



Trek to Everest Base Camp

18 Days



Day 1 | Arrival in Kathmandu

A Himalayan Hug

Your dream is unfolding! When you arrive at Tribhuvan International Airport (KTM) in Kathmandu, you will feel the rush of altitude immediately (it sits at 4,386 feet/1,337 m elevation). Norbu, our local driver, will meet you at the airport and whisk you directly to the Address Kathmandu Hotel, your first basecamp!

At 4 p.m., meet your fellow steely Wild Women and guides in the hotel lobby for a trip debrief before dinner. Please be aware that food is a spiritual and incredibly precious commodity in Nepal, especially up high in the mountainous area. Access to fresh produce is extremely difficult and therefore cherished. Culturally, it's highly respectful to only order what you can eat and to avoid wasting any food. Our local guides will share more information over dinner about how we can ensure a culturally sensitive and rewarding experience while in Nepal.

Included Meals

Dinner

Accommodations

The Address Kathmandu Hotel



Day 2 | Kathmandu

The Monkey Temple

Our guide will share stories, bites of history and Nepalese culture as we visit iconic sites like the Buddhist beacon: Boudhanath Stupa. The stupa's massive mandala makes it one of the largest spherical stupas in Nepal and the world!

The Swayambhunath Temple (known as the “Monkey Temple”) is dramatically located on a hilltop—365 steep steps lead the way. The strings of prayer flags and animated monkeys who call this temple home make for an unforgettable encounter.

In the city center, we visit the former royal palace, pagoda temples and courtyards of Patan Durbar Square, which is a designated UNESCO Heritage Site. After absorbing a big gulp of history we have lunch in Patan, the famed city of artisans.

In Mulkot, we check into our accommodations, go for an evening walk and then repack for our trek ahead before dinner. Any additional, unnecessary luggage can be left safely.

Included Meals

Breakfast, lunch and dinner

Accommodations

Mulkot Hotel



Day 3 | Lukla

Mother Goddess of the World

We'll have an early start (4 a.m.) in order to grab the first flight to Lukla (6 a.m.) out of Ramechhap Airport.

Upon arrival in Lukla, a porter will be on standby to collect and organize our luggage (to transport to Hotel Khumbu Resort) while we have breakfast.

Our Everest trek officially begins with three hours of downhill walking to our lodge in the town of Phakding where we will dream of Chomolungma (the Tibetan name for Everest), the “Mother Goddess of the World.”

We will be sharing the trails with many charged-up trekkers, locals, mules and dzos (a cross between a yak and a cow). This is day one of thirteen incredible days spent trekking!

Included Meals

Breakfast, lunch and dinner

Accommodations

Lodge in Phakding

Travel

*Please note that flights into Lukla are subject to many factors and if the airlines are not operating flights by 1 a.m., we must be ready to pay up to an additional \$650 US (credit cards accepted) for a helicopter flight to maintain the scheduled itinerary.

The Trek

Trek Route: Lukla (elevation: 9,449 feet/2,880 m) to Phakding (elevation: 8,563 feet/2,610 m)

Trek Distance: 5.6 miles/9 km

Elevation Loss: About 885 feet/270 m

Elevation Gain: About 623 feet/190 m

Estimated Hiking Time: 3–4 hours



Day 4 | Phakding to Namche Bazaar

Crossing Bridge after Bridge

Today's section is the one we hear the most about. The long, consistently steep inclines as well as a number of very high suspension bridges are prominently featured in movies and documentaries.

In the morning, we follow the Dudh Koshi river, with gradual ups and downs until Jorsalle. Here, we'll enter Sagarmatha National Park, a protected area that is home to elusive species like the snow leopard, musk deer and red panda.

After lunch, our trek continues to the Hillary suspension bridge (410 feet/125 m) to climb up to Namche Bazaar. Today's mantra is "steady, steady" or "*bsatari, bsatari*."

It's important that we climb at our own rhythm and pace as this quad-quivering grueling climb takes about three hours. Tonight is free range—we can wander the Namche Bazaar, lean into some yoga or simply meditate.

Included Meals

Breakfast, lunch and dinner

Accommodations

SherpaLand Hotel

The Trek

Trek Route: Phakding (elevation: 8,563 feet/2,610 m) to Namche Bazaar (elevation: 11,595 feet/3,535 m)

Trek Distance: About 5.6 miles/9 km

Elevation Gain: About 3,032 feet/925 m

Estimated Hiking Time: 5–6 hours



Day 5 | Namche Bazaar

Acclimatization in Namche Bazaar

A typical acclimatization day consists of a short hike around the valley to adjust to the increasingly thin air, then returning to a lower elevation (Kyangjuma) to sleep.

