

Climbing Club itineraries: 26 days land-only
updated 24.12.2010 updates shown in red

Day	Climbing group - Kyajo Ri	Accom type	Trekking Group - Gokyo and Cho La ascending via Gokyo Valley (assumes no Peaks and Passes group)		Trekking Group - Peaks and Passes	Accom type
1	Arrive KTM	H	Arrive Kathmandu:	H	Arrive KTM	H
2	Rest Day	H	Free day in Kathmandu	H	Rest Day	H
3	Fly to Lukla trek to Phakding	L	Fly to Lukla, trek to Phakding 2600m (3 hours trekking)	L	Fly to Lukla trek to Phakding	L
4	Phakding to Namche Bazaar	L	Phakding - Namche Bazaar 3440m (5 hours)	L	Phakding to Namche Bazaar	L
5	Namche Bazaar Acc Day - to sky burial site 4000m	L	Namche Bazaar acclimatisation day	L	Namche Bazaar Acc Day	L
6	Namche to Camp 1 above Mende 4300m	L	Namche Bazaar acclimatisation day	L	Namche Bazaar Acc Day	L
7	to Camp 2 4700m	C	Namche Bazaar – Kangjuma 3620m via Khumjung & Khunde	L	Namche - Tengboche	?
8	Camp 2 Acc Day	C	Kangjuma - Dole 4040m (3½ - 4½ hours)	L	Tengboche - Pheriche	?
9	to Base Camp around 5400m	C	Dole - Machermo 4410m (3½ - 4 hours)	L	Pheriche acclim day	?
10	Base Camp Acc Day	C	Machermo acclimatisation day	L	Pheriche - Lobuche	?
11	Base Camp Acc Day	C	Machermo - Gokyo 4790m (4hours)	L	Lobuche - Gorak Shep (Kala Pattar)	?
12	Climbing Camp 2 to Col	C	Gokyo - Scoundrels View (5th Lake)	L	Gorak Shep - Everest Base Camp - Gorak Shep	?
13	Climbing	C	Gokyo Ri 5340m – Dragnag 4700m	L	(Kala Pattar) Gorak Shep - Dzongla	?
14	Climbing	C	Dragnag – Dzongla 4850m via Cho La 5420m	L	Dzongla - Cho La - Dragnag	?
15	Climbing	C	Dzongla - Lobuche	L	Dragnag - Gokyo	?
16	Climbing	C	Lobuche – Gorak Shep 5100m (Kala Pattar)	L	Gokyo Ri	?
17	Base Camp clear up	C	Gorak Shep - Everest Base Camp – Gorak Shep (7-8 hours)	L	Gokyo - Lungsampa Ri - Gokyo	?
18	Descend to Mende	C	Gorak Shep - (Kala Pattar) – Dingboche	L	Gokyo - Renzo La - Lungdeng	C
19	Night in Namche	L	Dingboche - Kangjuma	L	Lungdeng - Thame	C
20	Trek to Monjo	L	Kangjuma – Monjo	L	Thame - Monjo	?
21	Monjo to Lukla	L	Monjo to Lukla	L	Monjo - Lukla	L
22	Fly to KTM	H	Fly Lukla to Kathmandu	H	Fly Lukla - KTM	H
23	KTM	H	KTM	H	KTM	H
24	KTM	H	KTM	H	KTM	H
25	KTM	H	KTM	H	KTM	H
26	Depart KTM		Depart Nepal		Depart KTM	

H= HOTEL, L=LODGE/TEA HOUSE, C= CAMPING.