



# PIKEY PEAK



**COUNTRIES VISITED:** **NEPAL**

**TRIP TYPE:** Trekking

**TRIP GRADE:** Moderate

**TRIP STYLE:** Tea House

**5 Based On 2 Reviews**

**KG Carbon Footprint**

**TRIP LEADER:** Local Leader

**GROUP SIZE:** 2 - 10 people

**NEXT DEPARTURE:** 28 Apr 2024

**4 Trees Planted for each Booking**

Pikey Peak trek follows a delightful trail in the lower Everest region known as Solu Khumbu. From the summit there is a panoramic view of the highest mountain of the world, Mt. Everest, at an elevation of 8,848m.

After a drive from Kathmandu the trek begins from the small town of Shivalaya. This place is also known as the old starting point for the traditional [Everest Base Camp](#) trek. Most people take a flight to Lukla airstrip so the trails in the lower Everest region do not have many trekkers.

With this eight day trek, you will see a wonderful cross section of Nepal. For accommodation we stay at tea house lodges operated by local villagers. After leaving Shivalaya you hike through villages surrounded by terraced fields. Tamang and Sherpas are the predominant ethnic castes in this region. We will observe Sherpa culture as we hike through the lower Everest region.

Further up above the villages we enter forests of oak, birch, rhododendron and bamboo. As we approach Pikey Base Camp we are above the tree line and now in the alpine zone. The summit of Pikey Peak is at an altitude of 4,065m. This is an incredible panoramic viewpoint of the Himalayan range. From the summit you can see Mount Everest, Mount Numbur and Mount Lhotse. The late Sir Edmund Hillary once said "Pikey Peak is the most astounding place to gaze at Mt. Everest".

Other highlights of this trip are a visit to the monastery called Thupten Chöling Monastery. We also taste the local cheese from the grazing yaks (or naks) plus local organic foods.

## REASONS TO CHOOSE US

- In October 2019 we organised a reconnaissance trek by Ade Summers. Ade works for us as one of our international leaders. He inspected the lodges and walked this trail up to the summit of Pikey Peak (4,065m). We have modified the itinerary based on his feedback.
- We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has helped to design the itinerary from his first-hand experience of this trek.
- The gradual ascent profile for this trekking holiday has worked well for our past groups.
- Our [AITO Traveller Reviews for Pikey Peak](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts for the Everest region throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

## WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Private vehicle for the drive to Shivalaya and from Phaplu back to Kathmandu.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share room in Kathmandu at Hotel Ambassador.
- Twin-share bedroom with a common bathroom while on the trek.
- All meals are included while on the trek. Breakfast only in Kathmandu. In total for Pikey Peak, we provide 12 Breakfasts, 10 Lunches, and 9 Dinners. The meals at the teahouse lodges cost in the region of **£225 (US\$285)** per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- Trekking arrangements. Including permits and fees, tents, Nepalese guide(s), and porter(s). We provide one trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for a group size of six people plus.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts for the Everest region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 4 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom, or face-to-face meetings.

## WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days at US\$50 (approx £40).
- Lunch and evening meals in Kathmandu.
- For personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 8,000 Nepalese rupees (approx. £50 or US\$65).
- Other items not listed in "What is included".

## ITINERARY

### DAY 1: ARRIVE KATHMANDU (1,400M)

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Fly to Kathmandu

No meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal.

After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

### DAY 2: SIGHTSEEING DAY IN KATHMANDU

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Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterwards you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second largest separated from Kathmandu by Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu there is a bustle of activity especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings and temples.

### DAY 3: DRIVE TO SHIVALAYA (1,838M)

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Drive to Shivalaya (8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we have an early start leaving the Kathmandu Valley in a private vehicle. Soon we escape the hustle and bustle of Kathmandu for the countryside. We drive through the farms and villages of rural Nepal.

The road follows the Sun Kosi river until our lunch place in Khadi Chur. After lunch we cross the river and zig zag up into the foothills. Looking out of the window we can see Nepalese village life going about their daily chores. After arriving to the town of Jiri we have a further one hour drive. Once at Shivalaya we check into a friendly Sherpa tea house lodge.

## **DAY 4: TREK TO BHANDAR (2,180M)**

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Walking 9km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After breakfast, your guide will take you to the check post for inspection of your permits. We start the trek by crossing a bridge over the river we head up into the hills. We follow the historical trail to Everest Base Camp used by the 1953 Everest expedition. In that year Sir Edmund Hillary and Tenzin Norgay climbed the highest mountain in the world.

