



Pokalde Peak Climbing / Expedition - Itinerary

1. Arrival at Kathmandu (1350m)

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, the capital of Nepal! Our airport representatives welcomes you and transfers you to designated Hotel and give short brief and further details of the trip program. Overnight stay in hotel.

2. Free Day In Kathmandu For Preparation Of The Trip.

Today we succeed our day with sightseeing around Kathmandu along with the trek preparation. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhanath (Buddhist), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square.

3. Fly To Lukla (2886m.) & Trek to Phakding (2652m)- About 35 Minutes 3-4 hrs

Today, you are transported to domestic terminal of Kathmandu airport with our team members. And take scenic flight to Lukla, this flight cumulates as the world's most dramatic flight as we fly above the breathtaking green and white mountains. Upon the arrival, we do some packing and preparation and head to Phakding. Once you reach Phakding you can either rest or take short trek to local monastery.

4. Trek From Phakding To Namche Bazaar (3440m) – 5 hrs

From Phakding we trek to Namche Bazaar. The trail is uphill with downhill combined of crossing rivers and bridges. This way, our trekking permits are checked and pass some famous suspension bridge as well. Namche Bazaar is the main administrative and trading centre for the Khumbu region. With the inclusive of magnificent forests of blue pine, fir, juniper and rhododendron as well as first view of Everest, it helps you to control the anticipation of the thrilling journey.

5. Acclimatization at Namche Bazaar

Although we are acclimatizing, Health experts recommend us to stay active and move short distance instead of remaining idle. Therefore, we acclimatize in Namche Bazaar by taking a day hike to Thame or by visiting Khunde. Namche bazaar is full of facilities like government offices, ATMs, Internet cafes, shops, restaurants and various markets. This way you won't get bored and acclimatize well. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Trek from Namche Bazaar to Tyangboche (3867m.) about 5 hrs

In our trek for today we can spot wild lives like pheasant, musk deer, Himalayan Thar, etc and this makes the walk for today a wild one. The trek from Namche to Tengboche is unbelievably stunning, Far below is the Dudh Koshi and Thamsarku, Kantenga, Ama Dablam, Lhotse and Everest rises in front. Woods, Rhododendron Forest, Mani Walls, Chorten (Stupas), and suspension bridges across the rivers make this a lovely walk. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in

trekking lodge or tented camp.

7. Trek From Tyangboche To Dingboche (4260m.) 5-6 hrs

We trail through upper trail for great views to visit Pangboche village and it's ancient Monastery. Then we pass several Chortens and Mai walls and small village. We take lunch with stunning close-up view of Ama Dablam and walk onward through Imja valley. The valley approaches with the confluence of Lobuche River and we descend into the river. From there take our steepest climb to reach Dingboche. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Acclimatization at Dingboche (4260 M.)

We again acclimatize at Dingboche by taking short walk to the ridge at the North behind the village for nicer view of Mt. Ama Dablam, Mt. Lhotse and other peaks. We see many mountains from Dingboche with Imja Khola valley and the stunning fields and pasture of Dingboche. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Dingboche to Pokhalde Base Camp (4900m) 4-5 hrs

We take short walk to Pokhalde Base Camp and upon the arrival we learn some ice climbing skills and acclimatize for the upcoming altitude. The base camp is located near a large circular lake in the middle below the Kongma La Pass. We can see Mt. Makalu, Amadablam, the south face of Nuptse and other remarkable mountain peaks from the camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Pokhalde Base Camp to High Camp (5400m) 4-5 hrs

As we pass Kongma La Pass, we can enjoy views of wide basin dotted with frozen lakes. You can see majestic view of Pokhalde peak from the high pass and as we tag along, the trail rewards us with eye-catching views of Cholatse, Nuptse, Lhotse, Makalu, Ama Dablam and several other peaks in Khumbu region. And we finally call it a day upon reaching High Camp of Pokhalde peak. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. High Camp To Pokhadle Peak Summit and Return to Base Camp

Today is the most anticipated day of the trip. Today we conquer Pokhalde peak. We wake up fairly early today and move toward the climb. First we need to cross stony area then we reach to the narrow rocky Summit, Pokhalde peak. From the top you can observe the most breathtaking and panoramic views of the world's highest mountains including Makalu, Ama Dablam & Pumori with many other remarkable mountains. Then after a while we trace back to the camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Reserve/Contingency Day

Nature is unpredictable and sometimes some team members suffer from severe condition. Reserving one extra day to fill any kind of contingencies helps to complete the climb successfully in case of bad weather & suffering of any team member. If the trip goes smoothly this day won't be used/necessary. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Trek to Tengboche (3860m)

We take standard Everest Base Camp route to Tengboche. We cross Louche River, pass several chortens and

Mani walls to reach Monastery filled village of Tengboche. And not to forget the amazing close-up view of Ama-Dablam in the background as we trail. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Trek to Khumjung (3780m) & to Namche (3440m)

This is the day to return back Namche Bazaar and the path leads downhill to Phungitenga and we continue flat trail until Namche. Here you can explore The Everest National Park Museum which houses many mountaineering and Himalayan artifacts. This is the moment to relive the last trek and previous journey. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Trek to Lukla (2840m)

Descending steeply downward we take slow walk across the rocky terrain. Then we cross the suspension bridges over Dudh Koshi and take quite and charming route. The trail is same as we trekked uphill but the sceneries appear different and the rhododendron & pine forest makes this trail even interesting. You can see Sherpa culture with prayer stones and flags in the monasteries once you arrive Lukla. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Fly to Kathmandu (1350m)

Taking flight back to Kathmandu, you can relive the amazing mountain flight experience. After the arrival you can arrange your luggage, emails, and photos and do sightseeing in the evening. Also you can shop around for Nepalese goods, artifacts and buy souvenirs for friends and family at home. In the mean time we organize fantastic get-together with Sherpa's and guides in the evening. Meals included: Breakfast and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

17. Departure/Farewell

Thank you for enjoying the country of Mountain. We arrange your documents while you can organize your luggage. Approximately 3 hours prior to your scheduled flight, our airport representative drops you to the airport. Have a safe journey home.

INCLUSIONS

- Arrival & Departure transfers on both domestic and international flights.
- Accommodation at 3 star hotels in Kathmandu
- Full board meals on tented camping & Lodge expedition
- Accommodation on tented camp
- Half day guided city tour as listed in itinerary
- Peak Climbing Permit Royalty and other government tax
- Group Climbing gear including climbing rope, ice axe, roomer, harness, figure of eight, carabineer etc.
- All camping equipment - 2-person member tent, dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.
- Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip
- Well-experienced Climbing guide with all his allowance and expenses
- Porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Adventure Treks T-shirts / other seasonal gifts as perks

- 10 % VAT and 13% TSC Taxes.
- High altitudes chamber bags (PAC) for very high altitudes

EXCLUSIONS

- Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)
- International Airfare
- Lunch and Dinner except mentioned itinerary
- All Drinks and main meals in cities.
- Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

URL: <https://sunriseadventuretrek.com/activities/tibet-kharta-valley-to-ebc-trek>