

Itinerary for Package: Mt. Everest Base Camp & Kalapatthar

- Everest Dreams Fulfilled

Reaching **Everest Base Camp** or **Kala Patthar** is a lifelong dream for many trekkers. The trail winds beneath the world's highest mountains, with unforgettable views of Mt. Everest and other towering Himalayan giants.

- Scenic Flight to Lukla

Begin your adventure with a thrilling flight to **Lukla (2,800 m)**, the gateway to the Everest region.

- Panoramic Views from Kala Patthar

Stand at **5,545 m** and take in the breathtaking panoramic views of Mt. Everest, neighboring peaks, and the mighty Khumbu Glacier — one of the trek's most iconic highlights.

- Sherpa Heartland

Walk through traditional Buddhist villages and terraced farms, immersing yourself in the warm hospitality and rich culture of the Sherpa people.

Package Duration: 16 days

Day 1: Arrive Kathmandu (1350m)

Upon arrival in Kathmandu, Tribhuvan International Airport, you will be welcomed by the representative from Rural Journeys and transferred to hotel by private vehicle. Although the fertile Kathmandu Valley has been inhabited for thousands of years, its rich and varied cultural legacy essentially began during the 14th century under the Malla Dynasty. Patronized by the nobility, Newar artisans constructed temples, monasteries and elaborate courtyards that constitute a fascinating architectural history. Rest of the day at leisure or stroll around the hotel Evening: Briefing about the programme along with questions/answers session with tour/trek leader. Overnight at the hotel

Day 2: Kathmandu sightseeing

Sightseeing tour of Kathmandu Durbar Square also called the 'City of Glory'. Visit includes, Durbar Square, Kumari Ghar - Home to the World's only living Goddess. A short visit to Bhairab - the God of destruction, Taleju Temple - built in 1549 AD and Hanuman Dhoka Palace. Thereafter visit Swoyambunath Stupa, said to be one of the oldest Buddhist Stupas in the World, which is majestically set high on a hill overlooking Kathmandu Valley. Thereafter, visit Boudhanath, a Buddhist Stupa said to be one of the largest in the world. Overnight at the hotel Day 03: Fly Kathmandu to Lukla | Trek Lukla – Phakding (2650m) | 30mins flight/3-4hrs trek Early transfer from hotel to domestic airport to board Lukla flight. Fly from Kathmandu to Lukla (2800m). This flight provides a magnificent entree to the trek. Upon arrival set up your baggage's and start your first day trek. It is an easy walk through several villages to Phakding, where you will have your lunch/dinner and overnight stay. Overnight at the lodge

Day 3: Fly Kathmandu to Lukla | Trek Lukla – Phakding (2650m) | 30mins flight/3-4hrs trek

Early transfer from hotel to domestic airport to board Lukla flight. Fly from Kathmandu to Lukla (2800m). This flight provides a magnificent entree to the trek. Upon arrival set up your baggage's and start your first day trek. It is an easy walk through several villages to Phakding, where you will have your lunch/dinner and overnight stay. Overnight at the lodge

Day 4: Phakding – Namche Bazaar (3440m) | 4-5hrs trek

After breakfast we follow the Dudh Kosi for about 2 hour and then climb slowly up a steep trail to Namche. As we climb, we enjoy our first views of Everest (8848m), Nuptse (7879m) and Lhotse (8383m) - the big three. Overnight at the lodge

Day 5: Namche Bazaar for acclimatization (3440m) | 4-5hrs walk

Acclimatization day at Namche Bazar. We enjoy a rest day here to allow for maximum acclimatization on our way to Everest Base Camp. A pleasant day can be spent exploring the village, talking to the Sherpas and simply enjoying and marveling at the incredible scenery or excursion to Khumjung village one of largest villages within Khumbu area after Namche Bazaar, Khunde and Khumjung villages located on a wide and scenic glacial valley at the bottom of holy Mt. Khumbila. At Khumjung visit its oldest monastery, where you can get a glimpse of Yeti scalp kept safe and secure in a glass box where visitors can have a look with donations for monastery welfare. Overnight at the lodge

