

2018 EBC TREKKING STATISTICS

Day 1: Lukla to Phakding

Starting elevation: 9,301'

Finishing elevation: 8,698'

Hiking distance: 4 miles

Hiking time: 4-5 hours

Day 2: Phakding to Namche Bazaar

Starting elevation: 8,698'

Finishing elevation: 11,283'

Hiking distance: 6 miles

Hiking time: 6 hours

Day 3: Acclimatization Hike

Highest elevation reached: 13,000'

Hiking distance: 4 miles

Hiking time: 4 hours

Day 4: Namche Bazaar to Tengboche

Starting elevation: 11,283'

Finishing elevation: 12,664'

Hiking distance: 5.72 miles

Hiking time: 4 hours

Day 5: Tengboche to Dingboche

Starting elevation: 12,664'

Ending elevation: 14,444'

Hiking distance: 4.5 miles

Hiking time: 4 hours

Day 6: Acclimatization Hike

Highest elevation: 14,950'

Hiking distance: 2 miles

Hiking time: 3 hours

Day 7: Dingboche to Lobuche

Starting elevation: 14,444'

Finishing elevation: 16,400'

Hiking distance: 4 miles

Hiking time: 6.5 hours

Day 8: Lobuche to Gorak Shep to EBC

Starting elevation: 16,400'

Highest elevation: 17,599'

Sleeping elevation: 17,060

Hiking distance: 5 miles

Hiking time: 7-8 hours

Day 9: Gorak Shep to Pheriche

Starting elevation: 17,060'

Kalapathar summit: 18,006'

Finishing destination: 14,340'

Hiking distance: 8 miles

Hiking time: 8-9 hours

Day 10: Pheriche to Phortse

Starting elevation: 14,340'

Finishing elevation: 12,959'

Hiking distance: 7 miles

Hiking time: 5-6 hours

Day 11: Phortse to Monzo

Starting elevation: 12,959'

Finishing elevation: 9,301'

Hiking distance: 8 miles

Hiking time: 7-8 hours

Day 12: Monzo to Lukla

Starting elevation: 9,301'

Finishing elevation: 9,383'

Hiking distance: 4 miles

Hiking time: 3-4 hours