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# Everest Documentary Expedition – 21 Days

Day-by-day itinerary

FROM
**US$2,990**
per person

| DURATION | MAX ALTITUDE | DIFFICULTY | REGION | GROUP SIZE |
|---|---|---|---|---|
| **21 days** | **5,545 m** | **Hard** | **Everest Region** | **Max 6** |

Dates, prices and booking online: https://mounteverestgo.com/trip/everest-documentary-expedition/

## HIGHLIGHTS



Comprehensive 21-day filming expedition covering all major Khumbu locations.



Three Passes (Renjo La, Cho La, Kongma La) plus Gokyo Lakes and Everest Base Camp.

- Film-friendly crew with porters trained to carry camera cases safely.
- Solar panel charging stations at high camps for continuous battery power.
- Sherpa subject interviews with English translation by our guide.

## ITINERARY AT A GLANCE

| | | |
|---|---|---|
| **Day 1** | Arrival in Kathmandu | 1,400 m |
| **Day 2** | Pre-Expedition Production Meeting | 1,400 m |
| **Day 3** | Fly to Lukla & Trek to Phakding | 2,610 m |
| **Day 4** | Trek to Namche Bazaar | 3,440 m |
| **Day 5** | Acclimatization in Namche | 3,880 m |
| **Day 6** | Trek to Tengboche | 3,860 m |
| **Day 7** | Trek to Dingboche | 4,410 m |
| **Day 8** | Acclimatization & Hike to Nangkartshang | 5,083 m |
| **Day 9** | Cross Kongma La to Lobuche | 5,535 m |
| **Day 10** | Trek to Gorak Shep & Everest Base Camp | 5,364 m |
| **Day 11** | Sunrise at Kala Patthar | 5,545 m |
| **Day 12** | Second Kala Patthar Shoot & Base Camp | 5,364 m |
| **Day 13** | Cross Cho La to Gokyo | 4,790 m |
| **Day 14** | Sunrise at Gokyo Ri & Lake Filming | 5,360 m |

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|---|---|---|
| **Day 15** | Cross Renjo La to Marlung | 4,210 m |
| **Day 16** | Trek to Thame | 3,820 m |
| **Day 17** | Trek to Namche | 3,440 m |
| **Day 18** | Trek to Lukla | 2,840 m |
| **Day 19** | Fly to Kathmandu | 1,400 m |
| **Day 20** | Post-Production Meeting & Sightseeing | 1,400 m |
| **Day 21** | Final Departure | |

## PLACES YOU'LL VISIT



**Kathmandu** 1,400 m

Kathmandu is the capital of Nepal and the gateway to every trekking region — a UNESCO World Heritage valley with 7 monument zones, the...



**Tengboche** 3,867 m

Tengboche is the spiritual heart of the Khumbu — site of the region's largest monastery and one of the most iconic Everest viewpoints, framed...



**Everest Base Camp** 5,364 m

Everest Base Camp (South) is the iconic destination of the classic Everest trek — a seasonal tent city on the Khumbu Glacier at the...



**Kala Patthar** 5,564 m

Kala Patthar (5,564m) is a small bump on the south ridge of Pumori that offers the finest sunrise view of Mount Everest's summit achievable...



**Gokyo** 4,790 m

Gokyo is a small seasonal settlement beside the sacred turquoise Dudh Pokhari (Gokyo Lakes) — the destination of the western Khumbu's most scenic alternative...

## INCLUDED

• All airport pickups and drops in private vehicle
• Kathmandu hotel (3 nights, B&B) with welcome and farewell dinners
• Domestic flights where applicable to itinerary
• All ground transport in private vehicle
• All necessary permits (TIMS, National Park, Conservation Area, Restricted Area where applicable)
• Three meals daily (BLD) during the trek with tea/coffee
• Tea house or camping accommodation during the trek
• Experienced English-speaking trekking guide and assistant guide for groups of 6+
• Porters (1 per 2 trekkers, 15kg luggage allowance) with full insurance
• Sleeping bag, down jacket, and duffel bag (refundable deposit)
• First-aid kit, pulse oximeter, and emergency oxygen
• Satellite phone for emergency communications
• All government and local taxes
• Film-friendly crew with porters trained for camera cases
• Solar charging stations at high camps
• Dedicated base camp at Gorak Shep for 3 nights
• English translation for Sherpa subject interviews
• Pre-expedition location scout consultation

**Permits — all arranged by us**

• Sagarmatha National Park Entry Permit, Khumbu Pasang Lhamu Rural Municipality Entry Permit, TIMS Card. Drone permits arranged separately on request.

