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