

Amadablam Peak Climbing I Amadablam expedition - Itinerary

1. Day 1

Arrival in Kathmandu 1300 m (4265 fits) transfer to hotel and overnight stay

2. Day 2

Preparation day last-minute shopping and briefing

3. Day 3

Flight from Kathmandu to Lukla and trek to Phakding 2650 m/ 8694 fit and overnight stay/ 4 hrs trek

4. Day 4

Trek from Phakding to Namchebazar (3440m/ 11286fit) 4 hrs trek

5. Day 5

Acclimatization day in Namche Bazar and explore and hiking

6. Day 6

Trek form Namche to Pangbouche (3860 m 12644fit) 6 hrs walk

7. Day 7

Trek from Debuche to Amadablam Base Camp

8. Day 8

Rest day in Amadablam Base Camp

9. Day 9

Training day in Amabablam Base camp

10. Day 10

Extra day and climb to 5800m

11. Day 11

Extra day and climb to 5900m

12. Day 12

Climb camp 1 to camp2 6100 m and back to base camp

13. Day 13

Rest day and final preparation before heading to ascent

14. Day 14

Climb base camp to Camp 1 5900 m

15. Day 15

Climb camp 1 to camp 2 (6100 m/ 20014 fit)

16. Day 16

Climb camp 2 to camp 3 (6400m/ 20998 fit)

17. Day 17

Climb camp 3 to the final summit and back to base camp 2 (6100m / 20014 fit)

18. Day 18

Climb from Camp 2 to Base camp (4600m/20998 fit)

19. Day 19

Rest day in base camp

20. Day 20

Trek from base camp to Namche Bazar

21. Day 21

Trek from Namche to to Lukla

22. Day 22

Fly form Lukla to Kathamndu

23. Day 23

Extra rest day in Kathmandu

24. Day 24

Finally, departure flight back to home

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