

# **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), Baudhanath (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 Namche Bazaar (3440m) – about 6 hrs**

From Phakding, we trek to Namche 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. Namche: acclimatization**

We acclimatize in Namche 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!

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)