



Biophysics and Physiology of High-Altitude Mountaineering

Course Itinerary (May be altered pending transportation, environmental, health, and safety issues):

Day 1: Arrive in Kathmandu and meet Dr. Shupp for welcome dinner and course introduction

Day 2: Fly from Kathmandu to Tumlingtar. Then drive to Khandburi. Stay in Hotel

Day 3: Drive from Khandburi to Num. Trek from Num to Seduwa

Day 4: Trek from Seduwa to Tashigaon

Day 5: Trek from Tashigaon to Khongma

Day 6: Optional Acclimatization Day at Khongma

Day 7: Trek from Khongma to Dobato

Day 8: Trek from Dobato to Yangle Kharka

Day 9: Trek from Yangle Kharka to Langmale

Day 10: Trek from Langmale to Makalu Basecamp

Day 11: Exploring Makalu Basecamp

Day 12: Trek from Makalu Basecamp to Yangle Kharka

Day 13: Trek from Yangle Kharka to Dobato

Day 14: Trek from Dobato to Khongma

Day 15: Trek from Khongma to Seduwa

Day 16: Trek from Seduwa to Num. Drive back to Khandburi. Stay in Hotel.

Day 17: Drive from Khandburi to Tumlingtar. Fly from Tumlingtar to Kathmandu. Course Re-cap. Tour religious and cultural sites in Kathmandu. Stay in Hotel or student accommodations.

Day 18: Students from abroad fly home.