

1	April 11-12	Depart for Kathmandu	
2	April 13	Arrive in Kathmandu - transfer to hotel	
3	April 14	Kathmandu prep for trek and briefing	Hotel in KTM
4	April 15	Transfer to airport for international departure KTM-Lukla (9,337 ft-2,845m)-Ghat-Phakding (8,660 ft-2,610m)	Hotel in KTM
5	April 16	Phakding-Namche (11,286 ft-3440m)	Lodge
6	April 17	Namche-Khumjung (12,434 ft-3,790m) (acclimation hike)-Back to Namche	lodge
7	April 18	Namche-Thame (12,441 ft-3,792m)	Apa's lodge
8	April 19	Thame- visit school and monastery for the day acclimation day)	Apa's Lodge
9	April 20	Thame-Khumjung (12,434 ft-3,790m)	HER
10	April 21	Khumjung-Tengboche (12,687 ft-3,860m)	lodge
11	April 22	Tengboche-Dingboche (14,470 ft-4,410m)	Lodge
12	April 23	Dingboche (acclimation hike)	lodge
13	April 24	Dinboche-Lobuche (16,210 ft-4,940m)	lodge
14	April 25	Lobuche-EBC (17,594 ft-5,344 m)-Gorak Shep (16,942 ft-5,164m)	Himalayan lodge
15	April 26	Gorak Shep-Kala Patar Summit (18,519 ft-5,645m)-Pangboche (13,074 ft-3985m)	HER
16	April 27	Pangboche-Namche	Sherpa Land
17	April 28	Namche-Phakding	Camp De Base
18	April 29	Phakding-Lukla	Paradise
19	April 30	Lukla-Kathmandu (weather permitted)	Hotel

20	May 1	Kathmandu	Hotel
21	May 2	Kathmandu- international departure	Hotel

Apa Sherpa Trek Itinerary \* [www.apasherpafoundation.org](http://www.apasherpafoundation.org) \* dates may vary +/- 2 days

**Lodging Trek Costs: \$4,799**

**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 include equipment, food and lodging
- Breakfast, Lunch & Dinner while trekking
- Accommodation in tea-houses while trekking

#### **TREK COSTS EXCLUDED: (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 re-charge
- 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