

# **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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