

Everest Base Camp trek

12-day itinerary

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Day 1. Lukla (2800 m) to Monjo (2780 m)

- Distance – 13 km/8 mi
- Time – 3h45min.*
- Total ascent - 530 m/1738 ft
- Total descent – 543 m/1781 ft

Elevation profile Day 1



Stops on the route from Lukla to Monjo

Name	Chheplung	Ghat	Phakding	Bengkar	Monjo
Distance	2 km/1,2 mi	5 km/3,1 mi	8 km/5 mi	11 km/6,8 mi	13 km/8 mi
Elevation	2664 m	2548 m	2600 m	2720 m	2780 m
Guesthouse	+	+	+	+	+
Restaurant	+	+	+	+	+
Shop	+	+	+	+	+
Electricity	+	+	+	+	+
Hot shower		+	+	+	+
Wi-fi	+	+	+		+

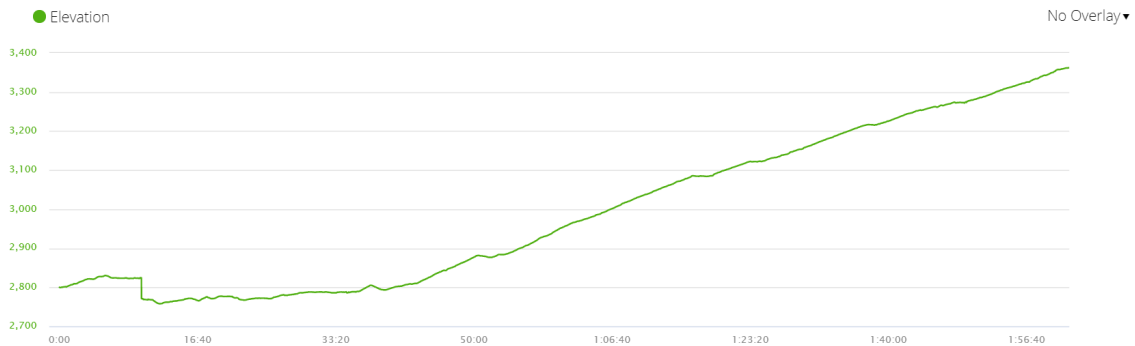
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Day 2. Monjo (2780 m) to Namche Bazar (3440 m)

- Distance – 6,5 km/4 mi
- Time – 2h.
- Total ascent - 662 m/2171 ft
- Total descent – 70 m/230 ft

Elevation profile Day 2



Stops on the route from Monjo to Namche Bazar

Name	Jorsale	Namche Bazar
Distance	1 km/0,6 mi	6,5 km/4 mi
Elevation	2740 m	3440 m
Guesthouse	+	+
Restaurant	+	+
Shop	+	+
Electricity	+	+
Hot shower	+	+
Wi-fi	+	+
Other		ATM, pharmacy, currency exchange

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Day 3. Acclimatization day in Namche Bazar (3440 m)

Day 4. Namche Bazar (3440 m) to Tengboche (3890 m)

- Distance – 11 km/6,8 mi
- Time – 3h.50min.
- Total ascent - 873 m/2864 ft
- Total descent – 453 m/1486 ft

Elevation profile Day 4



Stops on the route from Namche Bazar to Tengboche

Name	Kyangjuma	Leushyasa	Phungi Thanga	Tengboche
Distance	5 km/3,1 mi	7 km/4,3 mi	8 km/5 mi	11 km/6,8 mi
Elevation	3600 m	3440 m	3320 m	3890 m
Guesthouse	+	+	+	+
Restaurant	+	+	+	+
Shop	+	+	+	+
Electricity	+	+	+	+
Hot shower	+			+
Wi-fi	+		+	+

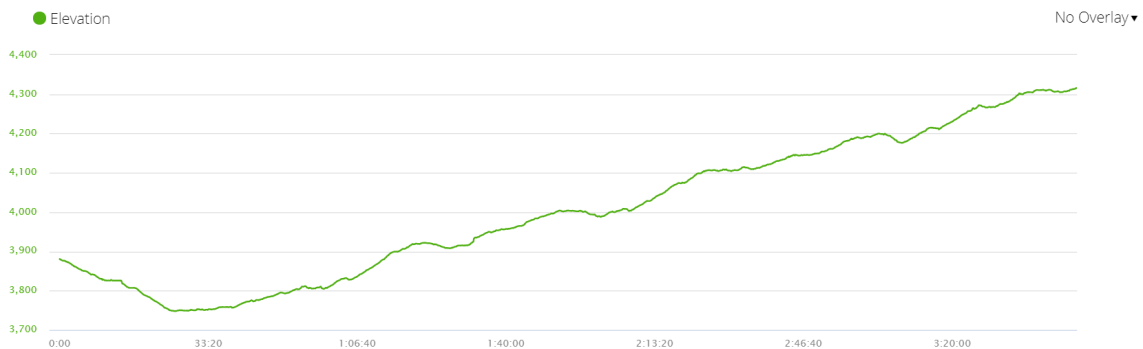
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Day 5. Tengboche (3890 m) to Dingboche (4350 m)

- Distance – 10,5 km/6,5 mi
- Time – 3h.50min.
- Total ascent - 660 m/2165 ft
- Total descent – 236 m/774 ft

