

### **Day 01: Fly from hometown**

### **Day 02: Transit**

### **Day 03: Arriving to Kathmandu**

- After your arrival at the Kathmandu Airport. We will pick you up and get checked in at the Yak and Yeti Hotel located at the center of Kathmandu.

### **Day 04: Sightseeing in Kathmandu**

- After breakfast we will visit various famous landmarks. These landmarks include: buddhist stupa Swayambhunath (monkey Temple), Boudha nath, hindu Temple, and cremation center Pasupatui Nath.

### **Day 05: Fly to Lukla (9,334ft) / Trek to Phakding (8,563ft.)**

- We will wake up early in the morning and fly to Lukla by using the Twin Otter Airplane. At Lukla, we will meet our sherpas, staff, and porters and begin our trek to Amadablam. Then we will begin our trek to Phakding, a relatively easy hike.
- Trek time: 3 to 5 hours

### **Day 06: Trek to Namche Bazar (11,286 ft.)**

- From Phakding, we will begin our hike along the Dudh Koshi River, crossing a couple of high expansion bridges, gaining 2,723 ft elevation to Namche Bazaar, the trading center of Khumbu. This is where the Tibetan and Nepali traders exchange their goods on every Saturday market. It is also the gateway to the Himalayas and is highly known for the wonderful views that it provides.

### **Day 07: Trek to Thame (12,464ft.)**

- From Namche, we will trek to Thame. An easy 3 hours trek to some of the most famous Sherpa climbers' hometown in the world. Such climbers include: Tenzing Norgay, the first person to climb Everest, Ang Rita sherpa, known as snow leopard, that has summited Everest 10 time without supplement of O<sub>2</sub>, Apa Sherpa, known as the super sherpa, the first person to climb Everest 21 times, Kami Rita, known as the everest man, who climbed everest 26 times and finally Lakpa Rita sherpa, the first Sherpa/Nepali to climb the highest peak of every continent.

### **Day 08: Acclimatization hike to Sumdur Ri (15,200 ft.)**

- We will be hiking above Thami Monastery trying to gain 2,500 to 3,000ft to sumdur ri 15,200ft, from there we will have stunning view of surrounding mountains including cho you , Amabablam, Thamserku, Kongde and whole thami valley toward Nangpa la pass. From Thame, we will hike above thami monastery toward Sumdur peak.
- Trek time: 4 to 5 hours

**Day 09: Trek to Khumjung (12,400 ft.)**

- From Thame, we will hike back towards Namche for 2.5 hours and take the upper trail to Khumjung, home of Edmund Hillary school that was built in 1961 by Sir Ed Hillary and the Himalayan trust.
- Trek time: 2.5 hours

**Day 10: Trek to Pangboche (13,074 ft.)**

- From Khumjung we will descend to Phungi Thanga, crossing Dudh Koshi River and then ascend to Tengboche (12,683 ft./3,865 m), through the Rhododendron forest and continue to Pangboche.
- Trek time: 5 to 6 hours.

**Day 11: Trek to Dingboche (14,450 ft.)**

- From Pangboche, the vegetation will change to a high alpine zone. We will be trekking along the left side of Dudh Kosi river. It is a pretty easy hike to Dingboche.
- Trek time: 2.5 to 3 hours

**Day 12: Trek to Chukung (15,518 ft.)**

- From Pangboche, we will head to Chukung. Here we will review mountaineering skills.
- Trek time: 2.5 hours

**Day 13: Hike to Chukung Ri (17,730 ft.)**

- Rest and acclimatization day. We will hike above Chukung and try to Gain 2,000 ft. From there we will have a great view of Lotshe, Island Peak, Tabuche, Cholatse, Lobuje Peak, Amadablam, Baruntse, and Makalu.

**Day 15: Trek to Island Peak Base camp (16,699 ft.)**

- Trek to island base camp alongside the Lotshe glacier, will have an early dinner and get prepared for the summit
- Trek time: 4.5 hours

**Day 16: Climb up to Island Peak (20,210 ft.) and back to Chukung**

- We will wake up around midnight and start ascending around 1:00 am. This should take about 5-6 hours to summit and 2.5 hours back to base camp. We will then rest for an hour and continue to Chukung.
- Total time: 8-9 hours.

