

**Nepal Trek 2017: Everest Base Camp  
 Tentative Itinerary**

<b>Date</b>	<b>Activity</b>	<b>Hotel/Teahouse</b>
Mon Oct 30	Arrive Kathmandu by early afternoon Visit the Buddhist Stupa of Boudhanath Welcome dinner	Tibet Guest House, Kathmandu
Tues Oct 31	Orientation Meeting Meet children, welcome ceremony	Tibet Guest House, Kathmandu
Wed Nov 1	Work day	Tibet Guest House, Kathmandu
Thurs Nov 2	Party and celebration with the children	Tibet Guest House, Kathmandu
Fri Nov 3	Field Trip with the children Pre-trek packing and meeting	Tibet Guest House, Kathmandu
Sat Nov 4	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
Sun Nov 5	Phakding or Toktok to Namche Bazaar 11,270 ft (3446m) 7 km, 4.5 miles, 6½ hrs	Khumbu Lodge Namche Bazaar
Mon Nov 6	Rest and acclimatization day at Namche Bazaar	Khumbu Lodge Namche Bazaar
Tues Nov 7	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 8	Deboche to Dingboche 14,468 ft (4410m) 9 km, 5.5 miles, 6.5 hrs	Teahouse Dingboche
Thurs Nov 9	Rest and acclimatization day at Dingboche	Teahouse Dingboche
Fri Nov 10	Dingboche to Lobuche 16,175 ft (4930m) Walk through the Khumbu glacier region 8km, 5 miles, 5½ hrs	Mother Earth Lodge Lobuche
Sat Nov 11	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 12	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 13	Thukla to Pangboche 12,800 ft (3901m) 3-4 hrs	Teahouse Pangboche
Tues Nov 14	Pangboche to Namche Bazaar 11,270 ft 6-7 hrs	Khumbu Lodge Namche Bazaar
Wed Nov 15	Namche Bazaar to Lukla 9,350 ft 7-8 hrs, Celebration Dinner with guides and porters	Teahouse Lukla
Thurs Nov 16	Flight to Kathmandu Free afternoon and evening	Lunch on own Farewell dinner Overnight Kathmandu
Fri Nov 17	Daytrip to Bhaktapur (optional) (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