

Itinerary for Nepal 2012 – Everest Base Camp!

Sat Apr 21	Best Air Option is Cathay Pacific through Hong Kong. Flights are an additional cost and can be booked on your own or we can assist you. Depart YVR on CX 889at 02:45 (Friday Night)
Sun Apr 22	Arrive in Hong Kong at 07:00
Sun Apr 22	Depart Hong Kong at 18:00 and arrive in KTM at 22:15
Day 1	Sun Apr 22 Your arrival to Tribhuvan International Airport (TIA), you will be met by our Airport Representative, and transfer to hotel. Overnight at Park Village Resort. Bed & Breakfast
Day 2	Mon Apr 23 Rest Day. Overnight at Park Village Resort. B&B
Day 3	Tues Apr 24 Early morning (8:30am) half day sightseeing tour of Kathmandu area (Boudhanath, Swayambhu, and Kathmandu durbar square). Overnight at Park Village Resort. B&B
Day 4	Wed Apr 25 Today early in the morning, we drive about 15 minutes to Tribhuvan International Airport. After 30 minutes scenic flight to Lukla (2804 mtrs.), we begin our trek to Phakding (2610 mtrs.) - 3 hours easy walking. Overnight at Guest House. B.L.D.
Day 5	Thur Apr 26 Trek to Monjo (2800m) 3 hours
Day 6	Fri Apr 27 Trek to Namche Bazaar (3445 mtrs.). Overnight at Guest House. B.L.D. 3 hours
Day 7	Sat Apr 28 Acclimatization day in Namche Bazaar This is a day for acclimatization. We have a fine walk around the valley up to the Everest View Hotel (3900m) to adjust with thin air. Namche Bazaar is known as the gateway of the Everest. We will take you to a museum too on the same day. There you can see the traditional custom of Sherpa peoples. Besides, a fine view of the Everest and other mountains can be viewed from here. Overnight at Guest House. B.L.D.
Day 8	Sun Apr 29 Trek to Tengboche (3880m). 5 – 6 hours By reaching Tengboche, we visit a monastery known as Tengboche monastery. Then you will be taken to observe the prayer ceremony whether in the evening or morning. Overnight at Guest House. B.L.D.
Day 9	Mon Apr 30 Trek to Pangboche (3985m). 2 – 4 hours We will visit the Pangboche Gompa in old Pangboche – the oldest monastery (Gompa) in the Solokumbu/Everest region. Overnight at Guest House. B.L.D.
Day 10	Tue May 01 Trek to Dingboche (4410m). Overnight at Guest House. B.L.D. 3 - 5 hours
Day 11	Wed May 02 Acclimatization Day. Hike up for views of Ama Dablam. Return to Dingboche. Overnight at Guest House. B.L.D.
Day 12	Thur May 03 Trek to Dughla (4620m) Overnight at Guest House. B.L.D. 3 hours
Day 13	Fri May 04 Trek to Lobuche (4928m) Acclimatization hike up Changri-la Tong-Gu-Ri. Great views of EBC & Summit. 3 hours. Overnight. B.L.D.

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Day 14	Sat May 05	Trek to Ghorakshep (5180m). Overnight at Guest House. B.L.D. 4 – 5 hours
Day 15	Sun May 06	Trek to Everest Base camp (5364m) and return to Ghorakshep. Overnight at Guest House. B.L.D. 4 – 6 hours
Day 16	Mon May 07	Hiking to Kalapathar (5643mtrs.) & Trek to Pheriche The day starts with a hike up to Kalapathar (5643 mtrs.), an excellent viewpoint to observe Mount Everest and innumerable spectacular mountains views. Then trek back via Lobuche for lunch then to Pheriche. Overnight at Guest House. B.L.D. 6 - 9 hours
Day 17	Tue May 08	Trek to Phungi Thanga (3600m). Overnight at Guest House. B.L.D. 6 – 8 hours
Day 18	Wed May 09	Trek to Namche (3443m) via Khumjung Village (3753m). 5 – 7 hours Overnight at Guest House. B.L.D.
Day 19	Thur May 10	Trek to Phakding (2610m). Overnight at Guest House. B.L.D.
Day 20	Fri May 11	Trek to Lukla (2804m). Overnight at Guest House. B.L.D.
Day 21	Sat May 12	Fly to Kathmandu Park Village Resort. Bed & Breakfast
Day 22	Sun May 13	Kathmandu Park Village Resort. B&B - Free day
Day 23	Mon May 14	Kathmandu Park Village Resort. B&B - Free day
Day 24	Tue May 15	Kathmandu Park Village Resort. B&B - Free day. Group dinner
Day 25	Wed May 16	Depart KTM at 23:15
Day 26	Thurs May 17	Arrive in HKG 07:50. Depart at 16:30 and arrive in Vancouver at 13:45