

Everest Base Camp Trek (9/27-10/13/2019)

Trip Date	Trip Day	Trek Day	Start	End	Start Altitude		End Altitude		Net Elevation Gain/(Loss)		True Elevation Profile G/(L)		Mileage		Night	Actual Time	
	#	#			Feet	Meters	Feet	Meters	Feet	Meters	Feet	Meters	Miles	KMs			
9/27/2019	1		Arrive Kathmandu														
9/28/2019	2		Kathmandu sightseeing														
9/29/2019	3	1	Kathmandu	Lukla	4,386'	1337m	9,255'	2821m	4,869'	1484m			(fly)				
	3	1	Lukla	Monjo	9,255'	2821m	9,673'	2948m	418'	127m	3,251'	991m	8.0	12.9	lodge	6.4 hours	
9/30/2019	4	2	Monjo	Namche Bazaar	9,673'	2948m	11,313'	3448m	1,640'	500m	3,239'	987m	3.6	5.8	lodge	3.5 hours	
10/1/2019	5	3	Namche Bazaar	Namche Bazaar	11,313'	3448m	11,313'	3448m	601'	183m	601'	183m	1.3	2.1	lodge	3.0 hours	
10/2/2019	6	4	Namche Bazaar	Tashinga	11,313'	3448m	11,411'	3478m	98'	30m	2,357'	718m	4.9	7.9	lodge	5.5 hours	
10/3/2019	7	5	Tashinga	Pangboche	11,411'	3478m	12,945'	3946m	1,534'	468m	3,055'	931m	4.7	7.6	lodge	5.5 hours	
10/4/2019	8	6	Pangboche	Dingboche	12,945'	3946m	14,123'	4305m	1,178'	359m	2,010'	613m	4.1	6.6	camp	4.0 hours	
10/5/2019	9	7	Dingboche	Dingboche	14,123'	4305m	14,123'	4305m	1,458'	444m	1,458'	444m	4.2	6.8	camp	3.5 hours	
10/6/2019	10	8	Dingboche	Lobuche	14,123'	4305m	16,207'	4940m	2,084'	635m	2,664'	812m	6.0	9.7	camp	5.0 hours	
10/7/2019	11	9	Lobuche	Lobuche	16,207'	4940m	16,207'	4940m	1,010'	308m	1,010'	308m	2.1	3.4	camp	2.0 hours	
10/8/2019	12	10	Lobuche	Gorak Shep	16,207'	4940m	16,462'	5018m	255'	78m	1,158'	353m	2.9	4.7	camp	4.0 hours	
	12	10	Gorak Shep	Kala Patar RT	16,462'	5018m	18,514'	5643m	2,052'	625m	1,370'	418m	2.2	3.5	camp	2.5 hours	
10/9/2019	13	11	Gorak Shep	Everest BC RT	16,462'	5018m	17,598'	5364m	1,136'	346m	665'	203m	4.0	6.5	camp	4.5 hours	
10/10/2019	14	12	Gorak Shep	Dingboche	16,462'	5018m	14,123'	4305m	-2,339'	-713m	-2,339'	-713m	8.9	14.4	camp	4.0 hours	
10/11/2019	15	13	Dingboche	Kathmandu	14,123'	4305m	4,386'	1337m	-9,737'	-2968m			(fly)				
10/12/2019	16		weather contingency day														
10/13/2019	17		Lv Kathmandu	Arrive Houston													
												Total Trekking Miles/KM		56.9	91.8		53.4 hours
												Trekking Altitude Gain		22,838'	6,961m		

reflects Google Earth Elevation Profile values