



**Lamoshe Skills Expedition
2013 Itinerary**

- Day 1: Arrive Chengdu, meet group, have dinner together
- Day 2: Drive to Kangding - hotel stay at 9,000 feet
- Day 3: Day Hike from Kangding or drive to town of Tagong for cultural experience enjoying the traditional Khampa architecture and native Tibetan culture.
- Day 4: Gear training and packing for expedition and then drive to the trailhead at 14,000 feet and begin the hike to base camp.
- Day 5: Begin carrying equipment to 15,500 feet.
- Day 6: Acclimatization and training. (Note: training goals can be adjusted to match the team's abilities or aspirations.)
- Day 7: Acclimatization and training.
- Day 8: Acclimatization and training.
- Day 9: Carry to high camp. 17,000 feet.
- Day 10: Summit Lamoshe or nearby peak if conditions are poor on Lamoshe.
- Day 11: Extra day for weather or acclimatization
- Day 12: Begin hike out to Base Camp.
- Day 13: Finish hike out and drive to Kangding, night in Kangding