

DATE	DAY	ACTIVITY	TREK TIME (HRS)	CELL, WIFI & LAUNDRY	LOGGING	START ELEVATION (FT)	END ELEVATION (FT)	CHANGE (FT)	START ELEVATION (M)	END ELEVATION (M)	CHANGE (M)
7-Apr	0	International Arrival in KTM & Transfer to Nepali Ghar Hotel, gear checks	0	C/W/L	Nepali Ghar	4344	4344	0	1324	1324	0
8-Apr	1	Preparation Day in KTM, optional city tour, Class Intro, Evening Welcome Dinner.	0	C/W/L	Nepali Ghar	4344	4344	0	1324	1324	0
9-Apr	2	AM Flight to Lukla 2800M via Ramichep and trek to Phakding 2640M.	4	C/W/L	Teahouse	4344	8661	4318	1324	2640	1316
10-Apr	3	Trek to Namche Bazzar 3446M	5 to 6	C/W/L	Teahouse	8661	11306	2644	2640	3446	806
11-Apr	4	Trek to Khumjung Village 3790M. Visit Sagarmatha Next & Everest View Hotel. Afternoon WUMP Class	4	C/W/L	Teahouse	11306	12434	1129	3446	3790	344
12-Apr	5	Khumjung, WUMP Class. Evening Program with local Sherpa Dance.	0	C/W/L	Teahouse	12434	12434	0	3790	3790	0
13-Apr	6	Khumjung, Trek to Sir Edmond Hillary Viewpoint, Visit Khunde Hospital, Afternoon WUMP Class.	2.5	C/W/L	Teahouse	12434	12434	0	3790	3790	0
14-Apr	7	Khumjung, WUMP Class, Evening WUMP Session	0	C/W/L	Teahouse	12434	12434	0	3790	3790	0
15-Apr	8	Trek to Phortse Village 3840M, Visit Khumjung Monastery, Visit Kumbu Climbing Center	4	C/W/L	Teahouse	12434	12598	164	3790	3840	50
16-Apr	9	Phortse Village, WUMP Class, Night Rescue	0	C/W/L	Teahouse	12598	12598	0	3840	3840	0
17-Apr	10	Phortse Village, WUMP Class, Testing	0	C/W/L	Teahouse	12598	12598	0	3840	3840	0
18-Apr	11	Trek to Dingboche 4300M	5	C/W	Teahouse	12598	14108	1509	3840	4300	460
19-Apr	12	Dingboche Rest Day, Acclimatization hike to Ama Dablam North Base Camp 4675M (15,340ft)	3	C/W	Teahouse	14108	14108	0	4300	4300	0
20-Apr	13	Trek to Lobuche Village 4900M	5	W	Teahouse	14108	16076	1969	4300	4900	600
21-Apr	14	Trek to Gorakshep 5100M, then Everest Base Camp 5364M	5		Teahouse	16076	17598	1522	4900	5364	464
22-Apr	15	Everest Base Camp, visit Everest ER, Icefall Training	2		Tent	17598	17598	0	5364	5364	0
23-Apr	16	Trek to Kala Patthar 5545M for Everest Viewpoint, then Lobuche Village 4900M	4	W (Lobuche)	Tent	17598	16076	-1522	5364	4900	-464
24-Apr	17	Trek to Lobuche High Camp (5400M/17717ft) or Pheriche (4250M/13944ft)	3 to 4 (High Camp or Pheriche)	C/W/L (Pheriche)	Tent or Teahouse	17388	17717	328	5300	5400	100
25-Apr	18	Rest day in Pheriche or Climb High Camp to Lobuche East Summit 6119M and back to Pheriche 4250M	Rest Day or 12-15	C/W/L (Pheriche)	Teahouse	17717	13944	-3773	5400	4250	-1150
26-Apr	19	Fly via Helicopter from Pheriche to Lukla to Kathmandu	0	C/W/L	Nepali Ghar	13944	4344	-9600	4250	1324	-2926
27-Apr	20	Reserve Day, Farewell Dinner	0	C/W/L	Nepali Ghar	4344	4344	0	1324	1324	0
28-Apr	21	Earliest Scheduled International Departure	0	C/W/L		4344	4344	0	1324	1324	0