



## **Kwangde Peak Climbing - Itinerary**

### **1. Arrival in Kathmandu (1350m)**

Welcome to Kathmandu, the capital of Nepal! Our airport representatives welcome you and transfer you to designated Hotel. Late in the evening, we organize small meet-up to introduce with climbing guides and other staffs and to discuss about the upcoming adventure.

### **2. Sightseeing in Kathmandu & Preparation**

We do sightseeing around Kathmandu along with the preparation for climbing. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhdhanath (Buddhastupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square. We pack all the necessary equipments after the approval of licensed climbing guide before heading for climb.

### **3. Flight to Lukla (2800m) & trek to Phakding (2610m) – 35 min – about 4 hrs**

We take dramatic flight to Lukla, one of the best parts of the trip. Lukla is famous as the village of Sherpa's. Upon arrival, we arrange loads and commence our journey further ahead. Journey passes through Dudh Koshi ("Milk River"), and finally after hours of trek we reach to Phakding. Here, you can take rest to acclimatize or visit local monastery nearby. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

### **4. Trek to Namchhe Bazaar (3440m) – about 6 hrs**

From Phakding, we trek to Namchhe Bazaar. The trail is uphill with downhill combined of crossing rivers and bridges. This way, our trekking permits are checked and pass some famous suspension bridge as well. Namche Bazaar is the main administrative and trading centre for the Khumbu region. With the inclusive of magnificent forests of blue pine, fir, juniper and rhododendron as well as first view of Everest, it helps you to control the anticipation of the thrilling journey. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

### **5. Namchhe: acclimatization**

We acclimatize in Namchhe Bazaar to adjust our body in new environment. Expert says that instead of sitting idle for whole day, we should be active all day. Therefore, we hike up to the valley of Bhote Koshi River and visit the nearby monasteries. You can meet locals and learn their ethnicity and lifestyle. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

### **6. Trek to Lukla – about 7 hrs**

Descending steeply downward we take slow walk across the rocky terrain. Then we cross the suspension bridges over Dudh Koshi and take quite and charming route. The trail is same as we trekked uphill but the sceneries appear different and the rhododendron & pine forest makes this trail even interesting. You can see

Sherpa culture with prayer stones and flags in the monasteries once you arrive Lukla. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **7. Fly Lukla – Kathmandu**

We take scenic flight back to Kathmandu. And maybe you can do shopping or buy souvenirs for your friends and family. Or better you can relax, have some massage and dine the best meals of the city in some of the best restaurants. Meals included: Breakfast and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

## **8. Final Departure.**

After winding up a successful trip, our representative drops you off to the airport for your further journey. You are dropped to the airport around 3 hours before the departure so that there may not be any delays. Have a safe journey!

## **INCLUSIONS**

- Arrival & Departure transfers on both domestic and international flights.
- Accommodation at 3 star hotels in Kathmandu
- Full board meals on tented camping & Lodge expedition
- Accommodation on tented camp
- Half day guided city tour as listed in itinerary
- Peak Climbing Permit Royalty and other government tax
- Group Climbing gear including climbing rope, ice axe, roomer, harness, figure of eight, carabineer etc.
- All camping equipment - 2-person member tent, dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.
- Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip
- Well-experienced Climbing guide with all his allowance and expenses
- Porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Adventure Treks T-shirts / other seasonal gifts as perks
- 10 % VAT and 13% TSC Taxes.
- High altitudes chamber bags (PAC) for very high altitudes

## **EXCLUSIONS**

- Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)
- International Airfare
- Lunch and Dinner except mentioned itinerary
- All Drinks and main meals in cities.
- Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

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