ROAMWISE PRESET // EXPEDITION // ROAD // FIELD INTEL

EVEREST BASE CAMP TREK

ESSENTIAL

12 DAYS // Nepal // Khumbu

Fast first-timer route with the non-negotiable highlights.

Cached cinematic itinerary - time-sensitive details must be refreshed before travel.

MISSION PROFILE

PRESET	Essential
DURATION	12 days
GATEWAY	Kathmandu / Lukla
BEST WINDOW	Mar-May / Oct-Nov

ROUTE SCROLL

- Lukla - Phakding
- Namche Bazaar
- Namche Acclimatization
- Tengboche
- Dingboche
- Dingboche Acclimatization
- Lobuche
- Gorak Shep - EBC
- Kala Patthar
- Pheriche

Route order is a cached scaffold. Live conditions take priority.

DAY
01

Lukla - Phakding

MORNING

Arrive or begin from Kathmandu / Lukla. Keep the first movements simple and establish the route rhythm toward Lukla - Phakding.

AFTERNOON

Focus on trek launch and river valley. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Lukla - Phakding; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
02

Namche Bazaar

MORNING

Start early enough for a relaxed transition toward Namche Bazaar. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on major climb into Sherpa hub. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Namche Bazaar; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
03

Namche Acclimatization

MORNING

Start early enough for a relaxed transition toward Namche Acclimatization. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on hike high, sleep low and mountain views. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Namche Acclimatization; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
04

Tengboche

MORNING

Start early enough for a relaxed transition toward Tengboche. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on monastery ridge and Everest views. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Tengboche; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
05

Dingboche

MORNING

Start early enough for a relaxed transition toward Dingboche. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on higher valley and slower pacing. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Dingboche; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
06

Dingboche Acclimatization

MORNING

Start early enough for a relaxed transition toward Dingboche Acclimatization. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on controlled altitude day. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Dingboche Acclimatization; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
07

Lobuche → Gorak Shep - EBC

MORNING

Start early enough for a relaxed transition toward Lobuche. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on glacier-side approach; base-camp objective and return. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Gorak Shep - EBC; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
08

Kala Patthar

MORNING

Start early enough for a relaxed transition toward Kala Patthar. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on sunrise viewpoint if conditions/health allow. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Kala Patthar; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
09

Pheriche

MORNING

Start early enough for a relaxed transition toward Pheriche. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on descent and recovery. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Pheriche; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
10

Namche Return

MORNING

Start early enough for a relaxed transition toward Namche Return. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on longer descent to familiar altitude. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Namche Return; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
11

Lukla

MORNING

Start early enough for a relaxed transition toward Lukla. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on trek completion and flight buffer. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Lukla; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

DAY
12

Kathmandu Buffer

MORNING

Start early enough for a relaxed transition toward Kathmandu Buffer. Keep transport flexible and protect daylight for the best landscapes or heritage stops.

AFTERNOON

Focus on weather buffer for Lukla aviation. Prioritize one or two strong experiences rather than racing through a checklist.

EVENING

Settle around Kathmandu Buffer; choose a local meal, short sunset/market walk, then review the next day's weather, transport and opening conditions.

FIELD INTEL

Serious altitude itinerary: never remove acclimatization merely to match a short request. Weather can disrupt Lukla flights.

ROAMWISE // LOCAL INTELLIGENCE

Everest Base Camp Trek

EAT LOCAL

Dal bhat, momos, soups and tea-house meals

MOVE LIKE A LOCAL

On foot after Lukla/road gateway; acclimatization days are route infrastructure

LOCAL NUANCE

Altitude discipline outranks itinerary ambition; respect porter/guide workloads and village rhythm

VISUAL SIGNATURE

Suspension bridges, mani stones, monasteries and Khumbu glacier terrain

Cached destination context. Verify weather, access, permits, prices, opening hours and safety conditions before travel.