



Adventure Altitude

Treks & Expedition Pvt. Ltd.

ITINERARY

Day 1:

Arrive in Kathmandu and transfer to hotels.

Day 2:

In Kathmandu with sightseeing tour at places of interest.

Day 3:

Kathmandu to fly Lukla

Day 4:

Trek to Namche Bazaar 3,440 m - 06 hrs.

Day 5:

Rest day at Namche Bazaar for acclimatization and excursion.

Day 6:

Trek to Dole 4,200 m - 06 hrs.

Day 7:

Trek to Machherma 4,470 m – 04 hrs.

Day 8:

Day 8: Trek to Gokyo 4,790 m - 04 hrs.

Day 9:

Morning hike to Gokyo-Ri 5,357 m with afternoon free at leisure.

Day 10:

trek to dole 5h walk 's

Day 11:

trek to Namche bazaar 3440m

Day 12:

namche Bazaar to Lukla 6h to walk

Day 13:

Lukla to fly Kathmandu

Day 14:

depature to airport

INCLUDES & EXCLUDES

Whats included

- Airport pick up and drop off by a private vehicle
- 3 Nights hotel in Kathmandu at 3-star category hotel with breakfast in twin sharing basis
- Kathmandu Valley sightseeing (Private vehicle and a tour guide)
- Flight (Kathmandu-Lukla and Lukla-Kathmandu)
- Sagarmatha National Park fee and Pasang Lhamu Village entrance fees.
- An experienced English-speaking guide and his all expenses including his insurance

- Porter (1 porter for 2 trekkers) including their all expenses including their insurance
- Food in full board during the trekking with 3 complimentary teas and teahouse accommodation
- Complimentary sleeping bags and down jackets
- Trekking route map
- First aid kit
- All the governmental taxes and service charges

Whats excluded

International airfare

- *Travel insurance*
- *Nepal visa fees*
- *Personal expenses (Wifi, bar bills, laundries, hot shower during the trekking, gadget charging fees- US\$ 1- US\$ 5 per gadget, mobile recharge, etc)*
- *Extra nights accommodation in Kathmandu in case of early arrival from the trek due to unforeseen circumstances*
- *Extra luggage charges (Only 15 kgs- 10kgs+5kgs are included if more you need to pay US\$ 2 per kilogram)*
- *Emergency evacuation (our company will help to arrange the evacuation if needed)*
- *Tipping*
- *Anything does not mention in the inclusion list*