



## **Pike Everest Trek with yoga, meditation.**

Pikey Everest Trek with yoga and meditation 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 Everest Trek with yoga and meditation is definitely one of the best trek and yoga experiences you can have in Nepal.

The summit of the peak commands breathtaking sunrise views of the highest mountains on the planet situated at 4068m. 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.

You will trek and do yoga, meditation 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 and yoga, 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 and yoga has quickly grown popular among trekkers who prefer solitude and those who want to get away from the crowd. Unlike popular trekking routes in 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.

This Trekking and yoga program from Discovery Mountain Trek, 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

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

## Itinerary

### DAY 1 : ARRIVAL IN KATHMANDU (1365M)

Upon your arrival in Kathmandu, our staff will pick you up and transfer you to the hotel. Later, your trekking guide will represent with yoga professor and giving a brief about the trip ahead. In the evening you shall have yoga, meditation by our yoga professor.

### DAY 2 : DRIVE FROM KATHMANDU TO JIRI (1955M) 6/7H DRIVE

Today an early morning we do first session of yoga, meditation practice to prepare you for a wonderful day later, having breakfast then you will be taking a scenic route along 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, where you shall have your second session of yoga and meditation, Stay overnight in guest house.

### DAY 3 : TREK FROM JIRI TO SHIVALAYA (1770M) 4/5H TREK

You start your trek after your yoga, meditation session and good breakfast. 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. In the evening you shall have yoga, meditation and breathing practice. Sleep at Shivalaya tonight in a lodge.

#### **DAY 4 : TREK FROM SHIVALAYA TO BHANDAR (2705M) 5/6H TREK**

Wake up early in the morning for your yoga and meditation as well as in the evening to complete your day today. 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**

Today we start after your Yoga and meditation session, first the trail 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. You spend your time to doing yoga, meditating, breathing and allowing yourself more time to acclimatize at At Namkheli (or Gumba Danda - literally "Hill with a Chorten"), stay overnight in lodge.

#### **DAY 6 : TREK FROM NAMKHELI TO PIKE PEAK BASE CAMP (3615M) 6/7H TREK**

An early morning we do a session of yoga and meditation, which help you on your way to ascent. 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 in lodge. And in the evening you shall have yoga and breathing session.

#### **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 4068m, 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, you have your yoga, meditating and breathing on the top of Pikey and all those mountain are in front of your eyes to complete your day.. After a long walk, arrive at the pass of Lamjura-La. Stay overnight at guest house.

#### **DAY 8 : TREK FROM LAMJURA DANDA TO JUNBESI (2680M) 5/6H TREK**

Today you will get a place to have morning yoga session as well as evening. Start after your 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 2680m.

#### **DAY 9 : JUNBESI, EXPLORE THE THUPTEN CHOLING GOMPA 2/3H TREK**

Today you head to Thupten Choling Gompa. 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 your session of Yoga, meditation and a leisurely breakfast trek up to the gompa of Thupten Chhaling, 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. In the evening you have your second session of Yoga and meditation.

#### **DAY 10 : TREK FROM JUNBESI TO RINGMO (2700M) 5/6H TREK**

An early morning we do a session of yoga and meditation, and we start trek after you breakfast 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 descend 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. In the evening you shall have second session of yoga and meditation.

#### **DAY 11 : TREK FROM RINGMO TO CHIWANG MONASTERY (2550M) 4/5H TREK**

After our session of Yoga, meditation and 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. You have session of yoga, meditation and breathing in the evening.

#### **DAY 12 : TREK FROM CHIWANG MONASTERY TO PHAPLU (2310M) 4H TREK**

Wake up early in the morning and doing practice for your yoga and meditation then It's an easy 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. You shall have second session of yoga. Stay overnight in a lodge.

#### **DAY 13 : FLY FROM PHAPLU TO KATHMANDU 35M FLIGHT**

Today you do your first a session of yoga and meditation after breakfast pack your bags and we take you to the Phaplu airport. Normally 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.

#### **DAY 14 : FINAL DEPARTURE**

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

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### INCLUDED IN THE COST

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

### NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Your travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Extra night accommodation in Kathmandu because of early arrival, late departure due to any reason
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### ACCOMMODATIONS

We will be staying at Hotel Manaslu, Hotel Tibet or similar hotel 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 Sunrise Trek with yoga and meditation 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.

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## 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

- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- long-sleeved thermal tops and full-length long johns
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- A pair of high rise walking boots
- Warm gloves, Hat and scarf

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- Yoga mat (\*)
  - Thick walking socks
  - A cap or sunhat
  - 2-pair of thermals
  - Suitable shorts
  - Walking trousers

### **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**

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

### **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.

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## 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 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.