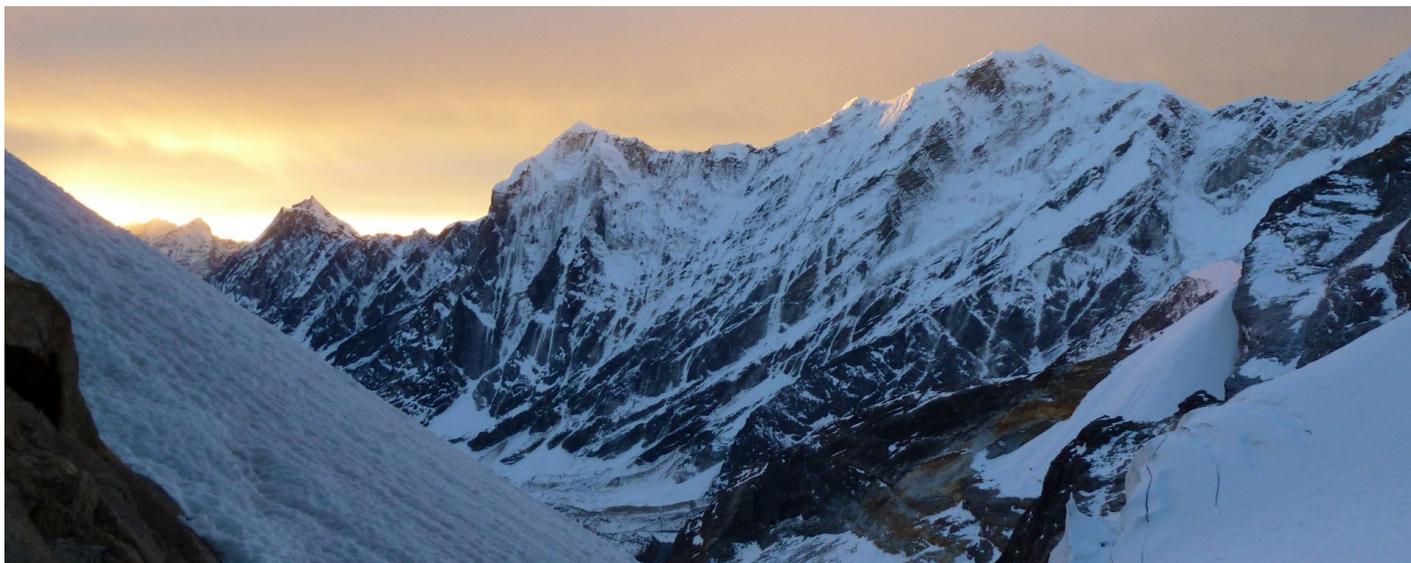


## Pachermo Peak Climbing



Pachermo Peak is relatively an attractive snowy peak, which is situated in Nepal Himalaya; between the Everest region and Rolwaling region. It has a well defined north ridge rising from the Tashi Lapcha pass. The south western ridge of the Phachermo peak forms a crevasses and seracs rising from the rocky lower buttresses above the Trolambau glacier.

Popular route to Pachermo peak is mainly starting through the Rolwaling valley. The route passes along tamakoshi river valley walking through remote Sherpa villages of Simigaun, famous village of mountaineers called Beding and Na. The walk through Trakarding glacier and Trolambau glacier makes the journey unforgettable experience. The altitude gains gradually from the valley up to Tashi Lapcha pass (5755M) as we spent few nights camping on glaciers as well at Tashiphuk(base camp) after Tashi Lapcha pass. We ascend to Pachermo Peak(6187M) early morning for the panoramic views of the mountains including Mt. Everest, Lhotse, Makalu, dozens of other high peaks of Khumbu valley as well as mountain ranges from Gaurishanker to Langtang region.

After summiting the peak we trek through the famous Sherpa villages of Thame, Namche Bazaar, and Lukla and will take a flight back to Kathmandu.

