Khumbu Climbing

Facts

Destination: Nepal

Trip Difficulty: Streneous

Trip Style: Peak Climbing

Transport: As per Itinerary

Food: Breakfast,Lunch & Dinner(BLD)

Accommodation: Hotel, Lodge

Group Size: Min 1 Pax

Max Elevation: 6,189 m

Best Time: March - May & Sept - Dec

Three Peak Climbing involves scaling three famous peaks of the Khumbu region. While Everest Three Peak Climbing, you will be reaching top of Pokalde Peak (5,806 m), Island Peak (6,189 m), and Lobuche Peak (6,119 m). Along with that, you will also cross Cho La Pass (5,420 m). Three Peak Climbing is an adventurous and strenuous journey perfect for those who are seeking challenges in the Himalayas. Among these three peaks, Lobuche Peak is the most difficult to climb, whereas Pokalde Peak is the easier one. Overall this stimulating venture offers a lifetime experience and achievement. You will explore hidden corners of the Khumbu region, where only a few have visited. Likewise, the trail presents stunning landscape, and views for the top of these three peaks are unbelievable.

Three Peak Climbing allows you to test your endurance. You will spend many nights amidst snow-covered mountains, where your only family and friends will be your team. Pokalde Peak is also known as Dolma Ri, and it is the first peak you will scale. Then comes Island Peak is also known as Imja Tse situated in the heart of Everest. This peak

is famous for its attractive appearance. After summiting Island Peak, you head towards Lobuche Peak, which includes technical climbing as well. As you move further, nature will unfold breath-taking views that will keep motivating you. The route to all of these peaks goes through a glacier, rocky, steep, and snowy paths.

Not only that, during your stay in the villages, you get to experience a rich culture, tradition, and unique lifestyle of the locals. The trail is full of ancient stupas, prayer wheels, chortens decorated with prayer flags, and artistic monasteries. You will visit the oldest monastery in the region, the Tengboche monastery. Similarly, the trail also passes by Sagarmatha National Park and several other dense forests. The national park is home to hundreds of flora and fauna. Crossing rushing rivers over suspension bridges, streams over old wooden bridges, and passes add more thrill in the venture.

Highlights

- Thrilling flight to Lukla
- Trek through Sagarmatha National Park
- Explore Namche Bazar
- Visit Tengboche monastery, the oldest monastery in the Khumbu region
- Experience the culture and lifestyle of Sherpas
- Reach the top of three peaks Pokalde Peak, Island Peak, and Lobuche Peak
- Cross Cho La Pass
- Adventurous and difficult trail
- Walk over gorges, snowy, steep, glacier, and rocky paths
- Witness stunning landscape and panoramic views of the Himalayas like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Pumori, Mt. Ama Dablam, Mt. Lobuche, Mt. Kongde, etc

Day to Day Itinerary

Day 1: Arrive in Kathmandu.

Day 2: Sightseeing & preparation day.

Day 3: Fly to Lukla (2,800 m) & trek to Phakding (2,652 m); 40 mins flight; 3/4 hrs trek.

Day 4: Trek to Namche Bazar (3,440 m); 5/6 hrs.

Day 5: Rest day.

Day 6: Trek to Debuche.

Day 7: Trek to Dingboche (4,360 m); 5/6 hrs.

Day 8: Rest day.

Day 9: Ascend to Pokalde Base Camp (4,900m); 4/5 hrs.

Day 10: Ascend to High Camp (5,400m); 4/5 hrs.

Day 11: Summit (5,806 m) & back to base camp; 8/9 hrs.

Day 12: Ascend to Island Peak Base Camp (5,200m); 3/4 hrs.

Day 13: Ascend High camp.

Day 14: Summit day (6,189m) and back to base camp.

Day 15: Spare day.

Day 16: Ascend to Lobuche Base Camp.

Day 17: Ascend to High Camp (5,400m); 4/5 hrs.

Day 18: Summit day (6,119m) and back to base camp; 8/10 hrs.

Day 19: Spare day.

Day 20: Trek to Thangnak via Cho La Pass.

Day 21: Trek to Dole.

Day 22: Trek to Namche Bazar.

Day 23: Trek to Phakding.

Day 24: Trek to Lukla.

Day 25: Back to Kathmandu.

Cost Includes

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Arrival and departure transfer services to/from both airport as per itinerary

- Three-star or similar hotels for accommodation in Kathmandu
- Experienced and government-licensed trekking guide during the trekking & climbing period
- Schedule flight tickets for Kathmandu-Lukla-Kathmandu
- All trekking and mountaineering equipment like; kitchen tent, sleeping tent twin basis, dining tents, toilet tents, tables, chairs, and cooking utensils
- Common climbing equipment (rope, ice bars, ice screws, snow bar, etc.)
- Cook and kitchen assistant and climbing sherpa at Base Camp and other camps
- Food and accommodation during the trek and porters
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Welcome & farewell dinner in a typical Nepali restaurant
- All food and fuel for base camp and higher camps during the venture
- All necessary permits for three peak climbing
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All wages, equipment, medicals, and accidental insurances for involved staff

- First Aid medical kits
- Satellite phone carrying by Guide for communication and available for members with the cost of US$ 3 per minute call
- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Trekking and climbing map
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, cap or duffel bag

Cost Excludes

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell

dinner)

- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal climbing gears
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
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Nepal custom duty for import of expedition goods

- Tips and gifts for involved staff and porter
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section