



Lower Everest

Pikey Peak Trek



Leadership: Marin Jöhanntsson has led Himalayan High Treks trips since 1990. She's trained in first-aid and will keep you laughing up the steepest part of the trail. Marin holds a B.S. in Recreation with an emphasis on Outdoor Leadership. She has taught a variety of sports such as rock climbing, snow camping, rafting, and canoeing. Marin enjoys Asian inspired art and leads local snowshoe hikes near her home in Truckee, California. With her skills and our dedicated staff, she will ensure you a great time. (Note: With an under-subscribed group of four or less, our experienced local staff will lead this trip.)

Overview: Join us on this beautiful trek to a secret locale just below the main Everest region. This seldom visited area is where most of our trekking staff and climbing guides originate. The trip is short (two weeks), the hiking is moderate, but you'll have excellent views of many 26,000 feet peaks including Mount Everest. In addition to the climb to a 14,000 feet peak, you will visit remote villages and a middle school that we have been supporting for many years. For those who want, there is an option to home-stay in the village while the rest of the group does a harder part of the trek including the Pikey Peak climb.

Enjoy the experience of a lifetime!



Our staff member meets you and helps with your luggage.

Day-To-Day Itinerary Detail

Pre-trip Days: Fly to the group meeting point in Kathmandu, Nepal. Those in the Americas 'lose' one day crossing the international date line, so ensure the arrival date of your Kathmandu flight is correct before committing to buy the ticket. You must arrive in Kathmandu no later than Day 1. If you come early (or wish to depart late, as many prefer), we can easily and affordably arrange additional transfers, services, and accommodations on request.

Day 1

Group arrival in Kathmandu (4,423 feet). Our staff will meet you at the Tribhuvan Airport in Kathmandu. You will be greeted outside the terminal's secured area after you complete customs and immigration formalities on your own (get visa and baggage, pass customs). When you step outside, look for a sign with your name held by one of our local staff. Transfer to a delightful hotel in the Thamel neighborhood of Kathmandu which offers comfortable rooms with attached bathrooms (good hot showers), telephones, e-mail, restaurant, laundry service, a free safety deposit box and luggage storage. Our guests tell us they enjoy the hotel's location and friendly staff.

Later, visit the Buddhist Swayambhunath stupa. After a day of sightseeing or resting from jet lag, you can choose to sit in the hotel garden or on its rooftop lounge with a drink while enjoying views of the surrounding mountains and city skyline. That evening, you will be taken out by our staff to a traditional Nepalese dinner. Overnight Potala Guest House. (Dinner)

Day 2

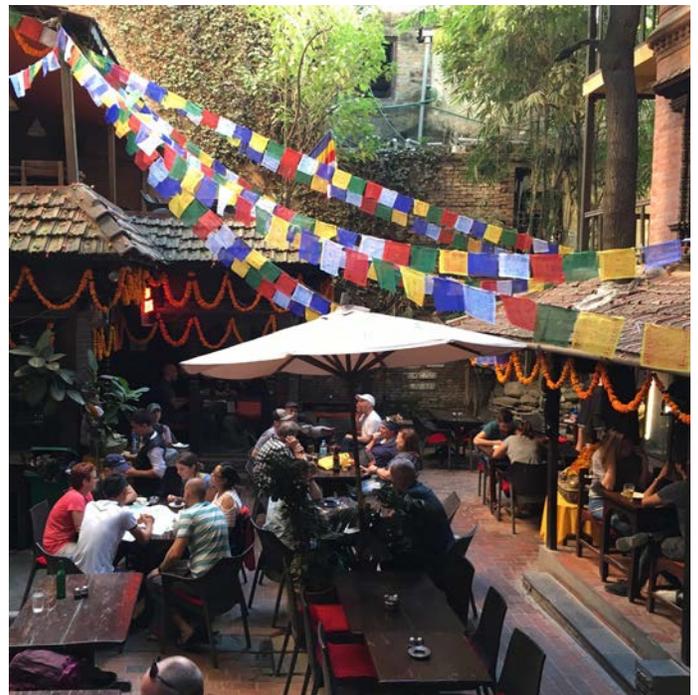
Kathmandu. Guided sightseeing by car of the Kathmandu Valley. Places of interest include the Hindu temples and the burning ghats of Pashupatinath on the holy Bagmati River and the nearby Buddhist stupa at Bodhnath. Overnight Potala Guest House. (Breakfast, Lunch)