We have short rest stops at the various settlements we pass through. We take time to watch the farmers working hard in their fields of wheat and millet. After about an hour we walk through the settlement of Sangba Danda. This is a good place for a drink of water and to enjoy the view. After about an hour we join the new road for 20 minutes. Then we head back on to the walking trail to contour and ascend on stone steps. It takes a further 2 to 2 ½ hours to the ridge at Deurali Pass. The pass is visible ahead on the ridge line with a phone mast and houses. We stop for lunch and enjoy the view of terraced fields and villages on the far away hills.

After lunch there is a short 1 to 1 ½ hours descent to the village of Bhandar. On the way we will pass an old and impressive mani (prayer) wall. Out of respect we will make sure we pass on the left side. Our tea house is next to the local gompa. We visit this monastery after we have had a rest and a cup of tea in our tea house lodge.

## **DAY 5: TREK TO NAMKHELI (2,400M)**

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Walking 8km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today is a challenging but rewarding day today as we start the ascent of Pikey Peak. Once we exit the village of Bhandar we leave the main Jiri to Lukla trail. At the junction we join the less trekked trail to Pikey Peak.

We descend to the main river and along the way we will see the village mani wall. After we have crossed the river we start the long ascent to our next destination of Goli Gompa. We stop for lunch after 1 1/2 hours in Likhu Pike (1,898m) at a traditional tea house. This lovely place has fields of wheat and millet and

marigold flowers in the garden. If the weather is clear there are fine views of Mount Numbur and the lake at Dudh Khunda.

After lunch you leave the lodge on steep stone staircase for ½ hour walking. Then we walk for a further ½ hour on a flatter section of the trail. After another ½ hour you cross an abandoned road that brings you to a small meadow (known as a kharka). We follow the tree log staircase and shortly after you pass an old mani wall and small stupa covered in moss. It is a further hour or so to the lodge at Namkheli at 2,400m. Along the way we see more mani walls, a Hindu Shrine and traditional Nepali rural life.

## **DAY 6: TREK TO NGAUR (3,419M)**

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Walking 9km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

In the morning after two hours of walking up the stone steps, you reach the top of the ridge. The trail follows through the forest of mature pine. We gain height at a steady rate throughout the day and the trail today is not as steep as yesterday. Along the way we have a spectacular view of the surrounding mountains. Also we pass many mani walls carved with ancient Buddhist stone inscriptions.

When we arrive at Goli Gumpa we get our first view of our object Pikey Peak which is opposite us. There are three monasteries in this place. After leaving Goli Gumpa we walk through more forest and arrive at the settlement of Ngaur. There are several teahouse lodges and old gumpa. Later we relax with a cup of tea and enjoy the spectacular Himalaya views.

## **DAY 7: TREK TO PIKEY BASE CAMP (3,640M)**

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Walking 4km (3 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we hike up to Pikey Peak Base Camp. We leave Ngaur village on a lovely stone trail through pine and rhododendron forest. After an hour we will emerge from the forest to get a view of Pikey Peak Base Camp a few hours more up the trail. We will arrive for lunch and you get a view of Goli Gumpa in the ridge below.

After lunch we will stretch our legs and by walking further up the trail. It is helpful for acclimatisation to gain a bit more altitude and have a look at our trail for tomorrow. After an hour we see the pray flags on the summit of Pikey Peak Two. There is also a spectacular view looking back down the valley below. We return to Pikey Peak Base Camp for a relaxing afternoon.

## **DAY 8: WALK UP PIKEY PEAK (4,065M) AND THEN TREK TO LAMJURA LA (3,530M)**

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Walking 8.5km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge



A great day in the hills awaits you today. If the skies are clear you will see panoramic view of the Himalayas including Mount Everest. There is an array of other peaks in the Everest region including Thamserku, Kangtega, Numbur, Karyolung, [Mera Peak](#), Ramdung, Gauri Shanker and Dorje Lapka.

We leave camp early and start climbing up the trail to Pikey Peak Two at a height of 4,060m. We should reach the summit after about an hour. We can get our summit photo next to the summit pray flags with the Everest mountain range behind.

Once at summit of Pikey Peak Two we descend down from the summit to a pass. It is well worth the effort to climb back up for 15 minutes more for the summit of Pikey Peak One. This is higher at 4,063m versus the altitude of Pikey Peak Two at 4,060m.

After descending from the summit of Pikey Peak One we continue our trek. It takes 2 hours on a steep rocky descent to reach Jase Bhanjyang at 3,550m. After lunch we trek through rhododendron forest and meadows to Lamjura La. This place is back on the main Jiri to Lukla trekking route. We stay in a teahouse lodge for the night at the pass.

