

American Alpine Institute^{Ltd.}

-- Program Itinerary --

Three Peaks of Nepal Expedition

Day 1: Arrive in Kathmandu

Day 2: Gear checks and sightseeing (time permitting)

Day 3: Fly to Lukla, trek to Phakding

Day 4: Trek to Namche Bazar (11,175 feet)

Day 5: Rest day and sightseeing in Namche Bazar

Day 6: Namche Bazar to Tengboche (12,661 feet)

Day 7: Tengboche to Dingboche (14,465 feet)

Day 8: Rest day

Day 9: Dingboche to Chhukhung (15,514 feet)

Day 10: Climb Chhukhung (18,204 feet)

Day 11: Training Day to Island Peak Base Camp (16,302 feet) in afternoon

Day 12: Island Peak Base Camp to High Camp (17,712 feet) in afternoon

Day 13: Summit attempt on Island Peak (20,306 feet)

Day 14: Rest Day / Contingency Day

Day 15: Island Peak Base Camp to Pheriche (13,907 feet)

Day 16: Pheriche to Lobuche East Base Camp

Day 17: Rest Day

Day 18: To High Camp on Lobuche East (17,712 feet)

Day 19: Summit attempt on Lobuche East (20,076 feet), return to Base Camp

Day 20: Rest Day / Contingency Day

Day 21: Cross Cho La (Pass) to Thangnag, cross glacier to Gokyo (15,711 feet)

Day 22: Cross Renjo La (Pass) and camp (17,581 feet)

Day 23: Descend Bhote Koshe River to Thame (12,530 feet)

Day 24: Climb up Thamo Khola Valley to Camp (15,744 feet)

Day 25: Move to High Camp (18,247 feet)

Day 26: Summit attempt on Parchamo (20,581 feet), return to lower Camp

Day 27: Contingency Day

Day 28: Descend to Namche Bazar, stay in lodge

Day 29: Namche Bazar to Lukla (9,210 feet)

Day 30: Lukla to Kathmandu flight

Day 31: Depart from Kathmandu.