

Pikey Peak Trekking



Pikey Peak Trekking is the well known destination in the southern part of Everest region. It is a place of irresistible charm which can thoroughly satisfy your thirst for beauty, simplicity and solitude. You will be trekking scenic ridge trails, camping in the alpine forests, visiting the mystical monasteries, meeting the ever-friendly sherpas in their villages, climbing the snowy mountains where you will see stunning panoramic views of Nepal Himalayas from Annapurna on the west to Kanchenjunga on the east with Mt. Everest at center stage. Altogether, if the weather is clear, we hope to see over half of the 14 peaks in the world which rise to 8,000m. This trek starts from Dhap village as we follow the newly built road that is heading to Phaplu/Salleri bazaar. We walk through beautiful settlement of Sherpa community and mostly the trail follows mountain ridge towards Pikey Peak. Then we trek through the different sherpa village of Junbesi, Taksindo and finally walk back to Phaplu where the trek ends. After Phaplu we take the regular flights back to Kathmandu.

Duration: 11 days

Price: \$1100

Rating: 5 Star

Group Size: 02-15 Pax

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

Equipment Lists:

- Sleeping bag (down), rated to -20 degree centigrade (If you don't have them it can rent in Kathmandu for your trek period).
- Sleeping bag liner (optional)
- Hiking boots should be light weight to medium weight leather or Gore-Tex. Your boots should fit well and be completely broken in prior to your trek.

- Gaiters (For the pass)
- Spikes (For the pass)
- Sneakers or sandals for lodge and town.
- Socks, thin liners (polypro or silk), thick outer socks (wool or polypro). Bring 3 changes of socks.
- Thermal underwear, polypropylene or other synthetic (No cotton).
- Lightweight hiking pants, Insulating pants (fleece or equivalent), Rain pants.
- Several t-shirts, both long and short sleeved.
- Shirts long sleeved.
- Rain jacket/poncho(Gore-Tex) or equivalent is ideal
- Down jacket.
- Fleece Jackets
- Warm hat.
- Hat for sun protection.
- Gloves or mittens.
- Quality sunglasses with 100% UV and IV protection. (It is also recommended to bring a spare pair)
- If you wear prescription glasses or contacts, bring spares.
- Two (2) good quality 1 liter water bottles.
- Trekking poles. (optional, and can be purchased in Kathmandu)
- Flashlight or headlamp with extra batteries.
- Reading/writing materials.
- Camera and spare batteries.
- Special snack items in zip lock bags.
- Ear plugs (for travel)
- Particle masks (for dust)
- Toilet kit with towel, washcloth, bandanna, scrub brush, short clothes line, safety pins, mesh laundry bag, biodegradable soap, toilet paper, pre-moistened towel, toothbrush, toothpaste, etc.
- Women: bring extra sanitary supplies and zip lock bags to pack out used materials.
- Personal medical/first aid kit with aspirin, ibuprofen or acetaminophen, nasal/throat decongestant, topical antiseptic, band-aids/bandages, sunscreen and lip balm, laxative, anti-diarrhea medicines, antacid, water purification tablets (or filter), moleskin, bug repellent, and any personal prescriptions or medical items.

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 Lichchavis 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)

Arrival in Kathmandu Tribhuvan International Airport and you will be met at the airport by our representative who will be waiting outside the terminal and transfer to Hotel by private car. Stay overnight at Hotel.

Day 02: Full Day Sightseeing Tour in Kathmandu Valley.

After breakfast, Drive to Swayambhunath Stupa which is very close from the centre of Kathmandu. This Temple is also known as Monkey Temple which is considered to be self made Stupa. Then visit to Boudhanath Stupa; the biggest stupa in the world. You can basically experience Tibetan Buddhism, culture and way of life in Boudhanath Area. Boudhanath area is the authentic place to buy Tibetan stuffs. Again you will be visit Pashupatinath Temple and it is one of the most sacred temples in the entire Hindu world. It is a sacred place where Hindus come to die and to be cremated. The temple of Pashupatinath is a large double roofed, gilt pagoda, decorated with brass, the gateway is plated with silver. There are images of Shiva along with other statues, shrines and temples dedicated to other deities in the complex. There are rows of Shiva shrines and Hindu pilgrims from all over south Asia offering ceremonies to worship Shiva. Then we drive back to Hotel and stay overnight at Hotel.

Day 03: Drive from Kathmandu to Dhap (2850M) 7 hrs driving by private 4WD Jeep.

The Journey starts early morning leaving Kathmandu valley to Dhap/Patale via Okhaldungha with private 4WD Jeep. The road following along the river valley of Sun Koshi River until reaching Ghurmi where we take lunch in small local restaurant. Then smooth road drive goes uphill continuously towards north through the sub tropical forests of Pine to dense forests of Rhododendron passing several country side villages, beautiful landscapes and valleys until reaching Dhap(2850m). In the clear sky, the mountain view of Numbur himal including Mt. Everest will appears already. Stay overnight at Lodge.

Day 04: Dhap to Jhapre (2815M) 4-5 hrs walking.

After breakfast, the walking trail stays on dusty road until reaching Sigane. Then trail from Sigane follows again a road under construction for the first couple of hours. The going is considerably easier, however, as we stay up high on a ridge trail much of the day. The first village is called Jhapre(2815m). It's perched above a deep valley with nice views of Everest and the Number Himal. There's a pretty little Gompa and Stupa here. This is also another best view point for all high Himalayan range to north. Here you find few lodges with its comfort and plenty of food items. We stay overnight at Lodge.

