

IMG Custom EBC Trek and Gokyo Loop, Nepal – Sample Itinerary:

Day	Date (Plug in your dates)	EBC Trek and Gokyo Loop
1		Arrive Kathmandu
2		In Kathmandu
3		Fly to Lukla, trek to Phakding
4		Trek to Namche
5	**Market is only on Saturdays	Namche acclimatization day – Market / Visit Sherpa Museum & relax.
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 Village
11		Lobuche Village
12		Visit EBC and overnight in Gorakshep
13		Climb Kala Patthar
14		Trek to Dzongla
15		Trek over Cho La to Thagnak
16		Trek to Gokyo
17		Rest Day Gokyo
18		Hike to the 5th lake
19		Climb Gokyo Ri then Trek to Machhermo
20		Trek to Phortse
21		Trek to Namche
22		Trek to Lukla
23		Fly to Kathmandu



The runway at the Lukla Airport (Bhushan Kamik)



Trekking through small villages en route to Phakding (Tye Chapman)



Phakding is just across the river (Tye Chapman)