Today's hike is an exploration hike up towards Sherpa's historic settlement, which is known as Khumjung village. On this hike, we will reach up to 12,713 feet (3,875 m) at Shyangboche La before we descend to 12,434 feet (3,790 m) at Khumjung village. In the village, we embrace the serenity of the monastery.

We have lunch in the village before descending down to Kyangjuma (11,811 feet/(3,600 m). After we arrive, we can indulge in free time and absorb the views of Ama Dablam, Thamserku, Kangtega and Taboche. If Mother Nature plays nice, on a clear day we may be privy to a dazzling sunset show over these mighty peaks.

Included Meals

Breakfast, lunch and dinner

Accommodations

Amadablam Guest House in Kyangjuma

The Trek

Trek Route: Namche Bazaar (elevation 11,595 feet/3,410 m) to Shyangbouche Hill (elevation 12,795 feet/3,900 m)

Trek Distance: 3 miles (5 km) return—nothing like yesterday’s hamstring tenderizer!

Elevation Gain: About 525 feet (160 m)



Day 6 | Kyangjuma to Tengboche

Super Scenic

The early bird gets the worm and a startling sunrise view over the Amadablam and surrounding jagged peaks! We enjoy a super scenic breakfast and drink in the view of these peaks over steaming cups of tea. After breakfast, we embark on a gentle descent down to Phungi Thenga. Here, we take a short tea break to revive before we trek to Tengboche, where we stop for lunch (we’ll also be spending the night in Tengboche). We rest and digest for a bit before visiting the local monastery.

In the evening, we take a short acclimatization hike. Depending on the day, we may have the opportunity to observe a prayer ceremony in the evening or, possibly in the morning.

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel Tashidelek in Tengboche

The Trek

Trek Route: Kyangjuma (elevation: 11,811 feet/3,600 m) to Tengboche (elevation: 12,628 feet/3,850 m)

Trek Distance: 3.72 miles/6 km

Elevation Gain: 935 feet/285 m

Estimated Hiking Time: 4 hours



Day 7 | Tengboche to Dingboche

Monastery and Mountain Peaks

We are gently stirred this morning by the reverberating prayer music from the monastery as the marmalade sun rises on Langur Himal, Mt Everest and the surrounding peaks. After breakfast, our trail will take us downhill and continue very gradually up and down hills before crossing the river. We then head uphill towards Pangboche and follow the gradient upwards towards the Imja Valley

where the mighty Island peak will magnetically pull us ahead. We arrive one hour later in Dingboche.

The views will become more expansive with vast valleys and winding streams ribboning far below us. Spectacular surprise views seem to sit in wait around each corner. There will be some wide open flat areas that will offer relief for weary hikers with the incentive of magnificent landscapes and hot tea ahead.

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel Good Luck in Dingboche

The Trek

Trek Route: Tengboche (elevation: 12,628 feet/3,850 m) to Dingboche (elevation: 14,268 feet/4,350 m)

Trek Distance: 9 miles/14.5 km

Elevation Gain: 1,640 feet/500 m

Estimated Hiking Time: 6 hours (give or take a few selfies)



Day 8 | Dingboche

Acclimatization Day

Our focus will be another vital day of acclimatization. We embark on a three-hour hike to a lookout above Dingboche, where we will aim to reach a height of 16,076 feet (4,900 m) gaining 1,640 feet (500 m).

The drop in oxygen content in the air is palpable on the uphill sections of the trail. There's a reason why Jon Krakauer called his book *Into Thin Air!* Luckily, there are no balloons to blow-up for a birthday party.

From our summit, we can see Makalu, the fifth highest mountain, as well as the stretched out ranges of Langur Himal (which is connected between Mt. Nuptse and Mt. Lhotse).

Enjoy the life-affirming 360-degree mountain views! We return to Dingboche and have the rest of the day to play. Relax, doodle, drink endless cups of tea and definitely have a sweet fix at the bakery.

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel Good Luck in Dingboche

The Trek

Trek Route: Dingboche (elevation: 14,268 feet/4,350 m) to the lookout (16,076 feet/4,900 m)

Trek Distance: 1.9 miles (3 km)

Elevation: 1,640 feet/500 m of ascent and descent

Estimated Hiking Time: 3–4 hours



Day 9 | Dingboche to Lobuche

Valleys and Open Plains

After breakfast, we enjoy a casual hike above Pheriche up to Thugla. The trail snakes back towards the Khumbu valley and continues on a long and slow trek across an elevated route with enormous views. This stretch usually takes about two hours.

After lunch in Thugla, we have a steep climb up the moraine over Thukla Pass to the Everest Climber memorial (984 feet/300 m gain). Thugla to Lobuche involves a steady three hours of trekking beside glass-clear flowing streams in glacier-scraped valleys. We then climb into the open plains above the ice flows sandwiched between the massive mountain ranges.