Elevation profile Day 5



Stops on the route from Tengboche to Dingboche

Name	Deboche	Milinggo	Pangboche	Shomare	Dingboche
Distance	1km/0,6mi	2km/1,2mi	4,5km/2,7mi	6,5 km/4mi	10,5km/6,5mi
Elevation	3730 m	3770 m	3940 m	4040 m	4350 m
Guesthouse	+	+	+	+	+
Restaurant	+	+	+	+	+
Shop	+	+	+	+	+
Electricity	+	+	+	+	+
Hot shower	+		+	+	+
Wi-fi	+		+	+	+

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Day 6. Acclimatization day in Dingboche (4350 m)

Day 7. Dingboche (4350 m) to Lobuche (4920 m)

- Distance – 8,7 km/5,5 mi
- Time – 3h.25min.
- Total ascent - 696 m/2283 ft
- Total descent – 97 m/318 ft

Elevation profile Day 7



Stops on the route from Dingboche to Lobuche

Name	Dughla (Thokla)	Lobuche
Distance	5,5 km/3,4 mi	8,7 km/5,4 mi
Elevation	4600 m	4920 m
Guesthouse	+	+
Restaurant	+	+
Shop	+	+
Electricity	+	+
Hot shower		+
Wi-fi		+

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Day 8. Lobuche (4920 m) to Gorak Shep (5130 m)

- Distance – 5 km/3 mi
- Time – 2h.15min.
- Ascent - 328 m/1076 ft
- Descent – 77 m/252 ft

Elevation profile Day 8 (Lobuche to Gorak Shep)



Stops on the route from Lobuche to Gorak Shep

Name	Gorak Shep
Distance	5 km/3,1 mi
Elevation	5130 m
Guesthouse	+
Restaurant	+
Shop	+
Electricity	+
Hot shower	+
Wi-fi	+

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Day 8. Hike from Gorak Shep (5130 m) to Everest Base Camp (5340 m)

- Distance – 7 km/4,3 mi
- Time – 2h.50min.
- Ascent - 287 m/941 ft
- Descent – 280 m/918 ft

Elevation profile Gorak Shep - Everest Base Camp - Gorak Shep



Day 9. Hike from Gorak Shep (5130 m) to Kala Patthar (5640 m)

- Distance – 4 km/2,5 mi
- Time – 2h.
- Ascent - 462 m/1515 ft
- Descent – 462m/1515 ft

Elevation profile Gorak Shep - Kala Patthar - Gorak Shep



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Day 9. Gorak Shep (5130 m) to Pangboche (3940 m)

- Distance – 19 km/12 mi
- Time – 5h.30min.
- Ascent - 210 m/688 ft
- Descent – 1320m/4330 ft

Elevation profile Day 9, part 1 (Gorak Shep to Lobuche)



Elevation profile Day 9, part 2 (Lobuche to Pangboche)



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Stops on the route from Gorak Shep to Pangboche

Name	Lobuche	Dughla	Pheriche	Shomare	Pangboche
Distance	5km/3,2mi	7,2km/4,4mi	12km/7,4mi	16km/10mi	19km/11,8mi
Elevation	4920 m	4600 m	4260 m	4040 m	3940 m
Guesthouse	+	+	+	+	+
Restaurant	+	+	+	+	+
Shop	+	+	+	+	+
Electricity	+	+	+	+	+
Hot shower	+		+	+	+
Wi-fi	+		+	+	+

Day 10. Standard route. Pangboche (3940 m) to Namche Bazar (3440 m) through Tengboche

- Distance – 15,5 km/9,6 mi
- Time – 5h.
- Total ascent - 613 m/2011 ft
- Total descent – 1083m/3553 ft

Day 10. Alternative route. Pangboche Gompa (4028 m) to Namche Bazar (3440 m) through Phortse

- Distance – 19 km/11,8 mi
- Time – 6h.
- Total ascent - 805 m/2641 ft
- Total descent – 1362 m/4468 ft

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Elevation profile Day 10, part 1 (Pangboche Gomba to Phortse)



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Stops on the route from Pangboche Gumpa to Namche Bazar

Name	Phortse	Phortse Thanga	Mong	Kyangjuma	Namche Bazar
Distance	7km/4,3mi	9,5km/5,9mi	11,5km/7mi	14km/8,6mi	19km/11,8 mi
Elevation	3800 m	3680 m	3990 m	3600 m	3440 m
Guesthouse	+	+	+	+	+
Restaurant	+	+	+	+	+
Shop	+	+	+	+	+
Electricity	+	+	+	+	+
Hot shower	+	+	+	+	+
Wi-fi	+	+	+	+	+

Day 11. Namche Bazar (3440 m) to Lukla (2880 m)

- Distance – 20 km/12,4 mi
- Time – 5h.20min.
- Total ascent - 694 m/2276 ft
- Total descent – 1200 m/3937 ft

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Elevation profile Day 11



Stops on the route from Namche Bazar to Phakding

Name	Jorsale	Monjo	Bengkar	Phakding
Distance	5,5km/3,4mi	6,5km/4mi	8,5km/5,2mi	11km/6,8mi
Elevation	2740 m	2780 m	2720 m	2600 m
Guesthouse	+	+	+	+
Restaurant	+	+	+	+
Shop	+	+	+	+
Electricity	+	+	+	+
Hot shower	+	+	+	+
Wi-fi	+	+		+

Stops on the route from Phakding to Lukla

Name	Ghat	Chheplung	Lukla
Distance	14,5km/9mi	17,5km/10,8mi	20km/12,4mi
Elevation	2548m	2664m	2800m
Guesthouse	+	+	+

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Restaurant	+	+	+
Shop	+	+	+
Electricity	+	+	+
Hot shower	+		+
Wi-fi	+	+	
Other			ATM, pharmacy

Day 12. Flight from Lukla