

1	April 18	Depart for Kathmandu	
2	April 19	Arrive in Kathmandu - transfer to hotel	Hotel Manang
3	April 20	Kathmandu - trek briefing - sightseeing	Hotel Manang
4	April 21	Transfer to airport for international departure KTM-Lukla (9,337 ft-2,845m) - Ghat School - Phakding (8,660 ft-2,610m)	Hotel Sherpa
5	April 22	Phakding - Visit Monjo School - Namche (11,286 ft-3440m)	Camp de Base
6	April 23	Namche Acclimation Hike (12,434 ft-3,790m) - Show film	Camp de Base
7	April 24	Namche -Thame (12,441 ft-3,792m)	Everest Summitters Lodge (Apa's)
8	April 25	Thame- visit school and monastery for acclimation day (12,441 ft-3,792m)	Everest Summitters Lodge (Apa's)
9	April 26	Thame - Khumjung - Visit Hostel (12,434 ft-3,790m)	Lodge
10	April 27	Khumjung - Tengboche (12,687 ft-3,860m)	Trekkers Lodge
11	April 28	Tengboche - Dingboche (14,470 ft-4,410m)	Tashi Delek Hotel
12	April 29	Dingboche (acclimation hike) Show film	Tashi Delek Hotel
13	April 30	Dingboche - Lobuche (16,210 ft-4,940m)	Himalayan Eco Resort
14	May 1	Lobuche - EBC (17,594 ft-5,344 m) - Gorak Shep (16,942 ft-5,164m)	Himalayan Lodge
15	May 2	Gorak Shep - Kala Patar Summit (18,519 ft 5,645m) - Pangboche (13,074 ft-3985m)	
16	May 3	Pangboche - Namche (11,286 ft-3440m)	Camp de Base
17	May 4	Namche - Phakding (8,660 ft-2,610m)	Hotel Sherpa
18	May 5	Phakding - Lukla - visit monastery - farewell party (8,660 ft-2,610m)	Paradise

19	May 6	Lukla - Fly to Kathmandu (weather permitted)	Fairfield Marriott Kathmandu
20	May 7	Kathmandu	Fairfield Marriott Kathmandu
21	May 8	Kathmandu - international departure	

Apa Sherpa Trek Itinerary * www.apasherpaoundation.org * dates may vary +/- 2 days

Lodging Trek Costs \$4,899

Kathmandu Hotel Costs: 5 hotel nights included in the price.

TREK COSTS INCLUSIVES:

- Trekking with Apa Sherpa, which is a once in a lifetime experience
- Special humanitarian experience at several of the schools we support
- Transfer from airport to hotel in Kathmandu
- Hotel in Kathmandu for 5 nights with breakfast
- Sightseeing entrance fees and cab fare in Kathmandu
- Round trip flights between Kathmandu and Lukla
- All necessary paperwork, trekking permits, government taxes and Everest National Park entry fees.
- An experienced English-speaking Sherpa, Govt. registered trekking guide
- Local porters to carry luggage
- Guide and porter salaries (excluding tip) which includes equipment, food and lodging
- Breakfast, Lunch & Dinner while trekking
- Accommodation in tea-houses while trekking

Trek Cost Exclusive: (not included in the price)

- **International flight to Kathmandu**
- Expenses of personal nature i.e. beverages, water, showers during the trek, snacks etc.
- Electronic device recharge
- Extra accommodations due to air flight changes, or layovers i.e. inclement weather
- Meals in Kathmandu
- Personal travel insurance *required and must include helicopter flight evacuation and medical insurance
- Any costs arising due to flight cancellation in case of bad weather or natural disaster
- Tourist visa for Nepal (upon arrival at airport)
- Tips for guides and porters
- Souvenirs