



**Alaska Mountain Guides
International Inc.**



14-Day Khumbu Trekking Itinerary

Day 1 Arrive Kathmandu

We will meet you at the airport and take you to our lodging in the Thamel District of Kathmandu. This is an exciting and interesting part of the city and allows easy access to some of the great temples. The afternoon will be spent sightseeing,

Day 2: Flights to Lukla (9403ft) and Phakding.

This is a 40-minute flight into about a small Sherpa town in the Khumbu. Lukla is an exciting place in the spring and the fall; the village bustles with porters and the Sherpa people organizing expeditions and the transport of goods and supplies to villages further up the valley. After lunch we will hike a few hours to Phakding for the night.

Day 3 Phakding to Namche Bazaar

This is a big day, hiking ancient trails, crossing suspension bridges, and climbing to Namche Bazaar at 11,300 feet. Namche is the cultural center of the Khumbu. Home for the weekly market where traders from the lowlands trade with the highland Sherpa people. We will spend 2 nights in Namche exploring and acclimatizing.

Day 5 Namche to Tengpoche Monastery

Tengpoche is the largest and most active monastery in the Khumbu. There are great views of both Mt Everest and Ama Dablam from the site. We will spend 2 days here for further acclimatization. We can do a variety of side hikes, or simply take in the scenery at the monastery. Tengpoche will be our high point in the Khumbu, from here there are numerous options on the descending back to Lukla and our flights back to Kathmandu.

Day 7 Tengpoche to Thami, Kumjung or Namche

Depending on conditions we can hike to 3 different towns. The most ambitious is Thami, which sits in a wide valley and offers views of multiple 6000-meter peaks.

Day 8-12 Back to Lukla with side hikes.

Day 12 Flights to Kathmandu

Day 13 End of tour.

While trekking we stay in teahouses, which offer the benefits of good food, comfortable lodging, and the infamous Sherpa hospitality!

In Alaska and the worlds great ranges!

1.800.766.3396

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