**High Route Adventure Pvt Ltd.**

**Email:** info@highrouteadventure.com
**Phone:** +977 9851058664
**Website:** www.highrouteadventure.com

# 1. Pikey Peak Trek

## 2. Overview

Pikey Peak trek is a short and scenic trek in the lower Khumbu region of Nepal, famous for its breathtaking Himalayan range. On this 9-day Pikey Peak trek, you will be taken to the Pikey…

## 3. Itinerary

### Day 01: Arrive in Kathmandu

Altitude: 1400 m | Stay: Hotel

Upon touch down at Tribhuvan International Airport, you will be welcomed by the office representatives who will guide you to the hotel. In the evening, you will be introduced to other members of the staff including your guide for the trek. You are free to enjoy the rest of the evening exploring the markets near you. Overnight at the hotel.

### Day 02: Drive from Kathmandu to Phaplu

Altitude: 2413 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

An early start to the day,we check you out from the hotel in Kathmandu and begin our scenic journey tothe hamlet of Phaplu. The journey is a pleasant one that goes alongside majestic hills and follows BP Highway out of the valley. Meeting up with the banks of Sunkoshi River at Dumja, we continue our journey towards the east. As we reach Ghurmi, the trail turns north and follows the banks of Solu River until we reach the Sherpa settlement of Phaplu, the starting point of our trek. Overnight in Phaplu.

### Day 03: Trek from Phaplu to Junbesi

Altitude: 2700 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

We begin our trek following the forested trail that leads to the beautiful Sherpa village of Junbesi, our stop for the night. This is one of the most enjoyable sections of the trek where we follow the glittering Solu River enjoying the view of picturesque hills lined with pine trees. The hilly trail quickly ascends through a cluster of settlements before dropping to the suspension bridge which gives way to a route alongside Junbesi Khola, leading us to the lovely Sherpa settlement of Junbesi. Overnight in Junbesi.

### Day 04: Trek from Junbesi to Lamjura Hill

Altitude: 3500 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Exiting Junbesi, we begin our hike through the alpine forests to reach Lamjura Hill, our stopover for tonight. Crossing Junbesi Khola, we ascend on a steep trail through the hill, which in May and April are adorned with colorful rhododendrons. Following the deep green forests of pine and rhododendron, we descend to the banks of Ringmo Khola and then climb up to the small settlement of Ringmo. A gradual climb from the Buddhist village of Ringmo takes us to Lamjura Hill, from where we can view the peaks of Mt Everest.

### Day 05: Trek from Lamjura to Pikey Peak

Altitude: 4065 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today we ascend to Pikey Peak accompanied by breathtaking views of Mt Everest and Mt Lhotse. The trail ascends through green hills and passes quaint monasteries, Mani walls, and Chortens. Majority of the trail passes through uninhabited forested lands leading up to Pikey Peak, where we stay for the night. We can enjoy the soothing night view of the Himalayas; it's almost meditative.

### Day 06: Trek from Pikey Peak to Jhapre

Altitude: 2850 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Early in the morning, we enjoy a scenic sunrise from Pikey Peak over the summits of Mt Everest, Lhotse, and Gaurishankar among others. We then begin our descending journey to the small village of Jhapre. As the mountains keep us company, we descend through the ridgeline of the alpine hills and pass small Sherpa localities before arriving in the quiet settlement of Jhapre. We can visit the local monastery if you wish to. Overnight in Jhapre

### Day 07: Trek from Jhapre to Dhap

Altitude: 3250 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today is the final day of our trek.We make our way out of Jhapre and headtothe village of Dhapfor the night. Enjoying the stunning views of Everest and Rolwaling Himalayan ranges, we descend to Sigane and follow a forested trail leading us to the village of Dhap.

### Day 08: Drive from Dhap to Kathmandu in Private 4x4 Jeep

Altitude: 1400 m | Meals: Breakfast/Lunch/Dinner | Stay: Hotel

An early start to the day, we leave Dhap bidding goodbye to the mind-blowing Himalayan views and the beautiful Sherpa villages and make our way back to the capital city. Enjoying stunning views of the Numbur Himalayan range, we cross picturesque hills and follow glinting rivers until reaching the slightly crowded neighbouring towns of Kathmandu. Upon reaching Kathmandu, we drop you at your hotel. You can spend your evening enjoying the nightlife of Thamel. Overnight at the hotel in Kathmandu.

