleled views of Mount Everest and surrounding peaks.

Day 4 Namche Bazaar to Tengboche (3,870m): 5- 6 hours

- Time : 6-7 hours
- Max Altitude : 3870m

Accommodation: Teahouse & Local Lodge

Meal: BLD

After breakfast trek to tengboche. Over night at tea-house Trek to Tengboche: A Scenic Journey to the Heart of the Khumbu Region After a fulfilling breakfast, embark on your trek to Tengboche, a charming village nestled at an altitude of 3,867 meters (12,687 feet). This moderate trek typically takes 5-6 hours and offers stunning views of the surrounding Himalayan peaks, including Mount Everest, Lhotse, and Amadablam. The trail meanders through lush pine forests, crosses serene rivers, and provides ample opportunities for breathtaking photo stops along the way. Tengboche is renowned for its Tengboche Monastery, one of the most significant Buddhist sites in the Khumbu region. Here, visitors can experience the peaceful atmosphere of the monastery while enjoying panoramic views of the surrounding snow-capped mountains. After reaching Tengboche, settle in for an overnight stay at a local tea-house, where you can relax, savor traditional meals, and connect with fellow trekkers in a cozy, mountain-side setting. This trek not only offers an immersive nature experience but also provides rich cultural insights, making it an unforgettable part of your Everest region adventure.

Day 5 Tengboche to Dingboche (4,460 m): 5 - 6 hours

- Time : 6 hours
- Max Altitude : 4460m

Accommodation: Teahouse & Local Lodge

Meal: BLD

After breakfast trek to Dingboche. Trek to Dingboche: A Scenic Journey to the Heart of the Khumbu After enjoying a nourishing breakfast, begin your trek towards Dingboche, a beautiful village located at an altitude of 4,410 meters (14,469 feet). The trek offers an incredible opportunity to explore the natural beauty of the Everest region as you pass through picturesque valleys, rugged terrain, and traditional Sherpa villages. The journey typically takes around 5-6 hours, providing breathtaking views of towering peaks such as Ama Dablam, Island Peak, and Lhotse. Upon reaching Dingboche, you will stay overnight at a welcoming local tea-house. This serene mountain village offers a peaceful retreat where you can relax, enjoy local meals, and acclimatize to the higher altitudes. The trek to Dingboche offers a perfect balance of scenic beauty, cultural immersion, and a comfortable resting point as you continue your Everest adventure. With its rich cultural heritage and stunning surroundings, Dingboche is an ideal destination for trekkers seeking both natural beauty and an authentic Himalayan experience. Over night at tea-house

Day 6 Dingboche: Acclimatization.

- Time : 4-5 hours
- Max Altitude : 4410m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Dingboche is a popular stop for trekkers and climbers in the Everest region of Nepal, primarily used for acclimatization during the ascent to higher altitudes. Located at an elevation of approximately 4,410 meters (14,470 feet), Dingboche is an ideal place to spend a day or two to help your body adjust to the high altitude before continuing to higher elevations, such as Lobuche, Gorak Shep, and ultimately Everest Base Camp Nangkartshang Peak: This hike reaches an elevation of about 5,083 meters (16,676 feet) and offers spectacular views of Makalu, Lhotse, and other peaks

Day 7 Dingboche to Lobuche (4940 m): 4-6 hours

- Time : 6 hours
- Max Altitude : 4940m

Accommodation: Teahouse & Local Lodge

Meal: BLD

After breakfast trek to Lobuche. Trek to Lobuche: A Challenging Yet Rewarding Adventure After a hearty breakfast, begin your trek towards Lobuche, located at an altitude of 4,940 meters (16,207 feet). This trek typically takes around 5-6 hours and offers stunning views of the surrounding peaks, including Khumbutse, Pumori, and the majestic Mount Everest. The trail is challenging, with steep sections and rocky terrain, but it rewards trekkers with awe-inspiring landscapes and a true sense of adventure. Upon reaching Lobuche, you'll stay overnight at a cozy tea-house, where you can rest and refuel with delicious local meals. This village serves as a crucial stop for acclimatization before continuing to higher altitudes. The trek to Lobuche offers not only incredible views but also an opportunity to experience the rugged beauty of the Everest region. It's a perfect blend of natural beauty, adventure, and cultural immersion for trekkers looking to take on a challenging yet unforgettable journey in the Himalayas. Over night at tea-house.

