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15-Day Everest Base Camp & Kala Patthar Expedition Itinerary

A professionally paced high-altitude trekking program integrating deep acclimatization parameters. This verified itinerary includes a non-negotiable double overnight stay at Lobuche (4,940m) to minimize Acute Mountain Sickness (AMS) and maximize group success rates.

Complete Night-by-Night Accommodation Roadmap

Night	Location / Village	Altitude	Accommodation Type & Technical Planning Notes
Night 1	**Kathmandu**	1,400m	Standard City Hotel. Final gear check, checklist auditing, and pre-trek coordinator briefing.
Night 2	**Phakding**	2,610m	Riverside Teahouse Lodge. Gradual lower Khumbu entry via river valley systems.
Night 3	**Namche Bazaar**	3,440m	Premium Alpine Teahouse. Traditional Sherpa hub with running electricity and hot showers.
Night 4	**Namche Bazaar**	3,440m	Mandatory Acclimatization Stay. Consistent altitude maintenance following upper conditioning hikes.
Night 5	**Tengboche**	3,860m	Monastery Ridge Lodge. Basic high-altitude lodges adjacent to spiritual heritage center.
Night 6	**Dingboche**	4,410m	Stone-Walled Valley Teahouse. Transition into pure tundra environments.
Night 7	**Dingboche**	4,410m	Mandatory Acclimatization Stay. Strategic oxygen saturation adaptation window.
Night 8	**Lobuche**	4,940m	Glacial Moraine Base Lodge. Sub-zero environments alongside Khumbu terminal glacier.
Night 9	**Lobuche**	4,940m	Added Advanced Safety Stay. Essential secondary resting night built in to combat extreme AMS.
Night 10	**Gorak Shep**	5,164m	Highest Altitude Outpost. Basic shared structures; immediate staging zone for the primary objective.
Night 11	**Pheriche**	4,371m	Valley Descent Teahouse. Rapid altitude drop into highly oxygenated, warmer environments.
Night 12	**Namche Bazaar**	3,440m	Standard Alpine Teahouse. Retracing routes with restoration of standard trail luxuries.
Night 13	**Lukla**	2,860m	Terminal Trail Lodge. Closing celebration with mountain guides, porters, and support staff.
Night 14	**Kathmandu**	1,400m	Standard City Hotel. Return logistics management and onward domestic/international transit planning.

Disclaimer: Information is for educational and planning purposes. AI-assisted documentation may include structural errors.

Detailed Day-by-Day Tactical Itinerary

Day 1: Arrival in Kathmandu (1,400m)

Arrive at Tribhuvan International Airport. Meet the Rudransh Yatra field team, transfer to your hotel, and gather for a mandatory evening pre-trip technical briefing and comprehensive clothing/gear check.

Scheduled Night Stay: Kathmandu (1,400m)

Day 2: Fly to Lukla (2,860m) & Trek to Phakding (2,610m)

Board an early morning mountain flight to Lukla. Upon arrival, organize porters and equipment, and begin a 3-4 hour introductory descent along the Dudh Koshi River valley to the overnight riverside village of Phakding.

Scheduled Night Stay: Phakding (2,610m)

Day 3: Phakding to Namche Bazaar (3,440m)

Trek 5-6 hours across high suspension bridges over the riverbed. Enter the Sagarmatha National Park boundary at the Monjo checkpoint, followed by a demanding, steady 2-hour uphill mountain push to the commercial hub of Namche Bazaar.

Scheduled Night Stay: Namche Bazaar (3,440m)

Day 4: Acclimatization Day in Namche Bazaar (3,440m)

Mandatory physical adaptation day. Complete an active acclimatization hike up to Hotel Everest View (3,880m) for immediate exposure to high-altitude thinner air and your first clean look at Mt. Everest and Ama Dablam before returning down to Namche to sleep.