**Day 17: Trek to Ama Dablam Base Camp (15,100 ft.)**  
**Day 18: Rest day**  
**Day 19: Skill Review**  
**Day 20: Climb to Yak Camp (17,000 ft.) and return to base camp**  
**Day 21: Rest day and prepare to head to camp one**  
**Day 22: Move to camp I (18,370 ft.)**  
**Day 23: Rest Day at camp I**  
**Day 24: Move to camp II (19,350 ft.)**  
**Day 25: Move to camp III (20,594 ft.)**  
**Day 26: Summit Ama Dablam and return to camp one**  
**Day 27: Head back to Ama Dablam Base Camp**  
**Day 28-29: Weather day**  
**Day 30: Trek to Namche or optional fly by helicopter to Kathmandu Extra fee \$500.00 to \$800..**  
**Day 31: Trek to Lukla**  
**Day 32: Fly to Kathmandu**  
**Day 33: Fly to home country**  
**Day 34: Arrive at home country**

### CLIMBING EQUIPMENT:

- |                                                     |                                                  |
|-----------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Ice Axe                    | <input type="checkbox"/> 2 locking carabiner     |
| <input type="checkbox"/> Accessory Cord 6mm 25-30ft | <input type="checkbox"/> Alpine climbing harness |
| <input type="checkbox"/> Crampons                   | <input type="checkbox"/> Trekking poles          |
| <input type="checkbox"/> Ascender                   | <input type="checkbox"/> 4 non-locking large     |
| <input type="checkbox"/> Belay Device               | carabiners                                       |

### TECHNICAL CLOTHING:

- |                                                |                                                    |
|------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> 2-3 Base layer tops   | <input type="checkbox"/> Hardshell jacket          |
| <input type="checkbox"/> 2-3 Base layer bottom | <input type="checkbox"/> Insulated hooded jacket   |
| <input type="checkbox"/> Long sleeve sun shirt | <input type="checkbox"/> Insulated down parka      |
| <input type="checkbox"/> 2-3 Synthetic T-shirt | <input type="checkbox"/> Expedition down parka     |
| <input type="checkbox"/> Trekking pants        | <input type="checkbox"/> Expedition down pants     |
| <input type="checkbox"/> Soft shell pants      | <input type="checkbox"/> Down suit (substitute for |
| <input type="checkbox"/> Hard shell pants      | down parka and pants)                              |
| <input type="checkbox"/> Soft-shell jacket     | <input type="checkbox"/> Insulated synthetic pants |
| <input type="checkbox"/> Mid-layer top         |                                                    |

### FOOTWEAR:

- |                                                 |                                                |
|-------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Camp boots             | <input type="checkbox"/> Light hiking boots or |
| <input type="checkbox"/> Liner socks            | trekking shoes                                 |
| <input type="checkbox"/> Insulated camp booties | <input type="checkbox"/> 4-5 Wool or synthetic |
| <input type="checkbox"/> High altitude boot     | socks                                          |

### HEAD-WEAR:

- |                                                   |                                          |
|---------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Climbing helmet          | <input type="checkbox"/> Glacier glasses |
| <input type="checkbox"/> Buff                     | <input type="checkbox"/> Ski goggles     |
| <input type="checkbox"/> Sun hat                  | <input type="checkbox"/> Headlamp        |
| <input type="checkbox"/> 2 Balaclava system       | <input type="checkbox"/> Batteries       |
| <input type="checkbox"/> Wool / Synthetic ski hat |                                          |

#### HAND-WEAR:

- |                                                   |                                                 |
|---------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Lightweight liner gloves | <input type="checkbox"/> Insulated shell gloves |
| <input type="checkbox"/> Soft-shell gloves        | <input type="checkbox"/> Expedition mittens     |

#### PERSONAL EQUIPMENT:

- |                                                                      |                                                          |
|----------------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> -40 degrees fahrenheit<br>down sleeping bag | <input type="checkbox"/> Pee funnel for women            |
| <input type="checkbox"/> -20 degrees fahrenheit<br>down sleeping bag | <input type="checkbox"/> 3 Trash Compact                 |
| <input type="checkbox"/> Small pack                                  | <input type="checkbox"/> 3 Large duffel bags             |
| <input type="checkbox"/> 55 liter climbing pack                      | <input type="checkbox"/> Toiletry bag                    |
| <input type="checkbox"/> Inflatable sleeping pad                     | <input type="checkbox"/> Steripen                        |
| <input type="checkbox"/> Foam pad                                    | <input type="checkbox"/> Sunscreen                       |
| <input type="checkbox"/> Thermos                                     | <input type="checkbox"/> Lip-screen                      |
| <input type="checkbox"/> Bowl                                        | <input type="checkbox"/> Running shoes                   |
| <input type="checkbox"/> 2 Water bottle parkas                       | <input type="checkbox"/> Small personal first aid<br>kit |
| <input type="checkbox"/> 2 Water bottle                              | <input type="checkbox"/> Hand warmer                     |
| <input type="checkbox"/> Mug                                         | <input type="checkbox"/> Toe warmer                      |
| <input type="checkbox"/> Spork                                       | <input type="checkbox"/> Small duffel                    |
| <input type="checkbox"/> Pee bottle                                  |                                                          |
| <input type="checkbox"/> Knife                                       |                                                          |

#### TRAVELING:

- |                                                    |                                         |
|----------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> COVID-19 vaccination card | <input type="checkbox"/> Travel Clothes |
| <input type="checkbox"/> Negative PCR test results |                                         |