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel National Park, Lobuche (or similar)

The Trek

Trek Route: Dingboche (14,268 feet/4,350 m) to Lobuche (16,210 feet/4,950 m)

Trek Distance: 7.5 miles (12 km)

Elevation Gain: 1,942 feet/600 m

Estimated Hiking Time: 5–6 hours



Day 10 | Lobuche to Base Camp to Gorak Shep

Making Gains

It will be an early bird start to our hike today because we are going ALL THE WAY to Everest Base Camp! Insert goosebumps here! We cross a lot of loose rock and glacial moraine, so we can't get too distracted! The up and down trail into Gorak Shep will take approximately three hours.

Lunch will be at Gorak Shep, a small settlement that sits on the edge of a unique frozen lakebed that's covered with sand. It's another three hours to reach the famed Everest Base Camp. Don't worry, we will be sure to spend some time enjoying the fever pitch and adrenaline of the camp.

The hike back to Gorak Shep will take two hours. After a solid day of hiking, it's time to celebrate (or sleep) and recharge. This is an extremely challenging day for most due to the unrelenting elevation gain, altitude and unstable, rough terrain.

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel Yeti Home in Gorak Shep

The Trek

Trek Route: Lobuche (elevation: 16,210 feet/4,950 m) to Gorak Shep (16,925 feet/5,160 m) to Base Camp (elevation: 17,598 feet/5,364 m) and back down to Gorak Shep (16,925 feet/5,160 m)

Trek Distance: 6.2 miles/10 km

Elevation Gain: 1,358 feet/414 m

Elevation Loss: 670 feet/204 m

Estimated Hiking Time: 7–8 hours



Day 11 | Kalapathar to Pheriche

Once-in-a-Lifetime Views

This morning we can trek up to Kalapathar or enjoy a lazy and deserved sleep-in. No judgment! For those who wish to hike Kalapathar (18,513 feet/5,643 m) we wake up shockingly early (3 a.m.) but the reward is unmatched—we have front row seats to sunrise over Everest!

This is a difficult three-hour uphill hike of 0.7 miles (1.2 km) with an elevation gain and descent of 1,591 feet (485 m). It's a tough slog but well worth the challenge for the uninterrupted once-in-a-lifetime views. Upon return to Gorak Shep, we join the sleepyheads for breakfast.

We then hike downhill past the Everest Climbers' Memorial to Thugla for lunch. In the afternoon, we follow timeworn local tracks that run parallel to glacier-fed streams on the valley floor. We have views of Ama Dablam as we muscle our way to our lodge in Pheriche.

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel Everest Trekkers in Pheriche

The Trek

Trek Route: Gorak Shep (elevation: 16,925 feet/5,160 m) to Pheriche (14,336 feet/4,371 m)

Trek Distance: 8 miles/13 km

Elevation Loss: 2,588 feet/789 m

Estimated Hiking Time: 5–6 hours



Day 12 | Pheriche to Pangboche

Downhill All the Way

The hike to Pangboche takes us steadily downhill. The last part of the day we snake along the valley floor following local tracks that run parallel to streams. We have a half day to rest after Base Camp but if we are feeling energetic and eager to explore more, there is a four-hour (roundtrip) hike towards Amadablam Base Camp that we can knock off after lunch.

If lady luck is on our side, we might be able to spot the stocky blue sheep grazing on the slopes. Native to the high Himalayas, these sheep have a coat color that can appear slate blue. Really, it's not the elevation getting to us! We can also look for the rainbow plumage of the Danphe pheasant (known as the Himalayan monal), Nepal's national bird.

Upon arrival in Pangboche, we can check into our rooms, sing in the hot showers and totally mellow out for the evening.

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel Sonam in Pangboche

The Trek

Trek Route: Pheriche (elevation: 14,336 feet/4,371 m) to Pangboche (elevation: 13,074 feet/3,985 m)

Trek Distance: 7 miles (11 km)

Elevation Gain: 1,444 feet/440 m

Elevation Loss: 1,266 feet/386 m

Estimated Hiking Time: 6–7 hours



Day 13 | Pangboche to Mong La

Visiting the Sherpa Village

We awake to tea and views of Tamcherku, Kongde, Ama Dablam and Kantega. After breakfast, we take the high trail to Phortse, Khumbu's "Sherpa village" where many locals work the tidy potato fields.

After lunch, we drop down to the river and slice through Phortse Thunga as we approach the 1,312 feet (400 m) climb to Mong La. Here, if the weather cooperates, we have a heartbreaking view of Ama Dablam ("Mother's Necklace"), which sits at an altitude of 22,349 feet (6,812 m).

