

# **From Trails to Talks – Bringing Together Passion, Experience, and Purpose in One Powerful Gathering.**

## **Background of this Event:**

Everest Summiteers Summit is a global gathering of Everest summiteers from around the world. It is a historic initiative aimed at celebrating the legacy of mountaineers and inspiring youth toward sustainable mountaineering practices.

On May 27, 2025, for the first time in history, the Everest Summiteers Summit 2025 was successfully held, with the participation of 154 Everest summiteers. To continue this remarkable legacy, we are organizing the Everest Summiteers Summit 2026.

This time, the summit will bring together Everest summiteers and climate advocates on a single platform to discuss critical issues related to mountains, climate change, and sustainable tourism.

Following the previous summit, many Everest summiteers, Trekkers, and mountaineers shared valuable feedback. Several expressed their interest in staying longer in Nepal to explore its popular destinations. Everest summiteer even mentioned a desire to bring their family to Everest Base Camp and Other non-Everest summiteers who are interested in visiting Nepal are finding it difficult to travel for a one-day event.

In response to these suggestions, Everest Alliance Nepal is planning to organize pre- and post-event programs for the 2026 summit. These programs will include exclusive dinners with Everest summiteers and visits to Nepal's iconic trekking trails. Participants will be welcome to join these experiences along with their family and friends.

## **EVEREST BASE CAMP TREK**

The Everest Base Camp Trek is a 14-day adventure that combines scenic trails, Sherpa culture, and breathtaking Himalayan views. Starting with a flight to Lukla, the trek passes through Namche Bazaar, Tengboche, Dingboche, and Lobuche before reaching EBC at 5,500m. Highlights include Khumbu Glacier, Tengboche Monastery, and sunrise from Kala Patthar. This journey offers a rewarding way to experience Everest without climbing the peak itself.

## **HIGHLIGHT**

- Reach the base of the world's highest mountain, Mount Everest (8,848.86m).
- Scenic flight to Tenzing-Hillary Airport in Lukla.
- Stunning Himalayan views of Lhotse, Ama Dablam, and more.
- Trek through Sagarmatha National Park (UNESCO World Heritage Site).
- Experience rich Sherpa culture and visit Tengboche Monastery.
- Hike to Kala Patthar for the best Everest sunrise view.
- Meet up with Everest Summiteers from different country in one Place.

## OUTLINE ITINERARY

DAY	PROGRAM	ACCOMODATION	KM/ELE (Approx)
May 25	Arrival at Kathmandu (1,400m) and transfer to hotel	Hotel	1,400m
May 26	Dinner with Everest Summiteer in Kathmandu.	Hotel	1,400m
May 27	Everest Conference Day in Kathmandu.	Hotel	1,400m
May 28	Flight to Lukla (2,804m) from Kathmandu or Manthali (474m) and trek to Phakding (2,610m).	Teahouse	8 km / 3–4 hrs / -194m
May 29	Trek from Phakding to Namche Bazaar (3,441m)	Teahouse	10–11 km / 5–6 hrs / +831m
May 30	Acclimatization at Namche. Hike to Hotel Everest View (3,880m).	Teahouse	4–5 km / 3–4 hrs / +439m
May 31	Trek from Namche to Tengboche (3,860m).	Teahouse	9–10 km / 5–6 hrs / +419m
June 1	Trek from Tengboche to Dingboche (4,350m).	Teahouse	11 km / 5–6 hrs / +490m
June 2	Acclimatization. Hike to Nangkartsang Peak (5,083m).	Teahouse	5–6 km / 4–5 hrs / +733m
June 3	Trek from Dingboche to Lobuche (4,910m).	Teahouse	8 km / 5–6 hrs / +560m
June 4	Trek to Everest Base Camp (5,365m) and return to Gorak Shep (5,180m).	Teahouse	12–14 km / 8–9 hrs / +455m
June 5	Hike to Kala Patthar (5,555m) and descend to Pheriche (4,200m).	Teahouse	13–14 km / 7–8 hrs / +375m / -1,355m
June 6	Trek from Pheriche to Namche Bazaar.	Teahouse	14–15 km / 6–7 hrs / -759m
June 7	Trek from Namche to Lukla	Teahouse	18–19 km / 6–7 hrs / -637m
June 8	Flight back to Kathmandu or Manthali. Transfer to hotel.	Hotel	30 min flight / 1,400m
June 9	Transfer to Tribhuvan International Airport for final departure.		Departure

If you are planning to visit Nepal, you can follow this suggested itinerary. Travel agencies are kindly requested to promote this itinerary to interested travelers. You may also choose to explore other destinations in Nepal and attend the **Everest Summiteers Summit on May 27, 2026**.