## NOT INCLUDED

• International airfare to and from Kathmandu
• Nepal visa fee (USD 30 for 15 days, USD 50 for 30 days)
• Travel and high-altitude rescue insurance (mandatory)
• Personal trekking gear and clothing
• Hot showers, Wi-Fi, device charging, and alcoholic beverages
• Lunch and dinner in Kathmandu
• Tips for guide, porter, and driver (recommended 10-15% of trip cost)
• Costs from unforeseen events (weather, flight delays, route changes)
• Camera and audio equipment
• Drone permits (USD 500-1000 if required)
• Helicopter extraction (optional, USD 2000-3000)

## THE FULL ITINERARY

### 01 Arrival in Kathmandu

**Altitude:** 1,400 m **Accommodation:** 3-star hotel

Arrival and equipment check. Evening welcome dinner with crew briefing.
**Meals:** Dinner · **Overnight:** Kathmandu (1400 m)

### 02 Pre-Expedition Production Meeting

**Altitude:** 1,400 m **Accommodation:** 3-star hotel

Full-day production meeting with crew. Location scout consultation and shot list review.
**Meals:** Breakfast · **Overnight:** Kathmandu (1400 m)

### 03 Fly to Lukla & Trek to Phakding

**Altitude:** 2,610 m **Accommodation:** Teahouse or trekking lodge

Scenic flight to Lukla. Short trek to Phakding. Afternoon filming of Sherpa village life.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Phakding (2610 m)

### 04 Trek to Namche Bazaar

**Altitude:** 3,440 m **Accommodation:** Teahouse or trekking lodge

Cross suspension bridges and climb to Namche. Filming at the Hillary Bridge and Namche viewpoints.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Namche Bazaar (3440 m)

## 05 Acclimatization in Namche

**Altitude:** 3,880 m **Accommodation:** Teahouse or trekking lodge

Sunrise shoot at Everest View Hotel. Sherpa market filming. Sherpa interviews with translation.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Namche Bazaar (3880 m)

## 06 Trek to Tengboche

**Altitude:** 3,860 m **Accommodation:** Teahouse or trekking lodge

Trek to Tengboche. Afternoon monastery filming with permission. Evening chanting ceremony.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Tengboche (3860 m)

## 07 Trek to Dingboche

**Altitude:** 4,410 m **Accommodation:** Teahouse or trekking lodge

Continue to Dingboche. Sunset shoot of Lhotse south face and Island Peak.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Dingboche (4410 m)

## 08 Acclimatization & Hike to Nangkartshang

**Altitude:** 5,083 m **Accommodation:** Teahouse or trekking lodge

Acclimatization hike with panoramic filming of Makalu.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Nangkartshang (5083 m)

## 09 Cross Kongma La to Lobuche

**Altitude:** 5,535 m **Accommodation:** Teahouse or trekking lodge

Cross the first of the Three Passes (Kongma La, 5,535m) with dramatic glacier filming.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Kongma La (5535 m)

## 10 Trek to Gorak Shep & Everest Base Camp

**Altitude:** 5,364 m **Accommodation:** Teahouse or trekking lodge

Trek to Gorak Shep. Afternoon filming at Everest Base Camp with the Khumbu Icefall.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Gorak Shep (5364 m)

## 11 Sunrise at Kala Patthar

**Altitude:** 5,545 m **Accommodation:** Teahouse or trekking lodge

Pre-dawn climb to Kala Patthar for the iconic Everest sunrise shoot. Multiple takes as light changes.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Gorak Shep (5545 m)

## 12 Second Kala Patthar Shoot & Base Camp

**Altitude:** 5,364 m **Accommodation:** Teahouse or trekking lodge

Second sunrise shoot at Kala Patthar with different angles. Afternoon Base Camp life filming.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Gorak Shep (5364 m)

## 13 Cross Cho La to Gokyo

**Altitude:** 4,790 m **Accommodation:** Teahouse or trekking lodge

Cross the second pass (Cho La, 5,420m) with glacier filming. Descend to Gokyo Lakes.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Gokyo (4790 m)

## 14 Sunrise at Gokyo Ri & Lake Filming

**Altitude:** 5,360 m **Accommodation:** Teahouse or trekking lodge

Pre-dawn climb to Gokyo Ri for sunrise on Everest, Lhotse, Makalu, and Cho Oyu. Lake reflection filming.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Gokyo (5360 m)

## 15 Cross Renjo La to Marlung

**Altitude:** 4,210 m **Accommodation:** Teahouse or trekking lodge

Cross the third pass (Renjo La, 5,360m) with the most dramatic mountain panorama of the entire trek.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Marlung (4210 m)

## 16 Trek to Thame

**Altitude:** 3,820 m **Accommodation:** Teahouse or trekking lodge

Descend to Thame village. Afternoon filming at the Thame Monastery, one of the oldest in the Khumbu.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Thame (3820 m)

## 17 Trek to Namche

**Altitude:** 3,440 m **Accommodation:** Teahouse or trekking lodge

Return to Namche for hot showers, bakery treats, and final cultural filming.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Namche Bazaar (3440 m)

## 18 Trek to Lukla

**Altitude:** 2,840 m **Accommodation:** Teahouse or trekking lodge

Final trekking day back to Lukla. Celebration dinner with the crew.
**Meals:** Breakfast, Lunch, Dinner · **Overnight:** Lukla (2840 m)

## 19 Fly to Kathmandu

**Altitude:** 1,400 m **Accommodation:** 3-star hotel

Morning flight to Kathmandu. Equipment cleaning and organization.
**Meals:** Breakfast · **Overnight:** Kathmandu (1400 m)

## 20 Post-Production Meeting & Sightseeing

**Altitude:** 1,400 m **Accommodation:** 3-star hotel

Post-production meeting. Afternoon sightseeing in Kathmandu for additional b-roll.
**Meals:** Breakfast · **Overnight:** Kathmandu (1400 m)

## 21 Final Departure

Transfer to the international airport for your onward flight.
**Meals:** Breakfast