The long ridges on each side of Ama Dablam appear like the arms of a mother (*ama*) protecting her child. The hanging glacier has a likeness to the *dablam*, the traditional double-pendant worn by Sherpa women that reveals pictures of the gods.

With satiated spirits, we gather for dinner and then drift to sleep with a full memory card in our heads!

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel Hilltop guesthouse in Mong La

The Trek

Trek Route: Phortse (elevation: 12,500 feet/3,810 m) to Mong La (elevation: 13,021 feet/3,970 m)

Trek Distance: 1.8 miles/3 km

Elevation Gain: 1,312 feet/400 m

Estimated Hiking Time: 4–5 hours



Day 14 | Mong La to Monjo

We've Come a Long Way

We have breakfast and 360-degree views of all the peaks we've seen for the last 10 days. Today is our last day to swallow up every bit of the Himalayas that surround us! When we reach Namche Bazaar we stop for lunch and reminisce about how far we've come.

Recharged, we have a steep walk down Namche hill to the Hillary suspension bridge. We'll pass resilient dzos struggling uphill with supplies and smiling trekkers heading in the opposite direction with their hearts and dreams on their GORE-TEX sleeves.

We were that same smiley group, full of anticipation and nerves just a week ago! It's important to maintain our pace and be mindful of the slippery gravel path as we follow the now-familiar "Milky White" or Dudh Koshi river. We arrive in Monjo for a celebratory dinner and another rock solid sleep.

Included Meals

Breakfast, lunch and dinner

Accommodations

Monjo Guest House in Monjo

The Trek

Trek Route: Mong La (elevation: 13,021 feet/3,970 m) to Monjo (elevation: 9,186 feet/2,800 m)

Trek Distance: 6.8 miles/11 km

Elevation Loss: 3,838 feet/ 1,170 m

Estimated Hiking Time: 6–7 hours



Day 15 | Monjo to Lukla

One Last Push

We continue on today, rejuvenated after a healing sleep at low altitude. We pass through tiny mountain villages, crossing the final suspension bridges that lead us back to Lukla.

At Hotel Buddha Lodge in Lukla, we check into our rooms for a quick reboot. Depending on our arrival time, there might be free time to explore the local shops or slug back a well-deserved Sherpa Himalayan Red or signature Everest beer. Seems mandatory, right?

In the evening, we have dinner together and have the opportunity to thank everyone who has supported our unforgettable successful trek to Everest Base Camp!

Included Meals

Breakfast, lunch and dinner

Accommodations

Hotel Buddha Lodge in Lukla

The Trek

Trek Route: Monjo (elevation: 9,186 feet/2,800 m) to Lukla (elevation: 9,186 feet/2,880 m)

Trek Distance: 7.4 miles/12 km

Elevation Loss: About 623 feet/190 m

Elevation Gain: About 885 feet/270 m

Estimated Hiking Time: 4–5 hours



Day 16 | Lukla to Kathmandu

Take Off

We'll plan to be ready for takeoff at the Lukla airport by 6 a.m. Our group is scheduled for the first morning flight back to the buzz of Kathmandu; however, Lukla is notorious for flight delays. If our flights are delayed or canceled due to high winds and the notorious mountain weather, we will have the day to explore Lukla or relax at the hotel, so it's really win-win!

Included Meals

Breakfast, lunch and dinner

Accommodations

Lodge in Lukla or The Address Hotel

Travel

Approximately 35 minutes (plane)

3 hours driving (Ramechhap to Kathmandu)



Day 17 | Kathmandu

Flex Day

This is a built-in flex day in case of inclement weather in Lukla and also the perfect opportunity to relax and take in Pashupatinath now that we have conquered the Base Camp!

We can visit the Pashupatinath Temple, a sacred temple and cremation site where the last rites of Hindu are performed. It's a designated UNESCO World Heritage Site and the ceremonial cremations are powerful to witness.

Our guide will take us across the river where we can quietly observe them from the vantage point on the hill.

Today's suggested soundtrack: "Ain't No Mountain High Enough" by Marvin Gaye.

Included Meals

Breakfast and dinner

Accommodations

The Address Hotel



Day 18 | Kathmandu

Departure

We gather for our last breakfast together and reminisce about all that we have accomplished together.

Please book your departure flights for after 12 p.m. today. Note: the airport shuttle to (KTM) for departing flights is included.

As you reach cruising altitude, let the valleys and peaks below remind you of the amazing goal you achieved with your crew of fearless Wild Women. You trekked to Everest Base Camp! You are a legend! Some people move mountains. Some people make mountains out of molehills. You climbed one!

Included Meals

Breakfast



Trip Details

Know Before You Go

For all of the logistical details you'll need to know prior to departure—including the packing list, arrival and departure details and suggested tipping information, click [HERE](#).

Itinerary version as of April 2, 2024.