This summit is a unique opportunity to meet Everest summiteers from around the world and gain firsthand insights on the impacts of climate change in the mountains. Participants will experience and discuss these effects during interactive sessions in Kathmandu, focusing on pressing mountain issues.

### Participation Details:

- Cost: **\$200 per participant**
- Special Discount: **\$100** if shared through our country representatives
- Includes: 1 Dinner, 1 Lunch, and a Delegates Kit

Join us for this extraordinary event to network, learn, and celebrate the spirit of mountaineering.

## **EVEREST BASE CAMP DETAIL ITINERARY (MAY 13- MAY 28)**

### **MAY 25 -Arrival in Kathmandu**

You will arrive in Kathmandu, the capital city of Nepal, situated at an altitude of 1,400m. Upon arrival, you will be transferred to your hotel where you can relax and recover from your journey. Later, there will be a briefing about the trek, permits, gear check, and a chance to meet your trekking team. The evening is free for leisure and dinner in Kathmandu.



### **May 26 – Dinner with Everest Summiteer.**

A special dinner event will be arranged in Kathmandu to celebrate the Everest summit experience, where you can meet fellow trekkers and share your journey.



## May 27 – Main Event Everest Summit Conference 2026

Attend the Everest Summit Conference, which includes presentations, discussions, and networking opportunities with mountaineers, researchers, and other participants.



Everest Summiters Summit 2025 photo

## May 28– Flight to Lukla & Trek to Phakding

Early in the morning, you will take a scenic flight to Lukla (2,804 m / 9,199 ft), a small airport nestled in the mountains. From there, your trek begins toward Phakding (2,610 m / 8,563 ft), which takes about 3 to 4 hours. You will walk through charming villages, along the Dudh Koshi River, and cross suspension bridges while enjoying your first views of the surrounding Himalayan peaks. Overnight stay will be at a local guesthouse in Phakding.



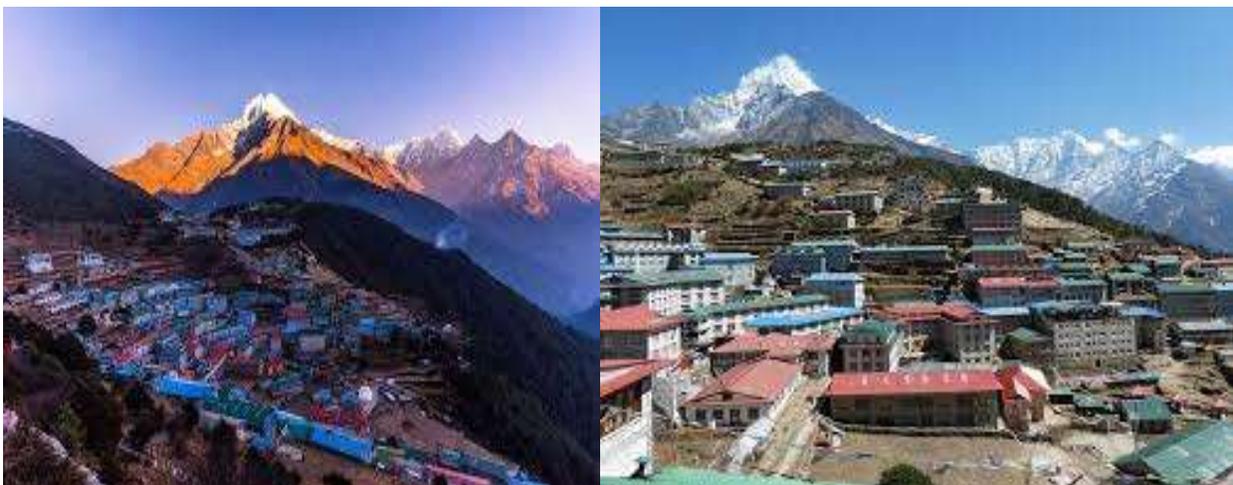
## May 29 – Trek from Phakding to Namche Bazaar

The trek continues from Phakding to Namche Bazaar (3,441 m / 11,289 ft), the main trading hub of the Khumbu region, taking about 5 to 6 hours. The trail passes through beautiful pine forests, along rivers, and over several suspension bridges. You will experience the vibrant culture of the Sherpa community as you arrive at Namche Bazaar, where overnight accommodation will be in a guesthouse.



## May 30 – Acclimatization at Namche Bazaar

To help your body adjust to the altitude, this day is dedicated to acclimatization. You will hike to the Hotel Everest View (3,880 m / 12,730 ft), which offers stunning panoramic views of Everest, Lhotse, and Ama Dablam. This hike allows your body to adapt gradually while providing amazing photo opportunities. You will return to Namche Bazaar for overnight at the guesthouse.



