



**Alaska Mountain Guides
International Inc.**



21-Day Khumbu Trekking Itinerary

The following is a tentative 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 intersecting 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 5-7: 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 views of the monastery.

Day 8-10: Tengpoche to Gokyo Ri: The views of Mt. Everest from Gokyo Ri are phenomenal. We'll spend 2 days there for even more acclimatization.

Day 11-12: Cho La pass (17,377ft): We climb over this high pass and descend into Lobuche.

Day 13: We'll journey to Gorak Shep (the highest village in the Khumbu at 17,000 ft.)

Day 14: From Gorak Shep, we'll ascend up to Everest Base camp for the day and explore the tent city surrounded by glacial debris below the ridges of Everest and Nupste. We will return to Gorak Shep in the evening.

Day 15: We'll enjoy a spectacular day hike to the summit of Kala Patthar (18,192ft), the high point for the trip. After summiting, we'll head to Lobuche for the night.

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Day 16-19: We'll descend down the Khumbu and return to Lukla. Depending on timing there may be time for some side hikes. On our way down valley, we'll spend nights in Lobuche, Dingboche, Tengboche and Namche Bazaar.

Day 20: Flights back to Kathmandu - we may return to Kathmandu a day earlier to provide a buffer for flights home.

Day 21 or 22: Flights Home

While trekking we utilize a combination of tent camping and tea houses, which offer the benefits of good food, comfortable lodging, and the infamous Sherpa hospitality!

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