Duration: 20 days

Price: \$3075

Rating: 5 Star

Group Size: 02-12 Person

Grade: Strenuous

Destination: Nepal

Activity: Peak Climbing

Region: Everest Region

### Date & Prices:

Start Date	End Date	Price
22nd Sep, 2016, Thursday	10th Oct, 2016, Monday	\$3075
13th Oct, 2016, Thursday	01st Nov, 2016, Tuesday	\$3075
06th Apr, 2017, Thursday	25th Apr, 2017, Tuesday	\$3075

### Equipment Lists:

1. Snow Goggles
2. Warm hat (Either wool or synthetic)
3. Liner Gloves (wool or Synthetic)
4. Over Gloves (Gore-Tex)
5. Long underwear (Lightweight or mid weight tops and bottoms made of synthetic material)
6. Warm insulating Upper and Lower body Layers (fleece)
7. Gore Tex Suit
8. Heavy Socks
9. Climbing boots (Plastic boots/leather boots with Water proof or snow seal)
10. Snow gaiters
11. Crampons
12. Ice Axe
13. Jumar
14. Figure 8(Descender)
15. Harness
16. 02 Lock Carabinars (Similar size)
17. 02 Snap Carabinars(Non Locking)
18. 6 mm Rope (Prussic slings and safety ropes)
19. Pocket Knife

### The gears we can rent from Kathmandu are as following...

- Climbing boots (Plastic boots)
- Crampons
- Ice Axe
- Jumar
- Figure 8(Descender)
- Harness
- 02 Lock Carabinars and 02 Snap Carabinars(Non Locking)
- 6 mm Rope (Prussic slings and safety ropes)

### Other Informations:

#### Nepal Entry Visa

Foreigners who intend to visit Nepal must hold valid Passport(6 months) or any travel documents equivalent to passport issued by the government for visiting a foreign country. You can obtain the Nepal visa up on arrival at Tribhuvan international airport, Kathmandu. Also you can apply the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration. <http://www.online.nepalimmigration.gov.np/tourist-visa>

Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 25 or equivalent foreign currency for 15 days multiple entry visa, US\$ 40 or equivalent foreign currency for 30 days multiple entry visa. We suggest you to take cash in hand. If you haven't applied online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

### **Trekking Season**

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months flowers are in bloom in the forests so it can be quite beautiful though it can also be bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year. It is worth remembering that we will get 75 percent of annual rainfall from the mid June through the August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

### **A typical day of trekking**

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight. We reach the teahouse/ camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for the dinner around 7PM and sleep.

### **Geography of Nepal**

Nepal covers the land area of 147,181 sqkm, stretching 800km from east to west and 90 to 230km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region. Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 metres. Nepal is divided into five development regions and seventy-five districts. Where as high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000m to above 8,848m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848m), Kanchanjunga (8586m), Lhotse (8516m), Cho Oyu (8201m), Dhaulagiri (8167m), Mt. Makalu (8463m), Manaslu (8163m) and Annapurna I (8091m).

### **Currency in Nepal**

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3.00 pm Sundays through Thursdays and from 10.00 am to 1.00 pm on Fridays. Saturdays are closed.

### **Credit Cards**

All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

### **Climate change**

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice. With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields. The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood prone in the world. Currently Nepals Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters. Nepals potential for hydropower is 100 times its existing energy use. Current development of rivers are sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

### **Clothing in Nepal**

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for travelling purpose should be comfortable and light weight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool. Put on your summer clothes during the day time but in the evening and night it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance to Nepali weather you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

### **Health issues/Altitude sickness**

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before planning a trip to Nepal. Trekking and Climbing in Nepal involves high altitude and can be strenuous. Simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climbing and should be treated very seriously. The Himalayan Mountains begin where other mountain ranges end. As altitude increases, specially above 3,000 metres, the air becomes thinner, creating certain difficulties for the human body. Youth, strength and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following these advice:

01. Drink adequate fluids. At 4,300 metres for example, the body requires 3 to 4 litres of liquid a day. At low altitudes try to drink at least 1 litre a day.

02. Accept the fact that you cannot go very high if your time is short.

03. Learn to recognize the symptoms of AMS: headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.

04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying travel High Solu facilitators immediately.

05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

## **People and Religions of Nepal**

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims and Christians live together in harmony. And other nature worshippers, too, exist here. Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicates that Nepali population of around 35 millions includes more than 90 ethnic groups speaking 100 different languages and dialects.

## **History of Nepal**

Nepal has witnessed many rulers and dynasties play contributing roles in moulding Nepal to present day's Modern Nepal. Kirantis ruled Nepal from 9th century B.C. to 1st century A.D. Later Lichchhavis took over Kiranti from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty. Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Junga Bahadur Rana backseated the power of monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy. A coalition government comprising the Nepali congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahendra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system', by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities. People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in national economy. Royal family massacre in 2001 left whole world in complete shock. Gynendra was crowned Nepal's king after his brother, Birendra's assassination. With the advent of 2006 all major political parties committed to reform their past mistakes and Maoist rebels came

together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gynendra handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently (September 2015) declared the new constitution for the country.

