



Pike Everest Trek (4075m)

Details Itinerary

At 4,100 meters, Pikey Peak ascent is a relatively new trekking program in Nepal. The peak lies in the Khumbu region in north-eastern Nepal. The name “Pikey” is derived from the name of a God, in worship of whom the local people held a huge festival in July-August. A journey to Pikey Peak is definitely one of the best trekking experiences you can have in Nepal.

The summit of the peak commands breathtaking sunrise views of the highest mountains on the planet. On a clear day, you can see far up to Kanchanjanga in the east and Dhaulagiri in the west. Apart from these, you will see Annapurna, Gauri-Shankar, Nuptse, Lhotse, Makalu, Kanchanjanga, Shisapangma, and Thamsherku peaks. Altogether, you will be photographing seven out of the fourteen highest peaks of Nepal from the summit.

You will trek through quaint and time-worn villages, monasteries at remote and pristine locations, and mani walls that seem surreal and larger-than-life. You will come across the distinct vegetation and wildlife that is abundant in this region. At every stop of the trek, you will come across a different kind of landscape where a unique remoteness seems to permeate.

Lying at the lower altitudes of Khumbu Region, this trek has quickly grown popular among trekkers who prefer solitude and those who want to get away from the crowd. Unlike popular trekking routes of Nepal, you will encounter far less trekkers on a trip to Pikey Peak. Our route takes us from Jiri to Shivalaya and on to the remote village of Namkheli. The ascent of the peak itself is made from the Pikey Base Camp; and the incomparable views of the summit will remain in your memory forever.

To book this program from Discovery Mountain, you will not need previous experience of peak climbing. Although the name might sound confusing, Pikey Peak is more of a trek than an actual ascent. You won't need technical skills or equipment to reach the top. However, you will need a good level of physical fitness and a will to see the great mountains of old. These peaks will quietly inspire you from within, and renew your spirit of adventure.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	4068m
Duration:	:	14 Days
Walking Days:	:	10 Days
Activity:	:	Trek
Best Period:	:	MAR APR MAY SEP OCT NOV

Day 1 : Arrival in Kathmandu (1365m)

After your arrival at Kathmandu International Airport, we will pick you up and transfer you to the hotel. You can spend the evening around Thamel.

Day 2 : drive from Kathmandu to jiri (1955m) 6/7h drive

The program begins after breakfast when we drive along a scenic road to Jiri. Traditionally, Jiri is the place where all treks to Everest began. With short breaks during the drive, we will arrive at our destination in the evening. Check into a lodge and stay here for the night.

Day 3 : trek from jiri to Shivalaya (1770m) 4/5h trek

Start at a leisurely pace today as you will be trekking just four hours to reach Shivalaya. First, cross a stream and enter a hilly forest and thin settlements. Further along, you will trek through villages such as Ratomati and Chitre and later arrive at the hill of Mali Danda with great views of the nearby peaks. From there, descend along your trail through hamlets until you arrive at a river. Cross it, and walk for some time to arrive at Shivalaya. Sleep at Shivalaya tonight in a lodge

Day 4 : trek from Shivalaya to bhandar (2705m) 5/6h trek

Like yesterday, it's an average walk today - with under five hours with plenty of time for rests

along the way. Leaving behind Shivlaya, cross Chamja Khola and take a steep ascent along some shops. Further along pass a cheese factory, take a break here and cross several streams ahead to reach a long mani wall. Here you will have excellent views of Likhu Valley. Trek a little further and arrive at Deurali and further on to Bhandar where you will stay for the night.

Day 5 : trek from bhandar to Namkheli (2605m) 6/7h trek

Leaving behind Bhandar, we will descend to the bank of Likhu Khola. The trail passes through farmlands, meadows and quaint villages. Along the way we will have beautiful views of several snow-capped peaks, a prominent one being Numbur Peak. Take a break along the way and then walk on an ascending path to arrive at Namkheli; but before that you will be crossing a river and enjoying the serenity in a satisfying break. At Namkheli, we will stay for the night.

