

Jiri - Everest Base Camp Trekking Itinerary

Day	Route	Ascend	Descend	Hiking time (without breaks)
1	Jiri - Deurali	1300m	500m	6 hours and 45 minutes
2	Deurali - Sete	1000m	1200m	7 hours and 30 minutes
3	Sete - Junbesi	1200m	1000m	6 hours and 45 minutes
4	Junbesi - Nunthala	900m	1300m	6 hours and 45 minutes
5	Nunthala - Bupsa	900m	800m	5 hours and 30 minutes
6	Bupsa - Cheplung	1000m	650m	7 hours and 30 minutes
7	Cheplung - Monjo	250m	100m	3 hours and 30 minutes
8	Monjo - Namche Bazaar	600m	-	2 hours and 30 minutes
9	Acclimatization hike to Khumjung, Khunde and Shyangboche	450m	450m	3 hours and 15 minutes
10	Namche - Tengboche	750m	350m	3 hours and 30 minutes
11	Tengboche - Dingboche	580m	70m	3 hours and 45 minutes
12	Acclimatization hike to Chukhung	490m	490m	3 hours and 15 minutes
13	Dingboche - Dughla	250m	-	1 hours and 45 minutes
	Acclimatization hike to Lobuche	300m	300m	2 hours (return)
14	Dughla - Loboche	300m	-	1 hour and 20 minutes
	Acclimatization hike to Gorak Shep	250m	250m	4 hours (return)
15	Loboche - Gorak Shep	250m	-	2 hours
	Kala Patthar	500m	500m	3 hours (return)
	Everest Base Camp	200m	200m	3 hours (return)
16	Gorak Shep - Dzhongla	120m	430m	4 hours
17	Dzhongla - Gokyo	590m	670m	7 hours and 45 minutes
18	Gokyo Lakes	200m	200m	5 hours (return)
19	Gokyo - Namche Bazaar	290m	1610m	8 hours
20	Namche	-	-	-
21	Namche - Monjo	-	600m	2 hours
22	Monjo - Lukla	320m	300m	3 hours and 45 minutes