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

# EVEREST BASE CAMP TREK

## SIGNATURE

**14 DAYS // Nepal // Khumbu**

Balanced RoamWise default with breathing room and strong variety.

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

# MISSION PROFILE

| | |
|---|---|
| PRESET | Signature |
| DURATION | 14 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

**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. Prioritize one or two strong experiences rather than racing through a checklist.

**EVENING**

Settle around Lobuche; 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

# Gorak Shep - EBC

**MORNING**

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

**AFTERNOON**

Focus on 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
09

# 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
10

# 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
11

# 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
12

# 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
13

# Lukla Slow / Buffer

**MORNING**

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

**AFTERNOON**

Focus on slower neighborhood exploration, rest, weather buffer and spontaneous local discoveries. Prioritize one or two strong experiences rather than racing through a checklist.

**EVENING**

Settle around Lukla Slow / 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.

DAY
14

# 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.