

Everest Kalapathar Trek

<https://www.nectravels.com/package/everest-kalapathar-trek/>

Everest Base camp Kalapathar hike attracts trekkers from all over the world. This trek is the dream & aim of all the adventure lovers. Solu Khumbu is known around the world as the famous home of the world's highest mountain Mt. Everest or Sagarmatha rises 8,848 meters into the sky. These treks start and end in the closest airstrip to Everest in the town of Lukla.

Our journey begins with an early morning flight from Kathmandu to the Mountain airstrip at Lukla in the heart of the Khumbu Region. There follows a fairly easy day of around three hours to our first stop Phakding. We continue North up the Dudh Kosi Valley to Namche Bazaar, quite a hard day where we spend a day acclimatizing, eating good food and accommodation. From Namche it is mainly a gradual push up to Kala Pattar and Everest Base Camp resting one day in Dingboche or Pheriche for some side trips and further acclimatization. After some spectacular close up views of Everest along with Nuptse Lhotse and Mount Pumori we retraced to Lukla for our flight to Kathmandu.

Itinerary

Day 01: Arrival and transfer to Hotel.

Day 02: Sightseeing in Kathmandu Valley & preparation for trekking.

Day 03: Fly Lukla (2800m) then trek to Phakding (2600M). Overnight in Mountain Lodge.

Day 04: Trek to Namche (Sherpa Bazaar) (3450m). Overnight in Mountain Lodge.

Day 05: Rest for acclimatisation and optional hikes around Namche. Overnight in Mountain lodge.

Day 06: Trek to Tengboche (3880m)/Deboche.

Day 07: Trek to Dingboche (4700M).

Day 08: Rest day / optional hike to Chukung.

Day 09: Trek to Lobuche (4930m).

Day 10: Trek to Everest Base camp (5365m) (Everest view point) / trek back to Gorapshep.

Day 11: Trek to Kala Pattar (5545m) (Everest view point) / trek back to Pangboche (3980m).

Day 12: Trek to Phortse.

Day 13: Trek to Namche (3450M).

Day 14: Trek to Monjo.

Day 15: Trek Lukla (2800M).

Day 16: Fly to Kathmandu & transfer hotel.

Day 17: Warm Departure to your onward destination