### **Shopping in Nepal**

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well resourced shopping malls. From clothes, shoes, accessories, sports wear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along their goods. But in case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, Newroad and Durbar Marg are the most popular Shopping centers.

### **Foods in Nepal**

Kathmandu is a paradise for food lovers. Besides Nepali food Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/ non vegetable curries. Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés and pubs. Pokhara also have numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

### **Travel Insurance**

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

### **Hotels in Nepal**

Nepal offers a wide range of accommodation, from 5 star luxury hotels to budget-priced guest houses. Top hotel in Nepal gives you the high quality services. Whatever your requirements are, Nepal hotels can meet them all. Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

### **Itinerary:**

**Day 01:** Arrival in Kathmandu(1340m) and transfer to the hotel.

Arrival in Kathmandu and transfer to the hotel which is closer to the multitude of shopping center and restaurants.

**Day 02:** Kathmandu to Gongar khola(1450m) 6-7 hrs driving.

A Jeep drive take us from Kathmandu through the river gorges and scenic hills with mountain views to the north. After Charikot, we will drive north on dirt road following the Tama Koshi river bank through Singati, Jagat and arrive at Gongar Khola. Overnight in camping.

**Day 03:** Gongar to Simigaun (2090M) 4-5 hrs walking.

We walk along the dirt road for a while then cross the suspension bridge over Tama Koshi River. The path continues on a rocky steep slope as we get walk through a forest and later crosses terrace fields of Simigaun. This village represents Buddhist religion and lives the Sherpa and Tamang community. We continue walk through the villages and reach at the monastery on top of the hill. Overnight in camping.

**Day 04:** Simigaun to Dokhang (2850m) 6-7 hrs walking.

Today we walk through dense mixed forests and enter the Rolwaling valley. The path steadily climbs towards the forests and streams as we get Cyalche. Then we descend back down to the river side and set up camps on the bank of Rolwaling Khola.

**Day 05:** Dokhang to Beding (3600M) 5-6 hrs walking.

We gradually walk through the forested valley of lush green alpine vegetation, with excellent mountain scenery surrounding us. We cross the Rolwaling river then walk on the left side of the valley with great view of Gaurishankar mountain and Melungtse which is Rolwaling's highest summit. Beding is a small Sherpa village; well known as village of Everest summiteers. We will camp on the bank of the river

**Day 06:** Rest day for acclimatization at Beding.

Today we hike above Beding for acclimatization. There should be great views of snowy peaks, glaciers and the green forest in the Rolwaling Valley.

**Day 07:** Beding to Na(4150M) 3-4 hrs walking.

Today we have short and gentle walk to Na; the last tiny alpine hamlet that is only inhabited during summer months. Na is situated just below the Chekigo mountain in a beautiful valley overlooked by impressive peaks, Chobutse, Chugimago etc.

**Day 08:** Rest day for acclimatization

We can make a day excursion towards the Yalung Ri base camp. The trail is steadily climbing up after we pass the valley floor. You will get some stunning views of Yalung Glacier, Ramdung Peak (5930m), Yalung Ri (5630m) and to the north the breathtaking Himalayan mountains along the Tibetan border and Mt. Cho-oyu(8201m).

**Day 09:** Na to Kabug/Glacier camp (4680M) 6-7 hrs walking.

We walk along the Rolwaling khola then climb up to the short steep hill section where is a dam that holds back the Tsho-Rolpa glacier Lake. We walk along the right side of the lake and enter a meadow where we take lunch. After a steep climb, we cross a moraine area then descend to the sandy field. Then we continue the walk along the Trakarding glaciers and camp at the middle of Glacier.

**Day 10:** Kabug/Glacier camp to Trolambau Glacier(4980m) 6-7 hrs walking.

The path enters towards the Trakarding glacier which is a huge and impressive rocky area. We will struggle many ups and downs through the glacier following the cairns which marks trail. Just below the Trolumbau glacier, we need to climb up a rock face and to set a rope for the porters, helping them to scramble up the 160m before accessing the campsite area. This provides a fantastic panorama with the Trakarding glacier below and the great glacial wall of the Trolumbau glacier to the north. Overnight in camping.

