

Everest Base Camp 14 Days GAP Service - Practical Itinerary

Day 01: Fly Kathmandu - Lukla - Trek to Phakding (2,610m)

- Distance: 8 km | Trekking Hours: 3-4 hrs
- Highlights: Scenic flight to Lukla, pine forests, Sherpa villages, light acclimatization.

Day 02: Phakding - Namche Bazaar (3,440m)

- Distance: 10 km | Trekking Hours: 5-6 hrs
- Highlights: Cross Dudh Koshi river, Hillary Bridge, Sagarmatha National Park, mountain views.

Day 03: Acclimatization at Namche Bazaar

- Optional hike: 3-4 hrs
- Highlights: Everest View Hotel, Khumjung village, Namche Bazaar market and museums.

Day 04: Namche Bazaar - Tengboche (3,860m)

- Distance: 11 km | Trekking Hours: 5-6 hrs
- Highlights: Rhododendron forest, Tengboche Monastery, Everest/Ama Dablam/Lhotse views.

Day 05: Tengboche - Dingboche (4,410m)

- Distance: 12 km | Trekking Hours: 5-6 hrs
- Highlights: Alpine landscapes, Pangboche village, valley views.

Day 06: Acclimatization at Dingboche

- Optional hike: 3-4 hrs
- Highlights: Nangkartshang Peak (5,083m), panoramic Himalayan views.

Day 07: Dingboche - Lobuche (4,940m)

- Distance: 10 km | Trekking Hours: 5-6 hrs
- Highlights: Thukla Pass, climbers' memorials, rugged alpine terrain.

Day 08: Lobuche - Gorakshep & Everest Base Camp (5,364m)

- Distance: 12 km | Trekking Hours: 7-8 hrs
- Highlights: Gorakshep, Khumbu Glacier, iconic Everest views.

Day 09: Gorakshep - Kala Patthar - Pheriche (4,371m)

- Distance: 14 km | Trekking Hours: 7-8 hrs
- Highlights: Sunrise at Kala Patthar (5,545m), panoramic Himalayan views.

Day 10: Pheriche - Namche Bazaar (3,440m)

- Distance: 20 km | Trekking Hours: 6-7 hrs
- Highlights: Descend through villages and forests, suspension bridges, cultural exploration.

Day 11: Namche Bazaar - Lukla (2,860m)

- Distance: 20 km | Trekking Hours: 6-7 hrs
- Highlights: Final trekking day, celebrate completion, overnight in Lukla tea house.

Day 12: Fly Lukla - Kathmandu (1,400m)

- Highlights: Scenic flight, free afternoon in Kathmandu.

Day 13: Free Day in Kathmandu

- Highlights: Optional sightseeing: Pashupatinath Temple, Boudhanath Stupa, Bhaktapur Durbar Square. Buffer day for flight delays.

Day 14: Final Departure

- Highlights: Transfer to airport for onward journey. End of Everest Base Camp GAP Service trek.

Key Notes for Trekkers:

- Trekking pace: Moderate, 4-8 hrs/day depending on terrain and acclimatization.
- Altitude acclimatization: Days 3 and 6 included to prevent altitude sickness.
- Meals: Not included; trekkers can choose meals at tea houses.
- Porter service: Luggage carried by porter; trek with daypack only.
- Best photography points: Everest View Hotel (Day 3), Tengboche Monastery (Day 4), Kala Patthar sunrise (Day 9).
- Safety: Licensed Everest guide included, trained in altitude, first aid, and emergency protocols.