

**Nepal Trek 2018: Everest Base Camp
 Tentative Itinerary**

Date	Activity	Hotel/Teahouse
Mon Oct 15	Arrive Kathmandu by early afternoon Visit the Buddhist Stupa of Boudhanath Welcome dinner	Tibet Guest House, Kathmandu
Tues Oct 16	Orientation Meeting Meet children, welcome ceremony	Tibet Guest House, Kathmandu
Wed Oct 17	Work day	Tibet Guest House, Kathmandu
Thurs Oct 18	Party and celebration with the children	Tibet Guest House, Kathmandu
Fri Oct 19	Field Trip with the children Pre-trek packing and meeting	Tibet Guest House, Kathmandu
Sat Oct 20	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 Oct 21	Phakding or Toktok to Namche Bazaar 11,270 ft (3446m) 7 km, 4.5 miles, 6½ hrs	Khumbu Lodge Namche Bazaar
Mon Oct 22	Rest and acclimatization day at Namche Bazaar	Khumbu Lodge Namche Bazaar
Tues Oct 23	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 Oct 24	Deboche to Dingboche 14,468 ft (4410m) 9 km, 5.5 miles, 6.5 hrs	Teahouse Dingboche
Thurs Oct 25	Rest and acclimatization day at Dingboche	Teahouse Dingboche
Fri Oct 26	Dingboche to Lobuche 16,175 ft (4930m) Walk through the Khumbu glacier region 8km, 5 miles, 5½ hrs	Mother Earth Lodge Lobuche
Sat Oct 27	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 Oct 28	Gorak Shep to Kala Patthar 18,513 ft (5643m) for Everest view, to Thukla 15,160 ft (4620m) 7-8 hrs	Teahouse Thukla
Mon Oct 29	Thukla to Pangboche 12,800 ft (3901m) 3-4 hrs	Teahouse Pangboche
Tues Oct 30	Pangboche to Namche Bazaar 11,270 ft 6-7 hrs	Khumbu Lodge Namche Bazaar
Wed Oct 31	Namche Bazaar to Lukla 9,350 ft 7-8 hrs, Celebration Dinner with guides and porters	Teahouse Lukla
Thurs Nov 1	Flight to Kathmandu Free afternoon and evening	Lunch on own Farewell dinner Overnight Kathmandu
Fri Nov 2	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