## May 31 – Trek from Namche Bazaar to Tengboche

From Namche Bazaar, the trek continues to Tengboche (3,860 m / 12,664 ft), taking approximately 5 to 6 hours. The trail winds through rhododendron and pine forests and offers magnificent views of the surrounding peaks. Tengboche is famous for its monastery, which is one of the largest in the Khumbu region, where you can experience Buddhist culture and spirituality. Overnight stay will be in a local guesthouse.



## June 1 – Trek from Tengboche to Dingboche

The trail from Tengboche to Dingboche (4,350 m / 14,272 ft) takes 5 to 6 hours and gradually ascends through valleys with breathtaking mountain scenery. You will pass through small villages and enjoy closer views of Ama Dablam and other towering peaks. Overnight will be at a guesthouse in Dingboche, preparing your body for higher altitudes



## **June 2 – Acclimatization at Dingboche**

This day is dedicated to acclimatization. You will hike to Nangkartsang Peak (5,083 m / 16,676 ft) for a moderate 4 to 5 hours trek, providing an excellent opportunity to adapt to higher altitudes while enjoying spectacular views of surrounding mountains and glaciers. Overnight stay is in Dingboche at a guesthouse.



## **June 3 – Trek from Dingboche to Lobuche**

The trek from Dingboche to Lobuche (4,910 m / 16,109 ft) takes 5 to 6 hours. The trail becomes more rugged as you ascend alongside the Khumbu Glacier, passing memorials dedicated to climbers who lost their lives on Everest. You will reach Lobuche and spend the night in a local guesthouse.



## **June 4 – Trek to Everest Base Camp & Return to Gorak Shep**

Today is the highlight of the trek: reaching Everest Base Camp (5,365 m / 17,602 ft). The trek takes 8 to 9 hours, including rest and photo stops along the Khumbu Glacier, offering close-up views of the Icefall. After spending time at the base camp, you will descend to Gorak Shep (5,180 m / 16,995 ft) for overnight stay at a guesthouse.



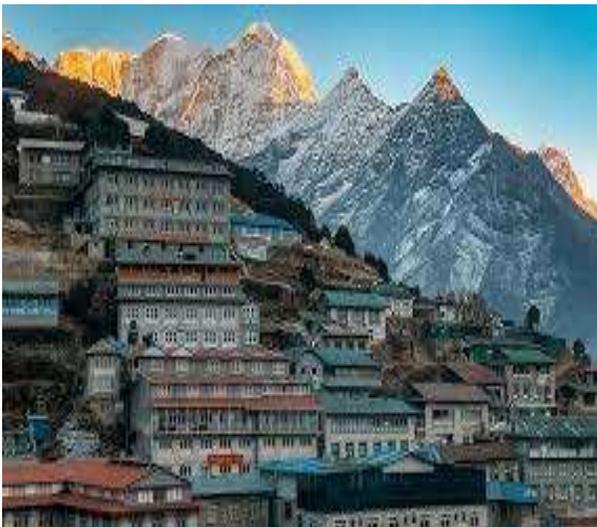
## **June 5 – Early Morning Hike to Kala Patthar & Descend to Pheriche**

Before sunrise, you will hike to Kala Patthar (5,555 m / 18,225 ft) for the best panoramic view of Everest, Lhotse, and Nuptse. After enjoying the sunrise, you will descend to Pheriche (4,200 m / 13,780 ft), which takes about 7 to 8 hours. This day combines both high-altitude experience and descent to a comfortable altitude for overnight stay at a guesthouse.



## **June 6– Trek from Pheriche to Namche Bazaar**

The descent continues from Pheriche to Namche Bazaar (3,441 m / 11,289 ft), taking 6 to 7 hours. You will retrace part of the trail, enjoying different perspectives of the mountains and valleys. Overnight stay is at a guesthouse in Namche Bazaar.



## **June 7 – Trek from Namche Bazaar to Lukla**

You will trek down from Namche Bazaar to Lukla (2,804 m / 9,199 ft) over 6 to 7 hours. The trek is mostly downhill, giving your legs a lighter day while offering beautiful farewell views of the Himalayas. Overnight stay will be at a guesthouse in Lukla.



## **June 8 – Flight Back to Kathmandu**

You will take an early morning flight from Lukla to Kathmandu or Manthali. Upon arrival, transfer to your hotel and spend the rest of the day relaxing, shopping, or exploring Kathmandu. Overnight stay is at a hotel in Kathmandu.



## **June 9 – Final Departure**

After the conference, you will be transferred to the international airport for your final departure from Kathmandu.