

| Day | Date              | Daily Itinerary                                | Elev./Dist.            | Trek Time  | Notes  |
|-----|-------------------|--|------------------------|------------|--|
| 1   | Nov 17, 2025 / M  | Arrivals in Kathmandu                          | 4,592 ft               | NA         |  |
| 2   | Nov 18, 2025 / T  | Kathmandu                                      | 4,592 ft               | NA         | Trail briefing and gear checks in the morning; walking tour in the afternoon (time permitting)                           |
| 3   | Nov 19, 2025 / W  | Fly to Lukla (9,316 ft) and trek to Tok Tok    | 8,661 ft<br>6.2 miles  | 3-4 hrs    | Flights in the morning followed by a trek to Tok Tok   |
| 4   | Nov 20, 2025 / R  | Trek to Namche                                 | 11,284 ft<br>6.7 miles | 6-7 hrs    |  |
| 5   | Nov 21, 2025 / F  | Namche rest and acclimatization day            | 11,284 ft              | NA         | An optional walking tour to the local market, museum, and monastery with views of the surrounding mountains is available |
| 6   | Nov 22, 2025 / Sa | Trek to Pangboche                              | 12,795 ft<br>8.1 miles | 5-6 hrs    |  |
| 7   | Nov 23, 2025 / Su | Trek to Ama Dablam BC                          | 15,026 ft<br>1.7 miles | 2-3 hrs    |  |
| 8   | Nov 24, 2025 / M  | Ama Dablam BC rest and acclimatization day     | 15,026 ft              | NA         | Optional trek to Ama Dablam Camp 1 (18,701 ft / 8-10 hrs RT)   |
| 9   | Nov 25, 2025 / T  | Trek to Chukhung                               | 15,518 ft<br>9.5 miles | 6-7 hrs    | Back-country option to Chukhung skirting Dingboche   |
| 10  | Nov 26, 2025 / W  | Climb Chukhung Ri                              | 18,209 ft              | 6-8 hrs RT |  |
| 11  | Nov 27, 2025 / R  | Trek to Lobuche via Kongma La Pass (18,192 ft) | 16,210 ft<br>8.1 miles | 8-9 hrs    |  |
| 12  | Nov 28, 2025 / F  | Trek to Dingboche                              | 14,271 ft<br>7.5 miles | 4-5 hrs    |  |
| 13  | Nov 29, 2025 / Sa | Trek to Tengboche                              | 12,800 ft<br>7.5 miles | 4-5 hrs    |  |
| 14  | Nov 30, 2025 / Su | Trek to Namche                                 | 11,284 ft<br>7.5 miles | 4-5 hrs    |  |
| 15  | Dec 1, 2025 / M   | Trek to Lukla                                  | 8,661 ft<br>12.9 miles | 8-9 hrs    |  |
| 16  | Dec 2, 2025 / T   | Fly to Kathmandu                               | 4,592 ft               | NA         | Flights in morning followed by visit to Thamel District  |
| 17  | Dec 3, 2025 / W   | Kathmandu and departures                       | 4,592 ft               | NA         |  |

**Cost: \$5275**

### HIGHLIGHTS

- Fully supported by western and local guides who have climbed and trekked together in the Khumbu region for over 20 years
- Epic round-trip mountain flight to Lukla/Kathmandu
- Sherpa culture and Buddhist spiritualism
- Opportunity to ascend one of the highest passes in the region, reach Camp 1 of Ama Dablam and summit a trekking peak above 16,000 ft

*\* While our itineraries are carefully prepared for your safety and success, they are subject to change based on conditions beyond our control, including weather, route conditions, or other circumstances determined unsafe by your lead guide.*

- The trails we use are uniquely beautiful, often seldom traveled and offer a once in a lifetime experience
- At high elevation, you'll have some of the most expansive views in the Khumbu region

What Should I Expect and Difficulty? Expect to be amazed! You'll witness the grace of the world's highest mountains towering above 8,000m. Members will also benefit from a close cultural experience with the many Sherpa communities we'll visit. Trekkers will be on the trail between 4-9 hours each day over moderate and steep terrain. The days are also best characterized as moderate to strenuous for a fit individual. Passing by the tea houses and monasteries where we will break and have rest days, our primary trail through the Khumbu Valley is well traveled by the Sherpa that live in the region. We will also be diverting to less traveled routes to Chukhung and the Kongma La Pass, requiring extra care and planning. The pace will be leisurely to enjoy the people and our surroundings. You will be required to carry a small backpack weighing 17-22 lbs containing personal items needed throughout the day. Experience suggests conditioning before any lengthy trek is a good thing – ABC is at 15,026 ft, Kongma La Pass is at 18,129 ft and Chukhung Ri is at 18,209 ft!! Altitude is a concern for some. Our schedule allows for well-placed short trekking days and two full rest days on the ascent to properly acclimatize and rest for our objectives. Kongma La Pass and Chukhung Ri offer a remote experience to one of the areas highest passes and beautiful views from a non-technical summit. The trail conditions of this trek are challenging, and previous back-country alpine experience is recommended.

This is a fully supported trekking expedition planned by S2 Mountain Adventures. While our destination is considered isolated with limited infrastructure, we make every effort to make your trip safe, enjoyable and comfortable.

### Included in cost:

- All trip planning & logistics
- In-country airport transfers
- Ground transportation
- Accommodation (double occupancy)
- All permits, registrations, and entry fees for national parks and organized excursions
- Guide and porter service
- All backcountry meals
- Assessment and advance assistance with conditioning
- Personal planning and preparation
- Gear selection

### Not included in cost:

- Personal equipment
- International flights
- Insurance of any kind

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- Tips & gratuities (~\$300)
- Airport fees
- Personal expenditures

### Trekking Prerequisites

- Ability to carry 15-20 lbs pack with your personal items for the day
- Ability to maintain an average pace of approximately 2 mph

### Planning & Conditioning

In an effort to help our members prepare, we schedule a series of team meetings to assist with physical conditioning, personal gear selection and individual logistics. Pre-trip planning will include discussions on appropriate gear necessary for an enjoyable experience. You will also have access to S2MA staff ready to assist you with planning and preparation. Members are also invited to join us for weekend conditioning treks in the Blue Ridge Mountains (Virginia) for personal assessment. Finally, we are available to our team members on an individual basis to improve your safety, performance and comfort – we want your experience in Nepal to be amazing!

### Gear - What should I bring?

We know gear and are more than happy to share our experience to help choose appropriate, high performing equipment for your comfort and success. Upon registration, all team members will receive a detailed gear list covering necessary clothing and equipment. Our gear list includes current examples that we use ourselves in the harshest places on the planet. We realize that gear selection can be overwhelming for some and deeply personal for others. Should you need any assistance with selection to ensure performance in the field or to help optimize your comfort, we are available to assist. Group gear is provided and includes items such as tents, cook tents, camp kitchen and other common necessities.

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