



Parchamo Peak Climbing - Itinerary

1. Arrival in Kathmandu (1350m)

Our airport representative picks you up from airport and transfers you to hotel for further briefing about the upcoming trip. In the evening, a small meeting shall be held to discuss and prepare for the trek. And after meeting you can roam around Thamel to get familiar with environment and location.

2. Kathmandu – Lukla (flight- 35 min) – Phakding (trek) (2652m) 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. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

3. Phakding - Namche Bazaar (3440m) 5 - 6 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. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

4. Acclimatization Day 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.

5. Namche Bazaar to Thame (3820m) 3 - 4 hrs

This is a short hike and for our first pass, Renjo La Pass: to reach we have to leave usual Everest trail and take toward north-west toward Tibet to the village of Thame. Thame is famous as the Tenzing Norgay himself grew up here & houses famous Thame Monastery. You can see Thame, Kwangde, Thamserku, Kusum Kangaru and other Himalayas from here. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Thame – Thengpokharka (4230m) 4 – 5 hrs

We climb take the main trail towards Thamo Teng and from the top we turn west to pass mani and chorten's

on the way. We continue our trail by taking the west of the valley of Thame Khola and pass Yak pasture land to reach Thengpokharka. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

7. Thengpokharka – Ngole (5100m) 4 – 6 hrs

Today, we leave river valley of Ngole behind and trail north-west to ascend a spur of Tengi Ragi Tou. We cross a rock slide, grassy moraine and after an hour of hike takes us to the moraine beneath the overhangs to Ngole. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Ngole – High Camp (5640m) 3 – 4 hrs

We climb the north-east of the icefall from Tashi Lapcha which is over scree beneath the rock wall of Tengi Ragi Tau and arrive on rocky terraces. We set our tent here and then prepare ourselves with necessary equipments and trainings to summit the next day. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. High Camp – Summit (6178m) – Base Camp (5100m) 6 – 7 hrs

Early in the morning, we start our summiting journey. First we climb the snow slopes to get to the ridge of Parchamo which rises from the broken glacier of Tashi Lapcha Pass. Continuing our climb on the ridge we reach the summit without much difficulty. Once you are at the top; Cho Oyu, Tengi Ragi tau, Ama Dablam, Thamserku, Kusum Kangaru and other mountains can be seen. Then after taking our time there, we trace ourselves back to Base Camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Spare Day/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.

11. Base Camp – Thame (3820m) 4- 5 hrs

We descend all the way to Thame from the glaciers, rock slides, grassy moraines and following the valley. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Thame – Namchhe 3440m) 2 – 3 hrs

Journey from Thame to Namchhe is awe-inspiring, you get to enjoy the amazing Himalayan views and great landscapes with sweet breeze as we trail along the trail. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Namchhe Bazaar-Lukla (2800m) 6 - 8 hrs

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.

14. Fly Lukla – Kathmandu

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.

15. Farewell/Departure

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](https://sunriseadventuretrek.com)