Day 6 : trek from Namkheli to pike peak base camp (3615m) 6/7h trek

With around seven hours of walk across the diverse terrain today, you better start early. Take a quick breakfast and leave Namkheli (or Gumba Danda - literally "Hill with a Chorten"). First, you will walk through a forest and arrive at Ngaur (also called Ngaur Gompa). The pleasant weather and the beautiful views of glaciers will add a charm. Trek along the yak pastures and arrive at Pikey Base Camp for the overnight stay.

Day 7 : base camp to pike peak (4075m) to Lamjura danda (3515m) 7/8h trek

Get up early and prepare your camera kit as we will be ascending Pikey Peak. At 4,068 meters, the peak offers unparalleled sunrise views over the tallest mountains. Some of the peaks visible from the summit are Everest, Makalu, Lhotse, Nuptse, and others. Return to the base camp, have breakfast and trek along forests and bushes of birch, fir, maple, and rhododendron. After a long walk, arrive at the pass of Lamjura-La.

Day 8 : trek from Lamjura danda to junbesi (2680m) 5/6h trek

The trekking duration today is around six hours. After breakfast, we head towards Junbesi, our destination for today. First, we will pass along some villages and continue along with wonderful views ahead. An easy trek along the wilderness will bring you to the village of Junbesi where you will stay for the night at an altitude of 2,680 meters.

Day 9 : junbesi, explore the Thupten choling gompa 2/3h trek

Junbesi is a spectacular village. In the morning take a stroll around the village and see the age-old ways of living in this Sherpa community. After a leisurely breakfast trek up to the gompa of Thupten Chholing, where traditional therapeutic methods are still practiced. Soak in the beauty of Junbesi Valley down below. Later, return to Junbesi and spend the rest of the day here.

Day 10 : trek from junbesi to ringmo (2700m) 5/6h trek

The trek from Junbesi to Ringmo takes around six hours. Start by crossing the Junbesi Khola and take the ascending path to Phurtyang. You will see cattle grazing along the way and if it's a super clear day, you might even see Mt. Everest. From here, the trail descends to Salung where the scenery gets more beautiful by the minute. Cross farmlands and rivers, and arrive at Ringmo where we'll stop for the night.

Day 11 : trek from ringmo to chiwang monastery (2550m) 4/5h trek

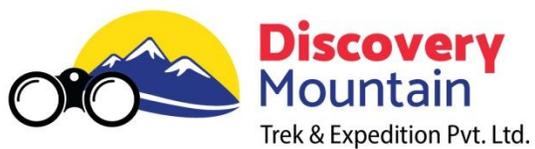
After breakfast, leave Ringmo headed for Chiwang Monastery. The green forests and hills will present a wonderful scenery for your ascent. The four-hour trek to Chiwang will be through Sherpa villages and dense forests mostly. The route is lined by views of mountains against a greenish foreground of hills and valleys. At 2,750 meters, Chiwang Monastery is located at a ridge - and is one of the three principle monasteries where Mani Rimdu is held.

Day 12 : trek from chiwang monastery to phaplu (2310m) 4h trek

It's an easy trek today, with less than four hours of trek. You will start with a leisurely breakfast and a slow descent along the beautiful trail. It's most a forested trail where rhododendron will be blooming in the appropriate season. Crossing more forests and with wonderful views of the valleys below, we will arrive at the village of Phaplu. Spend the rest of the day as you feel appropriate. Stay overnight in a lodge.

Day 13 : fly from phaplu to kathmandu 35m flight

Pack your bags in the morning and reach Phaplu Airport. If you catch an early flight, you will arrive at Kathmandu before lunch. Transfer to the hotel and if you feel like it, you can spend the day sightseeing. In the evening, you are invited to join us for a farewell dinner.



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Day 14 : final departure

According to your schedule, we will take you to the airport for your flight ahead

INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- All necessary paperwork and trekking permits: National park, Khumbu pasang lhamu and TIMS
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Domestic flight from Phaplu to Kathmandu
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- Excess bagages charge
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -10° or -15° (*)
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Thick walking socks
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers

- A pair of high rise walking boots
- long-sleeved thermal tops and full-length long johns
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- 1 compass or GPS (optional)
- Female hygiene products
- Wet wipes (baby wipes)
- Anti-bacterial hand wash
- Tissue /toilet roll

MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.