EVEREST BASE CAMP ADVENTURE

October 8 - 25, 2019

Experience the largest mountain range on earth

with Professors Ken Bauer and Sienna Craig
Trip Itinerary - 17 Days/16 Nights

Day 1: **Arrive to Kathmandu, Nepal**
- Purchase visa and transfer to hotel
- Optional afternoon walking tour to Durbar Square, part of the UNESCO World Heritage Site, **Kathmandu Valley**
- Welcome reception, dinner, and folk dancing show
- Overnight: Yak & Yeti Hotel
- Meals Included: D

Day 2: **Kathmandu Cultural Tour**
- Morning orientation and briefing
- Kathmandu Cultural Tour of parts of the UNESCO World Heritage Site, **Kathmandu Valley**, including:
  - Swayambhunath (“Monkey Temple”)
  - Bagmati River
- Return to hotel for gear check
- Overnight: Yak & Yeti Hotel
- Meals Included B/L/D

Day 3: **Lukla | Monjo**
- Box breakfast at Yak and Yeti for early departure to domestic airport
- Charter flight from Kathmandu to Lukla — 9,372’
- Trek to Monjo — 9,301’
- Overnight: Monjo Teahouse
- Meals included: B/L/D

Day 4: **Monjo to Namche Bazaar**
- Trek from Monjo to Namche Bazaar — 11,500’
- Overnight: Hotel Namche
- Meals included: B/L/D

Day 5: **Namche Bazaar - Acclimatization Day**
- Namche Bazaar Day — 11,500’
- Day hike around Namche
- Overnight: Hotel Namche
- Meals included: B/L/D

Day 6: **Namche Bazaar to Tengboche | Deboche**
- Trek from Namche to Tengboche Monastery— 12,738’
- Trek to Deboche
- Overnight: Deboche Teahouse
- Meals included: B/L/D
Day 7: **Deboche to Pangboche**
- Trek from Deboche to Pangboche — 13,993’
- Overnight: Pangboche Teahouse
- Meals included: B/L/D

Day 8: **Pangboche to Pheriche**
- Trek from Pangboche to Pheriche — 13,993’
- Overnight: Pheriche Teahouse
- Meals included: B/L/D

Day 9: **Pheriche - Acclimatization Day**
- Acclimatization and recovery day — Pheriche
- Himalayan Rescue Association’s High-altitude Medical Lecture
- Overnight: Pheriche Teahouse
- Meals included: B/L/D

Day 10: **Pheriche to Lobuche**
- Trek from Pheriche to Lobuche — 16,203’
- Overnight: Lobuche Teahouse
- Meals included: B/L/D

Day 11: **Kala Patthar | Gorak Shep**
- Trek from Lobuche to Gorak Shep
- Gorak Shep to the summit of Kala Patthar (18,300’) (optional)
- Return to Gorak Shep
- Overnight: Gorak Shep Teahouse
- Meals included: B/L/D

Day 12: **Everest Base Camp!**
- Trek from Gorak Shep to Everest Base Camp— 17,688’
- Descend to Gorak Shep for lunch
- Descend to Lobuche for the night
- Overnight: Lobuche Teahouse
- Meals included: B/L/D

Day 13: **Lobuche to Deboche**
- Trek from Lobuche to Deboche
- Overnight: Deboche Teahouse
- Meals included: B/L/D

Day 14: **Deboche to Monjo**
- Trek from Deboche to Monjo
- Overnight: Yeti Mountain Home
- Meals included: B/L/D

Day 15: **Monjo to Lukla**
- Trek from Monjo to Lukla
- Overnight: Yeti Mountain Home
- Meals included: B/L/D

Day 16: **Lukla to Kathmandu**
- Domestic charter flight from Lukla to Kathmandu
- Free afternoon for shopping and relaxation
- Celebration dinner
- Overnight: Hyatt Regency
- Meals included: B/D

Day 17: **International Departures**
- Depart Kathmandu for international flights home
- Meals included: B