

EVEREST BASE CAMP ITINERARY

Day	Itinerary
1	Travel from UK to Kathmandu
2	Acclimatisation Day in Kathmandu (including a visit Durbur Square)
3	Acclimatisation Day in Kathmandu (Trek Briefing)
4	Flight from Kathmandu to Lukhla and then trek onwards to Phakding
5	Trek from Phakding to Namche Bazaar
6	Acclimatisation Day in Namche Bazaar
7	Trek from Namche Bazaar to Donga
8	Trek from Donga to Machermo
9	Trek from Machermo to Gokyo Lakes
10	Ascent of Gokyo Ri
11	Trek from Gokyo to Dragnag
12	Trek from Dragnag via the Cho La pass to Dzongla
13	Trek from Dzongla to Lobuche
14	Trek from Lobuche to Gorak Shep and then on to Everest Base Camp
15	Trek from Gorak Shep to Kalla Pattar and then on to Orsho
16	Trek from Orsho to Namche Bazaar
17	Trek from Namche Bazaar to Phakding
18	Trek from Phakding to Lukhla
19	Flight from Lukhla to Kathmandu and celebration meal
20	Kathmandu rest day and visit to Monkey Temple and Pasupatinath
21	Flight from Kathmandu to the UK

