

Miura Everest 2008 Expedition Schedule

Date	Schedule	Altitude	Activity
3/15	Depart Japan → Bangkok		
3/16	Bangkok → Kathmandu		
	↓ Preparation in Kathmandu	1600m	
3/22	Kathmandu → Lukla → Phakding	2700m	Acclimatization 1
3/23	Phakding → Namche	3400m	
3/24	Namche	3400m	
3/25	Namche → Tengboche	3400m - 3800m	
3/26	Tengboche → Dingboche	4400m	
3/27	Dingboche	5000m	
	↓ Dingboche	5000m	
3/30	Dingboche → Shangboche	3700m	
3/31	Shangboche → Kathmandu	1600m	↓
4/1	Preparation in Kathmandu		
	↓ Preparation in Kathmandu		
4/5	Preparation in Kathmandu		
4/6	Preparation in Kathmandu		
4/7	Preparation in Kathmandu		
4/8	Kathmandu → Phakding	2300m	Caravan
4/9	Phakding → Namche	3440m	
4/10	Namche	3440m	
4/11	Namche	3440m	
4/12	Namche	3880m	
4/13	Namche	4300m	
4/14	Namche → Tengboche	4300m	
4/15	Tengboche → Dingboche	4300m	
4/16	Dingboche → Lobuche	4800m	
4/17	Lobuche	4800m	
4/18	Lobuche → Gorak Shep	5200m	
4/19	Gorak Shep	5200m	
4/20	Gorak Shep → BC	5300m	↓
4/21	BC	5300m	BC(Preparation)
4/22	BC	5300m	↓
4/23	BC	5300m	↓
4/24	Gear Check Climbing	5300m	↓
4/25	BC	5300m	↓
4/26	BC → C1	6000m	Acclimatization 2
4/27	C1 → Acclimatization → BC	5300m	↓
4/28	BC	5300m	BC(Rest)
4/29	BC	5300m	↓
4/30	BC	5300m	↓
5/1	BC → C1	6000m	Acclimatization 3
5/2	C1 → C2	6400m	↓
5/3	C2	6400m	↓
5/4	C2 (Crampon)	6700m	↓
5/5	C2 → BC	5300m	↓
5/6	BC	5300m	↓
5/7	BC → Lobuche	4800m	Rest
5/8	Lobuche → Dingboche	4300m	↓
5/9	Dingboche	4300m	↓
5/10	Dingboche	4300m	↓
5/11	Dingboche	4300m	↓
5/12	Dingboche → Lobuche	4800m	↓
5/13	Lobuche → BC	5300m	↓
5/14	BC	5300m	BC(Preparation)
5/15	BC	5300m	↓
5/16	BC	5300m	↓
5/17	BC	5300m	↓
5/18	BC → C1	6000m	Summit Bid
5/19	C1 → C2	6400m	↓
5/20	C2	6400m	↓
5/21	C2 → C3	7000m	↓
5/22	C3 → C4	7998m	↓
5/23	C4	7998m	↓
5/24	C4 → C5	8300m	↓
5/25	C5 → Summit → C4	8848m	Summit
5/26	C4 → C2	6400m	Descent
5/27	C2 → BC	5300m	↓
5/28	BC	5300m	↓
5/29	BC → Dingboche	4300m	↓
5/30	Dingboche → Namche	3440m	↓
5/31	Namche → Lukra	2300m	↓
6/1	Lukra → Kathmandu	1600m	Kathmandu (wrap-up)
6/2	Kathmandu	1600m	↓
6/3	Kathmandu	1600m	↓
6/4	Kathmandu	1600m	↓
6/5	Kathmandu → Deli		↓
6/6	Deli → Japan		Back to Japan