

## Expanded Spring Everest Trek Itinerary

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1	Arrive Ktm	You exact departure time will depend on whether you travel east or west, and whether you cross the international dateline en route. You will be met when you emerge from customs at the Kathmandu Airport (KTM) and taken to Hotel Tibet.
2	Ktm	Team meeting, packing and preparations, explore Kathmandu. Welcome dinner.
3	Phakding	5 am departure from the hotel to the airport, early morning flight to Lukla (2866m). The first day of trekking is quite relaxing, descending to river, about 4 hours total. We take a lunch break along the way. Overnight in lodge in Phakding (2652m).
4	Namche	Two hours of trekking up the valley, with multiple crossings of the Dudh Kosi river, takes us to Monjo and the entrance to Sagarmartha Park. After entrance formalities, and a lunch break, we climb the Namche hill, about two hours of uphill trekking to the big sherpa village. Overnight at lodge in Namche (3440m).
5	Namche	Acclimatization day, explore Namche, hike up to Shyangboche to stretch the legs a bit. Internet café in Namche.
6	Namche	Acclimatization day, do a longer day hike to visit the nearby Sherpa villages of Khumjung (Gompa and Hillary school) and Khunde (hospital and bakery).
7	Deboche	Several hours of trekking, descending down to Phunki, cross Dudh Kosi river. Lunch break, then climb up the hill to Tengboche monastery (3867m), then drop down into the forest to Deboche. Overnight at lodge in Deboche (3757m).
8	Deboche	Acclimatization day. Ascend back to Tengboche monastery for tour and puja with Rimpoche. Internet café in Tengboche.
9	Pheriche	From Deboche, ascend 2 hours to Pangboche, a large sherpa village. Visit local monastery, lunch break. After lunch, ascend to Pheriche, another two hours. Overnight in lodge at Pheriche (4243m).
10	Pheriche	Acclimatization day in Pheriche area. Visit HRA clinic, do laundry, visit Dingboche (another nearby sherpa village) with internet café.
11	Lobuche BC	Two hours of trekking to Thugla, lunch break, then ascend terminal moraine of Khumbu glacier to sherpa chorten memorials (about one hour). One more hour of trekking along Khumbu glacier lateral moraine, then turn left to our beautiful and private IMG Lobuche Base Camp complete with kitchen, dining, and sleeping tents and our IMG Sherpa cook team preparing your meals. A beautiful camp at the base of Lobuche Peak! (4865m)

12	Lobuche BC	Acclimatization day. Take a day hike to stretch the legs, or just take it easy, rest, and enjoy the incredible scenery.
13	Lobuche BC	Acclimatization day. Climb up towards the pass to Cho La, or up towards Lobuche Peak high camp (with a nice alpine lake!).
14	Base Camp	The trek to Gorak Shep takes about three hours, then another two to three hours to Everest Base Camp (about 5300m) up the rubble and moraines of the Khumbu Glacier. Trekkers that want to stop at Gorak Shep for an overnight and climb Kala Pattar can do this as an option.
15	Base Camp	Rest day at EBC. Stroll around EBC, visit the HRA clinic, relax and enjoy the incredible scenery.
16	Base Camp	Visit to the bottom of the Khumbu Icefall for some spectacular photos.
17	Pheriche	Retrace the route back to Pheriche.
18	Namche	A long day of hiking (enjoy the thicker air!) takes you back to Namche, showers, bakery, internet, etc.
19	Lukla	A nice hike down the lower valley to Lukla airport.
20	Kathmandu	Early morning flight to Kathmandu, transfer back to Hotel Tibet.
21	Contingency	Possible to leave Nepal this day but better to schedule yourself an extra day just in case of problems.
22	Depart	We will shuttle you to the airport when you are ready to depart.

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***“It was a privilege for me to be on a trek with the group. Thank you again for your planning and concern for each of us. I have had people contact me about signing up for the IMG trek to Everest Base Camp next spring, and I certainly encouraged them to prepare themselves and to go with IMG...”***

—Lawrence B.

***“We put a lot of effort and research into choosing the right way to go for Everest, and I left the mountain without a doubt that we chose and were with the best organization and people on the hill. I think most of the rest of base camp knew it too.”***

—Jeff

For more comments from IMG climbers, please see our website at:  
[www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)