Day 3

Free day in Kathmandu for shopping or sightseeing on your own. Now would be a good time to check and make sure you have everything you need for the trek. If you need to rent a sleeping bag or buy any gear, our competent staff is available to help you. Overnight Potala Guest House. (Breakfast)

Day 4

Fly to Phaplu. The scenic flight is generally at 10:00 AM and only takes 35 minutes to reach the Phaplu airport. Phaplu is near Salleri Village, the headquarters of the Solu Khumbu District. You will meet our porter staff there. Until lunch, you can explore the area that provides scenic views of the Chiwang Buddhist Monastery, Mt. Numbur and Mt. Karyalung. There is also a local market. After lunch, we'll take a short jeep ride (about one-and-one-half hours) to Sisa Village. From here, you trek two hours to Janapriya School. Flight 35 minutes; drive one-and-one-half hours; hike two hours. Overnight local lodge. (Breakfast, Lunch, Dinner)





Day 7

Lamje Danda to Pikey. The long ridge of Lamje continues to the north becoming part of Pikey — a holy peak to local people. Today's trek is entirely through an alpine wilderness, though there are Rhododendrons (national tree) and other vegetation, Buddhist monuments and summer yak pastures. Views of the Himalaya are fantastic. We arrive at a local lodge set next to an old cheese factory for our camp. Trekking time 5 hours. Overnight local lodge. (Breakfast, Lunch, Dinner)

Day 8

Early morning hike to Pikey Peak. The summit is at 14,000 feet and provides dazzling views of Mt. Everest, Mt. Makalu and peaks as far away as Gaurisankar to the west (near Kathmandu) and the Kanchanjunga range in the east. We descend back to camp for a late breakfast and then trek down to Ngawar Village. Ngawar Village has a wintertime cheese factory and a small Buddhist monastery. Those who stayed in the village will reunite with the group. Hiking time 4-5 hours. Overnight camp. (Breakfast, Lunch, Dinner)

Day 9

Trek to Chaulakharka. From Ngawar, we continue a mostly down ridge to Goli Village. At the end of Goli Village, we will stop for lunch. After lunch, the trek is steep down to Chaulakharka. Goli is a Sherpa village where the people follow Buddhism; whereas, lower-altitude Chaulakharka is a Hindu settlement. So this day, in a short distance walk, a contrast of different cultures can be experienced. Trekking time 5-6 hours, Overnight local lodge. (Breakfast, Lunch, Dinner.)



Day 5

Visit the Janapriya School and village of Lumsa. Janapriya School is the only government-provided institution in this impoverished area of Solu Khumbu. There is a small library that was set up by the Himalayan Education Development Project. The library is still active, and Himalayan High Treks helps to pay the library staff and buy books. Interact with teachers and students and visit the nearby village of Sherpa and Tamang people. Lumsa is the home of Ambar Sailsa, Amber Tamang, KB Tamang (Everest Summitter), Ang Furi Sherpa and other members of Himalayan High Treks long-time local staff. Overnight local lodge. (Breakfast, Lunch, Dinner)

Day 6

Trekking to Lamje Danda. From Janapriya School, the trek goes uphill through Lumsa where about 80 Sherpa and a few Tamang families reside. Both are Buddhist ethnic groups of the Himalaya. In the village center, there is a monastery and an old Buddhist stupa. We continue climbing through pine forests leaving the village below. Soon we enter the alpine meadow of Lamje Ridge -- summer grazing land for cows and yaks and a viewpoint for Mt. Everest and eastern Nepal's Himalayan peaks. Trekking time 6 hours. Overnight local lodge. (Breakfast, Lunch, Dinner)

Day 10

Trek to Bhandar. From Chaulakharka, it's still a steep path downhill to reach the river followed by a climb to Bhandar. Bhandar is a trail junction from the Goli Pikey area and Jiri which heads to Everest Base Camp. Hiking time 6 to 7 hours. Overnight local lodge. (Breakfast, Lunch, Dinner)