## **DAY 9: TREK TO JUNBESI (2,675M) AFTERNOON VISIT TO THUPTENCHHOLING MONASTERY**

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Walking 6km (4 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today starts with a descent down through rhododendron forest on a good zigzag trail. We descend into the valley below and after about 1 ½ hours we emerge from the forest into farmland. We walk through fields of wheat, barley and potatoes. Farming is traditional with oxen ploughing and the locals working the fields by hand.

After 2 hours we walk through small settlements with the pray flays and stupas. Then we arrive at the Sherpa village of Junbesi in time for lunch. After lunch we visit the Thupten Chöling Monastery. The monastery established in the 1960s and is also known as Tibetan Refugee Camp. There is also an option to visit the Edmund Hillary school in Junbesi village.

## **DAY 10: TREK TO RINGMO AND ONTO TAKSINDU LA (2,968M)**

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Walking 9km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

If you didn't visit the Hillary school yesterday, we will have a chance this morning as we leave Junbesi village. Once we cross the river we have climb for 1/2 hour to gain the ridge called "Shimi Danda or Bean Ridge." It is a lovely walk through the forest. Once we emerge we look back to see the Lamjura Pass we crossed yesterday and our route down to Junbesi.

We descend down to the river. After a further hour we cross the Dudhkund khola river on a classic Nepali suspension bridge. We have a short climb up to Ringmo village for a late lunch. After lunch we continue our journey on a high open trail. Wild herbs grow called "Tite Pathi" and used by the locals for coughs and colds. After a few hours we can have a cup of tea at a local tea house and admire the views of the mountains in front of us. We can see Thamserku, Kangtega and Mera Peak. Below us we can see the airport at Phaplu. We stay at one of the teahouse lodges at Taksindu La.

DAY 11: TREK TO PHAPLU (2,413M)

Walking 10km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Taksindu La we walk uphill for about 2 ½ to 3 hours to the viewpoint. The trail follows through old forest on a good path. We walk along the ridge up with occasional views of the mountains through the dense forest. The viewpoint is at 3,700m where there is a large communication pylon and solar panels. From here we descend on a trail down to the town of Phaplu.

DAY 12: DRIVE TO KATHMANDU

Drive to Kathmandu (8 hours)

Breakfast, Lunch and Dinner

Hotel Ambassador in Kathmandu

Today is an early start as we board our transport to Kathmandu. Driving through the Nepali countryside while watching rural life as we pass by. We join the main BP highway following the Sun Koshi river and into the Kathmandu Valley.

DAY 13: FLY BACK HOME

Fly home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
28 Apr 2024 to 10 May 2024	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee
29 Sep 2024 to 11 Oct 2024	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee
13 Oct 2024 to 25 Oct 2024	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee
03 Nov 2024 to 15 Nov 2024	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
17 Nov 2024 to 29 Nov 2024	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee
01 Dec 2024 to 13 Dec 2024	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee

## 2025

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
16 Mar 2025 to 28 Mar 2025	Local Leader	US\$1,995pp	US\$250pp / NA	2 Left to Guarantee
06 Apr 2025 to 18 Apr 2025	Local Leader	US\$1,995pp	US\$1,995pp / NA	2 Left to Guarantee
27 Apr 2025 to 09 May 2025	Local Leader	US\$1,995pp	US\$250pp / NA	2 Left to Guarantee
28 Sep 2025 to 10 Oct 2025	Local Leader	US\$1,995pp	US\$250pp / NA	2 Left to Guarantee
12 Oct 2025 to 24 Oct 2025	Local Leader	US\$1,995pp	US\$250pp / NA	2 Left to Guarantee
02 Nov 2025 to 14 Nov 2025	Local Leader	US\$1,995pp	US\$250pp / NA	2 Left to Guarantee
16 Nov 2025 to 28 Nov 2025	Local Leader	US\$1,995pp	US\$250pp / NA	2 Left to Guarantee
30 Nov 2025 to 12 Dec 2025	Local Leader	US\$1,995pp	US\$250pp / NA	2 Left to Guarantee

## PRACTICAL INFORMATION

### A Typical Day On Trek

### TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucksack). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning.



After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

## Meal Plan

### MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

## Communications

### COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 or €4.50) to send and receive SMS text.

## Kit List

### KIT LIST FOR PIKEY PEAK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Pikey Peak trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience warm conditions with temperatures up to 20 Celsius. You experience the coldest temperatures in Pikey Peak Base Camp at an altitude of 3,640m. Overnight lows here will be down to around -8 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

### Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around lodge.
- Walking socks.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

### Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardware Mesa V2 or The North Face Paramount Peak).
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Medium weight down jacket.

### Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

### Personal equipment

- Sleeping bag. Overnight lows down to -8 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good

idea to bring a rain cover to keep the contents dry.

- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at [SheWee](#).
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

## Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 80-100 litres. Eg. Mountain Equipment or Rab. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

## RISK ASSESSMENT FOR PIKEY PEAK TREK

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Pikey Peak trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April and October it will be very hot and humid for the first three days of the

trek.

- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Weather and conditions

### **WEATHER AND CONDITIONS FOR PIKEY PEAK TREK**

Pikey Peak trek has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 1,000m and 3,500m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 20 Celsius. At higher altitudes temperatures range from about 15 Celsius to -8 Celsius.

The trekking season in Nepal is late September to May. October and November is generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also there is the advantage of seeing spring flowers and rhododendrons in bloom.

The trekking months with highest temperatures are April, May, September and early October. The trekking months with the lowest temperatures are March, November and December.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

## ACCOMMODATION

### TEAHOUSE LODGE IN NEPAL



While on a teahouse lodge trek in Nepal, there are twin share rooms with common bathroom and a heated communal dining room. We will provide all meals at the lodges and include breakfast, lunch, afternoon tea, and biscuits plus a two-course dinner (soup and main meal) plus up to two cups of hot drinks per meal. We regularly inspect and select the best lodges in each location.



## HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

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## TRIP REVIEWS

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### REVIEW BY PP TRIO ON 02/06/2023

Beautiful eight-day trek in an as yet lesser-known area of Nepal- with fabulous mountain views (on a clear day) The trek offered a combination of challenge (we reached a summit of 4,300m), glorious landscape filled with rhododendrons, and wonderful visits to monasteries. The trip was tailored to our group of three, allowing for our moderate level of fitness and, most importantly, giving us time to adjust to altitude. The start of the trail was a day's drive from Kathmandu - yet although this is a fairly accessible route, we saw few other tourists either on the trail or at the seven teahouses we stayed in. We drank copious amounts of mint tea and ate wholesome meals of dhal bhat (rice and lentils with veg) at the teahouses - some accommodation more comfortable than others. We had two porters along with two guides who took patient care of us and gave us charming insight into the region. Even choosing which trek to take in Nepal can be daunting. We were very impressed by the care taken by The Mountain Company over preparing us for the trip. We had many email exchanges with Roland Hunter, who was very thorough and meticulous in assessing our needs and putting together an itinerary. We also enjoyed an extremely helpful Zoom session with him The result was that we had exactly the right gear for the trek (some of which we hired in Kathmandu thanks to Roland) and the holiday very much met all expectations. Having a tailor-made trip was a great boon, giving us flexibility to change a day's route and walking distance - and enabling us to take in a local festival. ...

### REVIEW BY ZENDOG ON 15/11/2019

Pikey Peak adventure. Another well organised and fantastic trek. This was the best of the three treks that I



have done so far with The Mountain Company. Purna our guide was brilliant as usual and Samir, our porter, is a rising star. He only has basic English but his customer service was excellent. This is a trek that shows you the real, rural Nepal. You are walking in areas where you will not see many other trekkers and will get to interact with the Nepalese where they actually live and farm. The Lodges were fine if you have trekked before and your expectations are correct. Three of the lodges were to a very good standard with hot showers, electricity, and Wi-Fi, the remaining were very basic but that said, it was no problem as everywhere was clean and we had everything we needed. Surprisingly, even the loos were clean and user-friendly which is not always the case in Nepal. We spent quite a few days up and down around 3500 m which I found challenging but rewarding. One of the highlights of the trek was the day we summited Pikey Peak. We got up at 4 am, had a quick hot drink and cookies, and climbed for about 60 minutes by head torch up to the top of Pikey Peak, arriving at 5.30 am. We were the first there and had about 10 minutes before anyone else arrived. It was absolutely brilliant and moved me to tears. The sky was on fire and a deep red and the sunrise was everything I had hoped it would be. It was cold on the top but if you are wearing the correct gear then no problem. Everywhere on this trek, there is evidence of new lodges being built. I think this will be a very popular trek in the coming years and am pleased that I experienced it now whilst it is still raw and untamed. The temperature was below freezing on a few nights with a hard frost so a good sleeping bag is essential. In conclusion, a brilliant 10/10 trek that for me, was the Nepal trek of my dreams and that I don't know how can be improved on. My challenge is going to be finding the next trek, one that supersedes the perfection of this trek. This is my third trek in Nepal with The Mountain Company and once again they have provided a stress-free adventure due to their total professionalism and attention to detail. From the initial planning, through the arrival in Kathmandu and during the actual trekking, everything was smooth and easy and I felt totally at ease and supported. I can not recommend this company too highly and would like to once again thank Roland and his team for all their efforts. ...

**Notes downloaded on:** 23-04-2024