Day 6: Namche Bazaar – Tengboche (3867m) | 5-6hrs trek

Today we walk along a very pleasant trail under the soaring peak to Thamserku and steadily descending to the Imja River where there are a series of water driven prayer wheels. We climb steadily for about 2 hours to Tengboche Monastery (3875m) and the views from here are magnificent. The Monastery is literally surrounded by mountains. Yaks graze on the small meadow and the monks drone through their prayers. Surely, this is one of the most beautiful spots in the world. Overnight at the lodge

Day 7: Tengboche – Dingboche (4530m) | 4-5hrs trek

We move up the Imja river valley to Pangboche (3900m). We stop here for lunch and visit the Monastery and look at the 'Yeti Sculpt'. In the afternoon we continue on to the summer village of Dingboche (4360m). The scenery all day is superb. Overnight at the lodge

Day 8: Dingboche – Acclimatization day | 4-5hrs trek

Another rest and acclimatization day at Dingboche. This rest and acclimatization day should give you an excellent chance of ascending Kala Pathar, the Base Camp of the Everest. From these yak herders' village, there are a number of interesting excursions. A 2 hours walk to the huts at Chukung (4700m) will take you to the glaciers flowing off Nuptse and Lhostse. Overnight at the lodge

Day 9: Dingboche – Lobuche (4930m) | 5-6hrs

We walk up a small ridge and then contour around the base of the Khumbu Glacier and have a light lunch at Dhungla (4600m). From here we have a short steep climb to the terminal moraine of the glacier from where the views are stunning. Overnight stay at the foot of the Lobuje Ice Fall (4930m). Overnight at the lodge

Day 10: Lobuche – Kala Patthar (5545m) or Everest Base Camp – Lobuje (4930m) | 6-7hrs

Today, we climb Kala Pathar. The actual distance is not so far but we take it very slowly to compensate for the altitude stopping at Gorekh Shep (5288m) for a light lunch. We then take the climb to Kala Pathar (5545m) from where one can see the Everest Base Camp is just down. This is a hard pull but the view from top surpasses anything you can imagine. All around us flow huge glacier ice. The mountains of Pumori (7145m), Lingtren (6697m) and Khumbutse (6623m) separate us from Tibet, and just over the Lho La pass. We see the huge rock of Changtse (7550m) in Tibet itself. But the queen of them all - Sagarmatha (mt. Everest) towers over everyone. This is the Roof of the World. We return to Lobuje for overnight stay. Overnight at the lodge

Day 11: Lobuje – Debuche (3700m) | 6-7hrs

We retrace our steps along the glacier to Pheriche (4260m) and stop for lunch. In the afternoon, we take the lower trail to Debuje. Overnight at the lodge

Day 12: Debuje – Monjo (2835m) | 5-6hrs

Descending to Imja River we climb to Namche for lunch passing the towering Kongde Ridge. Afterwards continue descend and reach Monjo for overnight. Overnight at the lodge

Day 13: Monjo - Lukla (2800m) | 4-5hrs

Trek back to Lukla. Overnight at the lodge

Day 14: Lukla - Kathmandu

After early breakfast at lodge fly back to Kathmandu and transfer to hotel Rest of the day at leisure
Overnight at hotel

Day 15: Kathmandu

Full day at leisure or free for individual activities or explore Thamel which is known by its narrow alleys crowded with various shops and vendors. Commonly sold goods include food, fresh vegetables/fruits, pastries, trekking gear, walking gear, music, handicrafts, souvenirs, woolen items and clothes. Small grocery stores, budget hotels, restaurants, pubs and clubs also line the streets.
Overnight at the hotel

Day 16: Departure

Free till departure transfer to international airport for onward flight