

Day	Activities	Distance	Max. Elevation	Hours
1.	Flight to Lukla (2,642m/ 8,668ft) and trek to Phakding (2,562m/ 8,700m): 35min flight (opt flight)	8 km	2,642 m/ 8,668 ft	3-4 hrs trek
2.	Phakding to Khumjung village	22 km	3,790m/12,434 ft	
3.	Acclimatization in Khumjung			
4.	Trek to Phortse thanga	10.1 km	3,650m/11,975 ft	
5.	Trek to Machhermo	6.8 km	4,470m/14,491ft	5-6 hrs
6.	Machhermo to Gokyo	5.7 km	4,800m/15,749 ft	4-5 hrs
7.	Early morning hike to Gokyo Ri (5,360m/ 17,585ft)	4 km	5,360m/17,585ft	3-4 hrs
8.	Cross the Renjo La pass (5,360m/ 17,585ft) and trek down to Lungden: (4,350m/ 14,271ft)	11-13 km	5,360m/17,585 ft	6-8 hrs
9.	Trek down to Thame (3,850m/ 12,630ft), visit Thame Monastery (3,970m/13,025 ft)	200 m	3,970m/13,025 ft	1-1.5 hrs
10.	Thame to Namche Bazaar (3,440m/ 11,280ft)	16 km (round trip)	3,440m/ 11,280 ft	6-7 hrs
11.	Namche Bazaar to Lukla: (2,800m/ 9,187ft)		2,800m/ 9,187ft	5-6 hrs
12.	Fly back to Kathmandu			