### Day 09: Departure from Nepal

Altitude: 1400 m | Meals: Breakfast

Our representatives will drop you back to Tribhuvan International Airport a few hours before your flight back home. We hope you had a lovely time with us and we look forward to seeing you again.

## 5. Cost Includes

- All Airport Transfer (Airport – Hotel – Airport)
- **Hotel in Kathmandu:** 2 nights at 3 - star hotel in Kathmandu, including breakfast.
- **Accommodation:** Six night Best available teahouse on mountain
- **Trekking Permit:** Necessary  All Trekking Permit and company paperwork.
- **Transportation:**  (Kathmandu to phaplu and return to Kathmandu from Dhap by 4*4 Jeep.
- **Trekking Guide**: An experienced, helpful, friendly, and English speaking trekking guide (including his well-paid salary, insurance, meals, drinks, accommodation, transportation, and guide's,etc.)

- **Trekking Porter:** Carry your luggage
- Farewell Dinner in Nepalese Cultural Restaurant.
- **Meals during the trek**: 3 times Meals a Day ( Breakfast, Lunch, Dinner)
- **Accommodation in Trekking:** 06 Night Twin Sharing Lodge to lodge accommodation during the trek
- **Trekking Equipment:** Sleeping bag and Down jacket. refundable after the trek.
- Medical supplies (first aid kit will be available)
- All Government Taxes and Service charges.

## 6. Cost Excludes

- International Air fair and Nepal entry visa fee
- Travel insurance and emergency rescue evacuation.
- Lunch and Dinner in Kathmandu
- Hot and Bottle of Drinks
- Wi-fi/Hot Shower
- Electronic device re-charge such as Mobile, Camera, etc.
- Additional cost by out of management control due to bad weather conditions, illness, change of government policies, strikes, and physical condition, etc.
- extra Night Hotel in Kathmandu
- Tips for staff.

## 7. Equipment / Packing List

Since Pikey Peak involves varying temperatures and rugged terrain, packing smart is key. Here is your short and simple checklist to ensure you're comfortable from the lower valleys to the snowy summit.

### 1. The Core Layers (Clothing)

- **Base Layers:** 2x moisture-wicking synthetic or merino wool shirts.
- **Insulation:** A warm fleece jacket or a lightweight down jacket (essential for chilly evenings).
- **Outer Shell:** A windproof/waterproof jacket (the ridges get breezy!).
- **Bottoms:** 2x trekking pants (quick-dry) and one pair of thermal leggings for sleeping.
- **Underwear:** Enough for the duration of the trek.

### 2. Footwear & Accessories

- **Trekking Boots**: Sturdy, broken-in boots with good ankle support.
- **Camp Shoes**: Lightweight sneakers or sandals for when you reach the teahouse.
- **Socks:** 3x pairs of wool-blend hiking socks.
- **Headwear:** A warm beanie and a sun hat/buff for UV protection.
- **Gloves:** One pair of lightweight thermal gloves.

### 3. Gear & Essentials

- **Backpack:** 30–40L daypack if you have a porter, or 50–60L if you are carrying your own gear.
- **Sleeping Bag:** Rated to at least -10°C (most teahouses need this for warmth).

- **Trekking Poles**: Highly recommended to save your knees on the descents.
- **Headlamp**: Crucial for early morning summit pushes and late-night teahouse walks.
- **Sunglasses:** High-quality UV protection is a must for high altitudes.

### 4. Personal Kits

- **Toiletries:** Biodegradable soap, toothbrush, toothpaste, wet wipes, and moisturizer (the air is dry!).
- **First Aid**: Basic kit with blister plasters (Compeed), painkillers, and altitude sickness medication (consult your doctor).
- **Sun Protection**: SPF 50+ sunscreen and lip balm with SPF.
- **Water Bottle**: A reusable bottle (2L capacity) + water purification tablets.

### 5. Electronics & Documents

- **Power Bank:** Teahouse electricity can be unreliable or expensive.
- **Camera**: To capture those golden sunrise shots of Mt. Everest.
- **Documents:** Passport, trekking permits, and travel insurance papers.

### Quick Pro-Tips for Pikey Peak:

- **Pack Light:** You'll regret carrying extra weight on the steep climbs. Focus on layering rather than bulky items.
- **Plastic Bags/Dry Bags:** Keep your clothes dry inside your pack just in case of mountain showers.
- **Cash:** Carry enough Nepalese Rupees. There are no ATMs on the trail!
- **Ready to hit the trail?** Pack thoughtfully, keep it light, and prepare yourself for the most breathtaking sunrise of your life. Enjoy the journey to Pikey Peak!