Day 05: Jhapre to Pikey Base Camp (3585m) 5-6 hrs walking.

Early morning what an awesome mountain scenery of Numbur Himal and Mt. Everest including eastern Himalayan range. The trekking Trail starts in dirt road for a while and quickly catch the gentle walking uphill through the Pine and Rhododendron forest until reaching Bhulbule (3210m) and it takes about 2 hours. You will find small tea shop there. Then trail continue again the gentle climbing uphill to arrive in Lhamuje (3330m) which takes an hour. Here is lunch place and newly built tea-house. In the spring season, you will enjoy Rhododendron flowers during the walk and spectacular high Himalayan range. Afterward the trail stays gentle ups and downs in the ridge to arrive Yak pasture land where we can see many grazing Yaks. Then we pass very long Mani Wall and start climbing steep uphill with zigzag trail to arrive Pikey Peak Base Camp (3585m) which takes about 2 hour and 30 minutes. You can visit Yak Cheese factory and they product Cheese during summer season. We stay overnight at Lodge.

Day 06: Pikey Base Camp to Junbesi (2680m) 6-7 hrs walking.

Early morning, trail starts steep switch back uphill until reaching Pikey Peak (4065m) which takes about an hour. We enjoy the Sunrise view over the Himalayan range and the spectacular views of mountains we hope to enjoy one of the best in all of Nepal: from Annapurna in the west to Kanchenjunga on the eastern border with Sikkim. Over 200 miles of snow-capped peaks will line the northern horizon, with Mt. Everest at center stage. Altogether, if the weather is clear, we hope to see over half of the 14 peaks in the world which rise to 8000 meters. Then trail goes downhill in the gully stone trail for few hours and enter to the Rhododendron and Pine forest until Jase Bhanjyang (3550m). Then trail descends to Pikey Khop and we walk through village of Loding where we stop for lunch. Then trail starts climbing to the small pass and again we start descent to the valley through fir and rhododendron forests until reaching Tumbuk and trail stays level walking to Junbesi (2680m) passing several mani walls and stone chhortens. We stay overnight at Lodge.

Day 07: Exploration trip to Thupten Chholing Monastery (2920m) and around Junbesi. 4 hrs walking.

Morning after breakfast, you can hike to Thupten Chholing Monastery. The trail goes along Junbesi Khola with gentle climbing up hill. The Gompa was founded in 19th Century and practiced by Tibetan Buddhism. Then same way back to Junbesi. You may enjoy the meditation with local nuns and monks in the Monastery then walk back and explore the village. Junbesi is one of the more prosperous villages in the Solu District. It is home to a school funded and built by Sir Edmund Hillary, several shops and lodges, and one of the more well-known monasteries in Nepal which produces the wood blocks from which prayer flags and religious texts are printed. You may visit the Gompa, meet with the Lamas, or visit a school and meet the teachers and students. Overnight at Lodge.

Day 08: Junbesi to Taksindo(2950m) 5-6 hrs walking.

We walk through a variety of trails, up and down and passing through beautiful pine forests and a few Sherpa villages to our destination at Taksindo, home to many of our trekking staff. We will spend the afternoon visiting their families and the Taksindo Monastery. Overnight at Lodge.

Day 09: Trek from Taksindo to Phaplu (2380m) along the Kemje danda(3560m). 6-7 hrs walking.

We will trek along the beautiful Chyasinbare Ridge, a pine forest and a beautiful meadow. If it is a clear day; we can see the Khumbu region and the whole area of Sherpa settlements. After Kemje Danda, we will start descending through a beautiful forest to our final destination, Phaplu. Overnight at Lodge.

Day 10: Fly from Phaplu to Kathmandu (1340m) which takes about 35 minutes.

Fly from Phaplu to Kathmandu which takes about 35 minutes and our car waiting to you and transfer to hotel. Overnight at Hotel.

Day 11: Final Departure from Kathmandu

Your trip will come to an end today after breakfast, we assist with your onward travel arrangements and transfer to Kathmandu Tribhuvan International Airport by our private van around 3 hours before your flight schedule and flight back to your home/other travel destination.

Cost Include:

- Airport transfers to/from by private vehicles as per itinerary.
- Transportation cost from Kathmandu to Dhap by private Jeep.
- Transportation from Phaplu to Kathmandu by airplane including taxes and surcharges.
- 3 nights Twin sharing Deluxe hotel in Kathmandu(Hotel Tibet) including breakfast and taxes
- Accommodations in best available local lodges, 3 times meals and all kind of hot drinks (Tea/Coffee/Hot chocolate) during the trek.
- Service of Guide and porter during the trek and also their wages, foods, insurance and lodging.
- TIMS (Trekker's information management system) card arrangements.
- Sleeping bag and Duffel bags for the trek .
- Transportation cost for guide and porters.
- Agency service charges and government applicable fees.

Cost exclude:

- Meals (Lunch/dinner) during staying in Kathmandu.
- Nepal visa fee US\$ 25 per person.
- Air travels to and from Nepal.
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra cost due to flight cancellation/road conditions.
- Purchases of bottled drinks while on the trek, gifts and alcohols.
- All personal clothing and equipment.
- Any tipping and donation

Other Features:

- Max. Altitude: 4065M
- Trek starting point: Dhap
- Trek ending point: Phaplu
- Accommodation: 3 star hotels and lodges
- Meals: All meals during the trek
- Transportation: PrivatenJeep and flight