

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

Date	Activity	Hotel/Teahouse
Sun Nov 10	Arrive Kathmandu Visit Monkey Temple and Boudhanath Stupa Welcome dinner	D Hotel in Kathmandu
Mon Nov 11	Travel to Kumari in jeeps Work projects at school	B, D Tents in Kumari
Tues Nov 12	Kumari Activities and celebration with the children	B, L, D Tents in Kumari
Wed Nov 13	Return to Kathmandu Free time Pre-trek packing and meeting	B, L Hotel in Kathmandu
Thurs Nov 14	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
Fri Nov 15	Phakding or Toktok to Namche Bazaar 11,270 ft (3446m) 7 km, 4.5 miles, 6½ hrs	Khumbu Lodge Namche Bazaar
Sat Nov 16	Rest and acclimatization day at Namche Bazaar	Khumbu Lodge Namche Bazaar
Sun Nov 17	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
Mon Nov 18	Deboche to Dingboche 14,468 ft (4410m) 9 km, 5.5 miles, 6.5 hrs	Teahouse Dingboche
Tues Nov 19	Rest and acclimatization day at Dingboche	Teahouse Dingboche
Wed Nov 20	Dingboche to Lobuche 16,175 ft (4930m) Walk through the Khumbu glacier region 8km, 5 miles, 5½ hrs	Mother Earth Lodge Lobuche
Thurs Nov 21	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
Fri Nov 22	Gorak Shep to Kala Patthar 18,513 ft (5643m) for Everest view, to Thukla 15,160 ft (4620m) 7-8 hrs	Teahouse Thukla
Sat Nov 23	Thukla to Pangboche 12,800 ft (3901m) 3-4 hrs	Teahouse Pangboche
Sun Nov 24	Pangboche to Namche Bazaar 11,270 ft 6-7 hrs	Khumbu Lodge Namche Bazaar
Mon Nov 25	Namche Bazaar to Lukla 9,350 ft 7-8 hrs, Celebration Dinner with guides and porters	Teahouse Lukla
Tues Nov 26	Flight to Kathmandu Free afternoon and evening	B, D Hotel in Kathmandu
Wed Nov 27	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