Day 11

Trekking to Shivalaya. Even though Bhandar has a new, unpaved road from Jiri, it is better to walk to Shivalaya as this part of the trek offers an interesting village life and scenery experience. Hiking time 6-7 hours. Overnight local lodge. (Breakfast, Lunch, Dinner)

Day 12

At Shivalaya, we rise early to meet our private bus and driver for the ride to Kathmandu. Driving time 8 hours. Overnight Potala Guest House. (Breakfast, Lunch)

Day 13

Final free day to relax and explore. In the evening enjoy a farewell dinner. Overnight Potala Guest House. (Breakfast, Dinner)

Day 14

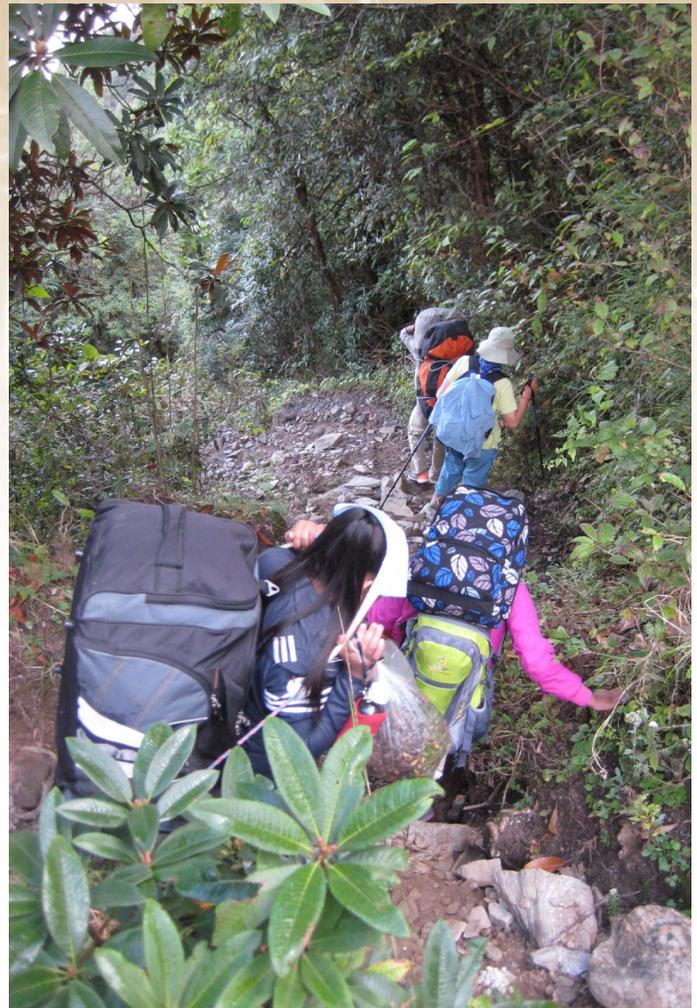
Transfer to the airport and depart for home. (Breakfast)

Post-Trip Departure: Return travel home or onward.



Travel Details:

If you make your own flight arrangements to Nepal, please note that you must arrive in Kathmandu by Day 1 and depart no earlier than Day 14. You are very welcome to come early or to stay late — we can easily arrange additional hotel nights and other custom options for you. Let us know soon what you'd like to do!



Please Note:

This itinerary is a tentative schedule for your trip. Himalayan High Treks (HHT) will adhere to the plan if conditions permit. Many factors may dictate itinerary changes (either before departure or after your trip commences). For example, weather, trail, and road conditions, the physical ability of trip participants, acclimatization, political conditions, schedule changes of various outside entities such as airlines and monasteries, local government rules, regulations, etc. HHT reserves the right to change this or any of its scheduled itineraries in the best interest of the trip participants. Our primary concerns are the safety, comfort, and well-being of our guests. Accommodations listed in the itinerary are subject to change based on availability. If a change is necessary, we make every effort to book lodging of comparable quality.

Please see the booking information section of our application form for more information.

— Effie Fletcher

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