

Nepal Trek 2015: Everest Base Camp Tentative Itinerary

Date	Activity	Hotel/Teahouse
Mon Nov 2	Arrive Kathmandu by early afternoon Visit the Buddhist Stupa of Boudhanath and Monkey Temple Welcome dinner	
Tues Nov 3	Orientation Meeting Meet children, welcome ceremony	
Wed Nov 4	Work day	
Thurs Nov 5	Field Trip with the children	
Fri Nov 6	Party and celebration with the children Pre-trek packing and meeting	
Sat Nov 7	Flight: Kathmandu 4,383 ft (1336m) to Lukla 9,350 ft (2860m) Begin trek to Phakding 8,700 ft (2600m) 6.5 km, 4 miles, 4 hrs	All meals included on trek Teahouse Phakding
Sun Nov 8	Phakding to Namche Bazaar 11,270 ft (3446m) 7 km, 4.5 miles, 6½ hrs	Khumbu Lodge Namche Bazaar
Mon Nov 9	Rest and acclimatization day at Namche Bazaar	Khumbu Lodge Namche Bazaar
Tues Nov 10	Namche Bazaar to Deboche 12,687 ft (3867m) We pass the famous monastery at Tengboche before descending to Deboche 6.5 km, 4 miles, 6½ hrs	Teahouse Deboche
Wed Nov 11	Deboche to Pheriche 14,250 ft (4343m) 9 km, 5.5 miles, 6 hrs	Teahouse Pheriche
Thurs Nov 12	Rest and acclimatization day at Pheriche	Teahouse Pheriche
Fri Nov 13	Pheriche to Lobuche 16,175 ft (4930m) Walk through the Khumbu glacier region 8km, 5 miles, 5½ hrs	Mother Earth Lodge Lobuche
Sat Nov 14	Lobuche to Gorak Shep to Everest Base Camp 17,650 ft (5360m) to Gorak Shep 16,942 (5164m) 6-8 km, 4-6 miles, 7 hrs	Teahouse Gorak Shep
Sun Nov 15	Gorak Shep to Kala Patthar 18,513 ft (5643m) for Everest view, to Thukla 15,160 ft (4620m) 7-8 hrs	Teahouse Thukla
Mon Nov 16	Thukla to Pangboche 12,800 ft (3901m) 3-4 hrs	Teahouse Pangboche
Tues Nov 17	Pangboche to Namche Bazaar 11,270 ft 6-7 hrs	Khumbu Lodge Namche Bazaar
Wed Nov 18	Namche Bazaar to Lukla 9,350 ft 7-8 hrs, Celebration Dinner with guides and porters	Teahouse Lukla
Thurs Nov 19	Flight to Kathmandu Free afternoon and evening	Lunch on own Farewell dinner Overnight Kathmandu
Fri Nov 20	Daytrip to Bhaktapur (or Spare day in case of inclement weather for flight to Kathmandu) Depart for home in evening	All meals on own Flight home in evening