

Good Karma (EBC trek itinerary 2023)

- Oct 21: Arrive in Kathmandu
- Oct 22: Drive to Manthali and overnight stay
- Oct 23: Fly to Lukla and trek to Phakding
- Oct 24: Phakding to Namche Bazar
- Oct 25: Acclimatization Day in Namche
- Oct 26: Namche to Phorste Tanga
- Oct 27: Phorste Tanga to Pangbouche
- Oct 28: Pangbouche to Dingbouche
- Oct 29: Acclimatization at Dingbouche
- Oct 30: Dingbouche to Labouche
- Oct 31: Hike to EBC and overnight at Gorakshep
- Nov 1: Ascend Kalla pather and Thugla
- Nov 2: Thugla to Tengbouche
- Nov 3: Tenbouche to Monjo
- Nov 4: Monjo to Lukla
- Nov 5: Fly to Kathmandu
- Nov 6: Sightseeing in Kathmandu
- Nov 7: Departure from Kathmandu