

## IMG Custom Express EBC Trek, Nepal – Sample Itinerary:

| Day | Date (Plug in your dates)     | Express EBC Trek   |
|-----|-------------------------------|--|
| 1   |                               | Arrive Kathmandu   |
| 2   |                               | Kathmandu (get organized, repacked, errands, etc.)                 |
| 3   |                               | Helicopter to Namche   |
| 4   | **Market is only on Saturdays | Namche acclimatization day – Market / Visit Sherpa Museum & relax. |
| 5   |                               | Namche acclimatization day - Visit Everest View Hotel & Khumjung   |
| 6   |                               | Trek to Tengboche - Visit Monastery in the afternoon.              |
| 7   |                               | Trek to Pangboche – Visit Monastery                                |
| 8   |                               | Trek to Pheriche – Visit Himalaya Rescue Association               |
| 9   |                               | Pheriche – Acclimatization hike.                                   |
| 10  |                               | Trek to Lobuche  |
| 11  |                               | Lobuche rest day.  |
| 12  |                               | Trek to Gorakshep (afternoon option Kala Patthar)                  |
| 13  |                               | Everest BC or Kala Patthar   |
| 14  |                               | Helicopter to Kathmandu  |
| 15  |                               | Contingency day – possible late evening flight departing Kathmandu |
| 16  |                               | Depart Kathmandu   |



Suspension bridge on the way to Namche  
(Eric Simonson)



Yaks and Nuptse on the way to Everest Base Camp  
(Eric Simonson)

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*“A lot of people have asked me about my trip and I’ve told them that if they ever want to go on an altitude-oriented adventure, to connect with the guys at IMG. You run a great show...”*

—W.G.S.