Scheduled Night Stay: Namche Bazaar (3,440m)

Day 5: Namche Bazaar to Tengboche (3,860m)

Follow scenic high valley ridges winding along the cliff sides. Drop sharply down to the riverbed for lunch, then climb steadily for 2 hours through dense rhododendron and pine forests to reach the famous Tengboche Monastery.

Scheduled Night Stay: Tengboche (3,860m)

Day 6: Tengboche to Dingboche (4,410m)

Cross the cascading waters of the Imja Khola, trek past the ancient Mani stone walls of Pangboche village, and observe the sub-alpine tree line completely disappear as you cross into the cold, stone-walled high altitude valley fields of Dingboche.

Scheduled Night Stay: Dingboche (4,410m)

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Day 7: Acclimatization Day in Dingboche (4,410m)

Your second mandatory environmental adaptation stop. Perform a strenuous vertical conditioning climb up the steep ridges of Nangkartsang Peak (4,800m - 5,100m) for expansive panoramic views of Makalu and Island Peak, then descend back to the valley for afternoon recovery.

Scheduled Night Stay: Dingboche (4,410m)

Day 8: Dingboche to Lobuche (4,940m)

Ascend gradually across alpine meadows up to Thukla for a mid-day rest. Proceed up the emotional Thukla Pass hill, winding past stone monuments dedicated to climbers lost on Everest. Continue along the lateral moraine paths of the Khumbu Glacier to Lobuche.

Scheduled Night Stay: Lobuche (4,410m)

Day 9: CRITICAL ADVANCED NIGHT STAY: Lobuche Rest & Prep (4,940m)

An advanced safety night built exclusively into this package. Use this entire day for active physical preservation, oxymeter tracking, and tactical briefing. This minimizes extreme altitude shock prior to navigating the upcoming double-objective zones.

Scheduled Night Stay: Lobuche (4,940m) [Extra Night Stay]

Day 10: Lobuche to Gorak Shep (5,164m) & Everest Base Camp (5,364m)

Trek 3 hours over rough, rolling glacial moraine to the final outpost of Gorak Shep. Drop heavy equipment bags, consume immediate energy calories, and push forward on the shifting rocky trail to stand at Everest Base Camp. Celebrate at the rock marker before tracking back to Gorak Shep for an intense sub-zero night.

Scheduled Night Stay: Gorak Shep (5,164m)

Day 11: Gorak Shep to Kala Patthar (5,545m) & Descend to Pheriche (4,371m)

A rigorous 4:30 AM alpine start in extreme freezing conditions to climb the steep face of Kala Patthar. Achieve the premier summit view of Mt. Everest as the sun rises over its shoulder. Return to Gorak Shep for hot breakfast, pack up, and complete a long downward trek to the warmer, protected valley floor of Pheriche.

Scheduled Night Stay: Pheriche (4,371m)

Day 12: Pheriche down to Namche Bazaar (3,440m)

Descend back through Pangboche and Tengboche, crossing the fast-flowing rivers via suspension systems. Hike along the smooth, wide-cut valley trails as you descend back into the oxygen-rich air and standard comforts of Namche Bazaar.

Scheduled Night Stay: Namche Bazaar (3,440m)

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Day 13: Namche Bazaar back to Lukla (2,860m)

Complete your final long stretch of walking. Descend the steep gorge trail out of the national park boundaries, pass Phakding, and make a final uphill walking push to arrive in Lukla for a closing celebratory dinner with your porter and guide crew.

Scheduled Night Stay: Lukla (2,860m)

Day 14: Air Transit: Lukla to Kathmandu (1,400m)

Board a morning flight back across the mountain ranges to Kathmandu. Upon arrival, transfer directly to your city hotel for a hot shower, relaxation, and a celebratory corporate dinner.

Scheduled Night Stay: Kathmandu (1,400m)

Day 15: Final Departure Route

Coordinate morning checkouts and transfer with the Rudransh Yatra transport division to Tribhuvan International Airport for your final onward international departures.

Scheduled Night Stay: Onward Flight Transit

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.