

## Spring Everest Trek Expanded Itinerary

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Day 1	Arrive KTM	Your exact departure time from home will depend on whether you travel east or west to Nepal, 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 the Hotel. <b>Kathmandu 4,593 ft (1,400 m)</b>
Day 2	KTM	Team meeting, packing and preparations, explore Kathmandu.
Day 3	Phakding	Early departure from the hotel to the airport and morning flight to Lukla. The first day of trekking is quite relaxing, descending to the river, about 4 hours total. We take a lunch break along the way, or in Phakding, depending on the team's progress. Overnight in lodge in Phakding. <b>Lukla 9,383 ft (2860 m) - Phakding 8,701 ft (2,652 m)</b> <b>4 miles 6.5 km</b>
Day 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 Sagarmatha 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. <b>Phakding- 8,701 ft (2,652 m) - Namche 11,319 ft (3,450 m)</b> <b>5 miles 8 km</b>
Day 5	Namche	Acclimatization day. Depending on the health and strength of the team, we will explore Namche and hike up to Syangboche to stretch the legs a bit. Other possible trekking destinations include a visit the nearby Sherpa villages of Khumjung (Gompa and Hillary school) and Khunde (hospital and bakery).
Day 6	Namche	Second Acclimatization day. Depending on the health and strength of the team, we will visit the Namche Museum and do another day hike.
Day 7	Phortse	On Day 7 we continue up the valley, then take the left-hand fork on the trail to Phortse which first leads us up to the small village of Mong where we will eat lunch. From Mong, we will drop down to the Dudh Koshi river crossing and finally ascending to the village of Phortse, the home of the majority of our Sherpa Team. <b>Namche - Phortse 12,467 ft (3,800 m)</b> <b>5 Miles 8 km</b>
Day 8	Pangboche	A shorter day of trekking with an increase in altitude. From Phortse (or Tengboche) we continue on up to Pangboche, a large Sherpa village. We will visit the local monastery and overnight in a lodge. <b>Tengboche 12,369 ft (3,770 m) - Pangboche 13,074 ft (3,985 m)</b> <b>2.1 miles 3.4 km</b>
Day 9	Pheriche	From Pangboche we continue trekking up the valley to Shomare where we stop for lunch and enjoy some great views of Ama Dablam. Then we climb one last hill before descending to Pheriche. We get our first views of Lobuche Peak during the descent to Pheriche. Overnight in a lodge at Pheriche. <b>Pangboche 13,074 ft (3,985 m) - Pheriche 13,944 ft (4,250 m)</b> <b>5 miles 8 km</b>

Day 10	Pheriche	Acclimatization day in Pheriche area. Visit HRA clinic, do laundry, visit Dingboche (another nearby Sherpa village).
Day 11	Lobuche BC	Two hours of trekking to Thugla, lunch break, then an hour to ascend the terminal moraine of Khumbu glacier to the sherpa chorten memorials. Then, one more hour of trekking along Khumbu glacier lateral moraine before we 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! <b>Pheriche - Lobuche 15,500 ft (4,700 m)</b> <b>5 miles 8 km</b>
Day 12	Lobuche BC	Acclimatization day. Take a day hike to stretch the legs, or just take it easy, rest, and enjoy the incredible scenery.
Day 13	Lobuche BC	Acclimatization day hiking up towards the Cho La pass, or up towards Lobuche Peak high camp (with a nice alpine lake!).
Day 14	Base Camp	The trek to Gorak Shep takes about three hours, then another two to three hours to Everest Base Camp up the rubble and moraines of the Khumbu Glacier. <b>Lobuche Base Camp - Everest Base Camp 17,585 ft (5,360 m)</b> <b>6 miles 10 km</b>
Day 15	Base Camp	Rest day at EBC. Stroll around EBC, visit the HRA clinic, relax and enjoy the incredible scenery.
Day 16	Base Camp	Hike to the base of the Khumbu Icefall for some spectacular photos. Stay at EBC.
Day 17	Pheriche	Retrace the route back to Pheriche. (Trekking can also climb Kala Pattar on this day, as they descend back down via Gorak Shep). <b>Pheriche 13,944 ft (4,250 m)</b>
Day 18	Namche	Enjoy the thicker air as you continue trekking (via Tengboche Monastery) back down the valley to Namche where showers, bakery, internet, are waiting for you. <b>Namche 11,319 ft (3,450 m)</b>
Day 19	Lukla	A nice hike down the lower valley to Lukla airport. <b>Lukla 9,383 ft (2860 m)</b>
Day 20	Kathmandu	Early morning flight to Kathmandu, transfer back to the Hotel.
Day 21	Contingency	Possible to leave Nepal on this day but better to schedule yourself an extra day just in case of problems.
Day 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: [mountainguides.com/comments.shtml](http://mountainguides.com/comments.shtml)