

**Nepal Trek 2024: Everest Base Camp  
Tentative Itinerary**

<b>Date</b>	<b>Activity</b>	<b>Hotel/Teahouse</b>
Sat Oct 26	Arrive Kathmandu Visit Monkey Temple and Boudhanath Stupa Welcome dinner	D  Hotel in Kathmandu
Sun Oct 27	Travel to Kumari in jeeps Work projects at school	B, D Tents in Kumari
Mon Oct 28	Kumari Activities and celebration with the children	B, L, D Tents in Kumari
Tue Oct 29	Return to Kathmandu Free time Pre-trek packing and meeting	B, L  Hotel in Kathmandu
Wed Oct 30	Flight: Kathmandu 4,383 ft (1336m) to Lukla 9,350 ft (2860m) Begin trek to Phakding or Toktok 8,700 ft (2600m) 6.5 km, 4 miles, 4 hrs	All meals included on trek Teahouse Phakding or Toktok
Thurs Oct 31	Phakding or Toktok to Namche Bazaar 11,270 ft (3446m) 7 km, 4.5 miles, 6½ hrs	Khumbu Lodge Namche Bazaar
Fri Nov 1	Rest and acclimatization day at Namche Bazaar	Khumbu Lodge Namche Bazaar
Sat Nov 2	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
Sun Nov 3	Deboche to Dingboche 14,468 ft (4410m) 9 km, 5.5 miles, 6.5 hrs	Teahouse Dingboche
Mon Nov 4	Rest and acclimatization day at Dingboche	Teahouse Dingboche
Tue Nov 5	Dingboche to Lobuche 16,175 ft (4930m) Walk through the Khumbu glacier region 8km, 5 miles, 5½ hrs	Mother Earth Lodge Lobuche
Wed Nov 6	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
Thurs Nov 7	Gorak Shep to Kala Patthar 18,513 ft (5643m) for Everest view, to Thukla 15,160 ft (4620m) 7-8 hrs	Teahouse Thukla
Fri Nov 8	Thukla to Pangboche 12,800 ft (3901m) 3-4 hrs	Teahouse Pangboche
Sat Nov 9	Pangboche to Namche Bazaar 11,270 ft 6-7 hrs	Khumbu Lodge Namche Bazaar
Sun Nov 10	Namche Bazaar to Lukla 9,350 ft 7-8 hrs, Celebration Dinner with guides and porters	Teahouse Lukla
Mon Nov 11	Flight to Kathmandu Free afternoon and evening	B, D Hotel in Kathmandu
Tues Nov 12	Day trip to Bhaktapur (optional) (or spare day in case of inclement weather for flight to Kathmandu) Depart for home later in evening	Flight home