**Day 11:** Trek over Tashi lapcha pass (5755m) to Tashi Phuk(5600m) 5-6 hrs walking.

Early morning we climb through a rocky gully and steep section with fix lines before getting into the Trolumbau glacier. Once we get up higher in the valley a unique view towards Tengri Rangi Tau (6943m), Pigphera-Go Shar (6729m) and Dragkar-Go (6793m). We walk through moraines and gentle slopes, crossing glacial areas then eventually climbing steeply towards the summit of Tashi Lapcha pass. There is full of snow all year round at the pass. After the pass just walk half an hour to campsite of Tashiphuk (Big cave below Tengri Rangi Tau).

**Day 12:** Summit Pachhermo Peak (6187m) and return back Tashi Phuk. 8-9 hrs walking.

We start early in the morning the climbing to Pachhermo peak and as we get the summit the views are impressive where we can see the Langtang mountain ranges to Everest and Makalu including dozens of snowy peaks. We come back to the camp and rest in the afternoon.

**Day 13:** Spare day for climbing if incase of bad weather condition.

Spare day for climbing if incase of bad weather condition. We eventually walk further down same day.

**Day 14:** Tashi Phuk to Thengbo (4350m) 5-6 hrs walking.

Today we traverse the rocky sections then from the corner, reppel down to the glacier field. Then we continue walking through the glaciers and passing beautiful lakes. Finally we get to walk into nice meadows with soft ground after 4 days walking in glaciers. We reach the tiny village of Thengba and overnight camping.

**Day 15:** Thengba to Namche Bazaar (3445M) 5-6 hrs walking.

We descend all morning through the bushes of juniper and rhododendrons enjoying the khumbu valley views. Just before arriving in the Sherpa village of Thame, we can visit its picturesque monastery perched on the hillside. Then we continue the walk to Namche bazaar where we take shower and laundry after nearly 2 weeks of wilderness. We get back to the civilization as there is available wifi and internet. Overnight in Lodge.

**Day 16:** Rest day at Namche bazaar

Today we can rest all day or short hike to the view point of National park headquatar.

**Day 17:** Namche bazaar to Lukla(2810m) 6-7 hrs walking.

Today the trail descends all the way down to Dudhkoshi River and after there we walk through Monjo, Benkar to Phakding. Lunch at Phakding and iresume the walk back to Lukla. Overnight in Lodge at Lukla.

**Day 18:** Lukla to Kathmandu(1340m)

Early morning, you will take short flight back to Kathmandu. Soon as arriving in Kathmandu, you will be transfer to the Hotel. Overnight in Hotel at Kathmandu.

**Day 19:** Free day in Kathmandu or sightseeing.

Free day in Kathmandu for rest or shopping.

**Day 20:** Departure back to home

Today is the last day of your trip in Himalaya, as we will transfer you to the international airport. We trust that you will cherish this inspiring experience and the deep, newly formed friendships in the years to come.

### Cost Include:

- Airport transfers to/from by private vehicles.
- Accommodation 3 nights at Kathmandu (3 star hotel/twin sharing basis) with breakfast and including all govt. taxes. (Hotel Tibet or similar)
- Kathmandu to Gongar Khola by Land cruiser and Lukla/Kathmandu by regularly scheduled flight, airport taxes and surcharges
- Fully organized camping accommodation, freshly cooked full board meals and all drinks(Tea/coffee/Chocolate) after departing Kathmandu to before arriving back in Kathmandu.
- Gaurishankar conservation area permit fees
- Sagarmatha national park permit fee.
- Service of Guide, Climbing Sherpa, Cook + Kitchen crews and porters during the trek and also their wages, foods, insurance etc.
- All trekking equipments as Tents, Matress, Dining and kitchen tents, Toilet tents, Chair and Tables, cooking/eating utensils
- Pachermo peak climbing permit fee.
- Climbing Sherpas equipment charges.
- All necessary group equipments for climbing
- Equipments for porters during the trek period
- Garbage deposit fee(our company will deposit)
- Agency service charges and government applicable fees.

### Cost exclude:

- All meals (lunch/Dinner) during staying in Kathmandu.
- Nepal visa fee US\$ 40 per person.
- Air travels to and from Nepal.
- All personal expenses, travel insurance, rescue charge in emergency.
- All personal clothing and climbing equipment.
- Extra cost to due to flight cancellation or road condition.
- Any tipping and donations.
- Purchases of bottled water while on the trek, gifts and alcohols.

### Other Features:

- Max. Altitude: 6187
- Trek starting point: Gongar Khola
- Trip ending at: Lukla
- Accommodation: 3 star hotel, Lodge and camping
- Transportation: Jeep and airplane