

Overland Everest Base Camp Trek - 16 Days



DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu

Day 2: Kathmandu to Phaplu by Jeep (265km) : 8 hours

Day 3: Phaplu to Surke Khola : 58km, 4 hours and trek to Phakding (2610m): 3 hours

Day 4: Trek from Phakding to Namche Bazar (3440m): 6 hours

Day 5: Free Day in Namche Bazar

Day 6: Trek from Namche to Tengboche (3860m): 6 hours

Day 7: Trek from Tengboche to Dingboche (4410m): 6 hours

Day 8: Free day in Dingboche

Day 9: Trek from Dingboche to Lobuche (4900m): 6 hours

**Day 10: Trek from Lobuche to Gorakshep and Hike to Everest Base Camp (5364m):
6 hours**

Day 11: Hike to Kalapather and Trek back to Pheriche (4300m)

Day 12: Trek Back to Namche Bazar

Day 13: Trek Back to Lukla

Day 14: Lukla to Surke Trek and drive back to Phaplu

Day 15: Drive Back to Kathmandu from Phaplu

Day 16: Departure

