

## Nepal Trip May 2003

Date	Events	Duration	Accommodation	Other Comments
5/17/03	Fly to Katmandu	12 hours	In transit	Meet Tim at Heathrow
5/18/03	Arrive in Katmandu	-	Hotel in Katmandu	+5:45 hour time difference
5/19/03	Sightseeing in Katmandu	-	Hotel in Katmandu	
5/20/03	Fly to Lukla (9,184ft/2,800m) Trek to Phakding (8,528ft/2,600m)	2 hours 3 hours	Lodge in Phakding	200m descent
5/21/03	Trek to Namche Bazaar (11,287ft/3,420m)	6 hours	Lodge in Namche Bazaar	1000m ascent & 100m descent (a long day)
5/22/03	Sightseeing in Namche Bazaar	-	Lodge in Namche Bazaar	Needed to acclimatize Day trek
5/23/03	Trek to Tengboche (3,870m)	5 hours	Lodge in Tengboche	750m ascent & 350m descent
5/24/03	Sightseeing in Tengboche	-	Lodge in Tengboche	Optional day of sightseeing used to acclimatize
5/25/03	Trek to Pheriche (4,240m)	4.5 hours	Lodge in Pheriche	450m ascent & 70m descent
5/26/03	Trek to Dingbouche and day hike to Chhukung	-	Lodge in Dinbouche	Needed to acclimatize
5/27/03	Trek to Lobouche (4,920m)	5 hours	Lodge in Lobouche	700m ascent
5/28/03	Trek to Gorak Shep (5,160m) Climb Kala Pattar (18,449ft/5,545m)	3 hours 4 hours	Lodge in Gorak Shep	250m ascent
5/29/03	Trek to Base Camp (5,360m) & back	6 hours	Lodge in Gorak Shep	250m ascent
5/30/03	Trek to Dzonghla	5 hours	Lodge in Dzonghla	
5/31/03	Trek to Gokyo via Cho La	10 hours	Lodge in Gokyo	
6/1/03	Climb Gokyo Ri	3 hours	Lodge in Gokyo	
6/2/03	Trek to Namche Bazaar	8 hours	Lodge in Namche Bazaar	
6/3/03	Trek to Lukla	7 hours	Lodge in Lukla	
6/4/03	In Lukla due to weather delay	-	Hotel in Katmandu	
6/5/03	Fly to Katmandu	2 hours	Hotel in Katmandu	
6/6/03	Sightseeing in Katmandu		Hotel in Katmandu	
6/7/03	Sightseeing in Katmandu		Hotel in Katmandu	
6/8/03	Fly to London	16 hours	London Hotel	-5:45 hour time difference