Day 8 Lobuche to Gorakshep (5180 m), visit Everest Base Camp (5364 m): 6-8 hours

- Time : 8 hours
- Max Altitude : 5180m

Accommodation: Teahouse & Local Lodge

Meal: BLD

The trek from Lobuche to Gorak Shep and then to Everest Base Camp is a long and challenging day but one of the most rewarding parts of the journey. Trek from Lobuche to Gorak Shep and Everest Base Camp: A Dream Journey The trek from Lobuche to Gorak Shep, and then on to Everest Base Camp, is one of the most iconic and challenging days of the entire Everest trek. Starting early, the trail takes you through rugged terrain and high-altitude paths, offering stunning views of towering peaks like Pumori and Nuptse. The

journey to Gorak Shep is a significant challenge, as you gain elevation and the air thins, but it is a crucial acclimatization point before reaching the ultimate goal. From Gorak Shep, the final push to Everest Base Camp is both physically demanding and emotionally uplifting. Standing at the foot of the world's highest peak, Mount Everest, is a dream come true for trekkers and adventurers alike. The sight of Everest, surrounded by glaciers and the vast Himalayan landscape, is unparalleled and marks the culmination of a journey that many people aspire to complete in their lifetime. This trek is more than just a physical challenge; it's the fulfillment of a dream for many. The sense of achievement upon reaching Everest Base Camp is indescribable, making it one of the most rewarding experiences in the world of trekking. Over night at Gorakshep

Day 9 Gorak Shep to Kala Patthar (5,545m) to Pheriche (4,288m): 7-8 hours

- Time : 8 hours
- Max Altitude : 5545m

Accommodation: Teahouse & Local Lodge

Meal: BLD

The trek from Gorak Shep to Kalapatthar(5545m) and then descending to Pheriche is another long and challenging day, but it offers some of the best views of Everest and the surrounding peaks. Trek from Gorak Shep to Kalapatthar and Pheriche: The Ultimate Everest Experience The trek from Gorak Shep to Kalapatthar and then descending to Pheriche is one of the most demanding yet rewarding days in the Everest region. Starting early, trekkers ascend to Kalapatthar at 5,545 meters (18,192 feet), one of the highest trekking peaks in the world. Kalapatthar is renowned for offering the most breathtaking and unobstructed views of Mount Everest and its surrounding peaks, including Lhotse, Nuptse, and Makalu. The panoramic vistas from the summit are truly a once-in-a-lifetime experience and a highlight of any Everest trek. After soaking in the stunning views, trekkers begin their descent towards Pheriche, a lower-altitude village, offering a welcome reprieve after the intense climb. This long journey offers not only physical challenges but also emotional fulfillment, as it brings you closer to Everest’s towering beauty. For many trekkers, reaching Kalapatthar and experiencing the world’s highest mountains up close is the pinnacle of their trekking dreams. It is a life-changing experience, filled with awe-inspiring views and a profound sense of achievement, marking the climax of the Everest Base Camp trek. Over night at Pheriche

Day 10 Pheriche to Namche Bazaar (3,440m): 7-8 hours

- Time : 8 hours
- Max Altitude : 3440m

Accommodation: Teahouse & Local Lodge

Meal: BLD

The trek from Pheriche to Namche Bazaar is a long descent, covering significant distance and losing considerable altitude. This segment offers beautiful views and passes through several villages, providing a more relaxed atmosphere as you move to lower altitudes. Over night at Tea-house

Day 11 Namche Bazaar to Lukla (2,860m): 6 - 7 hours

- Time : 7 hours
- Max Altitude : 2860m

Accommodation: Teahouse & Local Lodge

Meal: BLD

The final leg of your trek from Namche Bazaar to Lukla marks the end of your journey in the Everest region. This segment is mostly downhill, but there are some uphill sections, making it a moderately challenging day. Over night a tea-house and celebrate the successful trekking.

Day 12 Luckla to Kathmandu

- Time : Null
- Max Altitude : 1400m

Accommodation: Null

Meal: B

The journey from Lukla to Kathmandu marks the end of your trekking adventure in the Everest region and involves a short but scenic flight back to the capital city of Nepal. 35-40 minutes flight.

Cost Include

- Tea-house Lodge during the Trekking(Few nights attached toilet)
- Highly Recommended Trekking Guide
- Domestic Airfare/ Ktm-Luckla-Ktm. Airport Tax
- Meals (breakfast, lunch and dinner) during the trekking.
- Every meals cup of tea
- All Trekking permits and Necessary documents
- Sleeping bag, & Duffle Bag
- Free Trekking poles provided (need to return)
- Staff insurance, medication and equipment
- First Aid Kit and Special Care
- Rescue arrangements in case emergency only.
- Sleeping bag, Down Jacket(If Necessary) & Duffle bag by company
- Staff insurance, medication and equipment,
- First Aid Kit and Special Care
- Rescue arrangements for our clients
- All Govt. and Local Taxes
- Trekking Certificate from Destination Unlimited Treks

Equipment List & Gear Guide

Hello Worlds

Cost Exclude

- Porters for trekking(add on) 250$ sharing with two trekkers
- Hotel in Kathmandu/ sightseeing
- Travel/trekking insurance
- Kathmandu sightseeing Entrance fees
- Bottled drinks on trek (cold and alcoholic) and Hot Drinks
- Nepal entry visa fees.
- Khumbu Tax Worth 20$
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and Hot Drinks
- Lunch and dinner during your stay in Kathmandu.
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Tips, Hot Showers
- Which is not mentions in Cost Included Section.

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