



**American
Alpine Institute**
The Spirit of Alpinism

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Three Peaks Itinerary

- Day 1 Arrive Kathmandu.
- 2 Gear checks and sightseeing (if time permits)
- 3 Fly to Lukla, trek to Phakding
- 4 Trek to Namche Bazaar (3407m)
- 5 Acclimatisation day and sightseeing Namche Bazaar
- 6 Namche Bazaar to Deboche (3860m)
- 7 Deboche to Dingboche (4410m)
- 8 Acclimatisation/Rest Day/
- 9 Dingboche to Chukung, Training Day (4730m)
- 10 Climb Chukung Ri (5550m)
- 11 Chukung to Island Peak Base Camp (4970m)
- 12 Summit bid on Island Peak (6189m)
- 13 Rest Day / Contingency Day and or move to Chukung
- 14 Chukung to Pokalde High Camp
- 15 Climb Pokalde 5,806 m (19,049 ft) descend to Lobuche Base Camp
- 16 To High Camp on Lobuche East (5400m)
- 17 Summit bid on Lobuche East (6119m) return to Base Camp
- 18 Rest Day / Contingency Day
- 19 Lobuche BC to camp below Cho La (Pass)
- 20 Cross Cho La Pass to Thangnag
- 21 Thangnag to Lhabarma, via Gokyo village (4350m).
- 22 Lhabarma to Khumjung
- 23 Khumjung to Phakding
- 24 Phakding to Lukla
- 25 Lukla to Kathmandu flight
- 26 Contingency Lukla flight day
- 27 Depart from Kathmandu - trip ends

Please note that the itinerary may change at any time and that factors such as weather, team member health, logistics etc. will no doubt create some change in the actual dates of the program.