



Adventure Altitude

Treks & Expedition Pvt. Ltd.

ITINERARY

Day 1:

Arrival in Kathmandu and transfer to the hotel.

Day 2:

Preparation day in Kathmandu.

Day 3:

Fly Kathmandu – Lukla and trek to Phakding (2652m/ 4-5 hours' trek).

Day 4:

Phakding to Namche Bazaar (3440m/5-6 hours' trek).

Day 5:

Visit Everest View Point and explore Namche Bazar.

Day 6:

Trek from Namche Bazar to Tengboche (3860m/ 5-6 hours' trek)

Day 7:

Tengboche to Dingboche (4410m/ 5-6 hours' trek)

Day 8:

Dingboche to Nagarjun Hills (5100m/ 4-5 hours trek) and Dingboche

Day 9:

Trek from Dingboche to Lobuche (4910m/4-5 hours' trek)

Day 10:

Lobuche to Everest Base Camp (5364m/6-8 hours' trek) & back to Gorakshep (5181m).

Day 11:

Hiking to Kalapatthar (5545m/2 hours' hike) then to Dingboche (4410m/ 4-5 hours trek).

Day 12:

Dingboche to Island Peak Base Camp (5240m/6-7 hours trek).

Day 13:

Island Peak Base Camp to Summit Peak (6189m/10-12 hours') and back to Chhukung.

Day 14:

Reserve Day for Contingency

Day 15:

Chhukung to Namche (3440m/6-7 hours' trek)

Day 16:

Trek from Namche to Lukla (2800m/5-6 hours' trek)

Day 17:

Fly from Lukla to Kathmandu and do last minute shopping.

Day 18:

Departure day

INCLUDES & EXCLUDES

Whats included

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast in twin sharing basis
- Food (Breakfast, Lunch and Dinner) and Teahouse accommodation during the trek
- Food (Breakfast, Lunch and Dinner) Tented accommodation during the climb
- Flights (Kathmandu- Lukla -Kathmandu)
- English speaking, trained and experienced trekking guide(leader), climbing guide (leader) and assistant guides and their all expenses including insurance
- Porter service (2 trekkers: 1 porter) and carries 15kgs- 25 kgs and their all expenses including insurance
- Down jacket and sleeping bags (to be returned after trip completion)
- All necessary paper work; trekking permits and Island Peak climbing permit
- Tents and kitchen utensils for camping during the trip
- Group mountaineering (climbing) equipment
- Medical kit (carried by your guide)
- All government and local taxes

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*