

## Tholedemba Pikey Trekking - 9 days - \$230/Person

### Trip Info

**Trip Code:** WHT/NT-02

**Grade:** Easy

**Maximum Elevation:** 4,070M.

**Type:** Trekking/Hiking

**Activity:** Hiking and Camping

**Starts at:** Kathmandu

**Ends at:** Kathmandu

**Trip Route:** Kathmandu-Bhandar-Goli-Pikey Danada-Phaplu-Kathmandu

**Best Season:** Autumn & Spring

**Accommodation:** not include

**Meal:** no

**Offer:** no

Pikey is situated at Lower region of Solukhumbu district at an altitude of 4070 m. From Pikey peak, one can get the grand view of nature, can experience the traditional livings of different ethnic groups like Sherpa, Chhetri, Tamang and Gurung. Tourists can taste the verities of local cuisines and observe some rare plants and animals. Likhupikey Rural Municipality of Ward no. 1 of Solokhumbu district and Pikey region of Ward No 8 of Solu dudhkunda rural Municipality is considered as the most important places of natural and biological variety. Tourists can observe the best view of the highest peak of the world Mt. Everest in the short trek.

From Pikey peak, one can get the grand view of mountain peaks like Dhaulagiri, Everest, Makalu, Kanchenjunga, AmaDamlam, Lhotse, Nupatse, Numbur, Gaurisankhar, Langtang to the far west. Additionally, Pikey peak rewards tourists with one of the best sunrises and sunset views. It offers dense forests of Sunpati, Pine, Rhododendron whereas attraction of birds and animals like Lophophorus, Crimson Horned Pheasant, tiger, wild bear, Panda, Ghoral and so on. Similarly, Chauri Ghai, Nak, yak and cow can be found anywhere in this area.

Tourists can have pleasing view at nature's unique scenes, villages and living way of Sherpa, Tamang, Chhetri, Gurung and Sunmuwar. To reach Pikey peak, bus or jeep ride from Bamtibhandar of Ramhechap district -the Okhaldhunga dhap-Khinji Phalate -Salleri of Solukhumbu district and then trek can be followed. Other alternative can be flight to Paplu airport of Solukhumbu district. The villages belonging to Likhu Pikey rural municipality include villages like Chaulakharka, Gole. Similarly, other villages of Solududhkunda municipality like Kerung, Taptung, Tamakhani, Gorakhani, Salleri and Junbesi also lies at Likhu Pikey rural municipality. Likewise, other villages of Okaldunga district and Ramechhap district such as Patale, Kiji Demba and Bamtibhandar are also the part of Likhu Pikey Peak Trek.

## Itinerary

### Day 1 - Arrival in Kathmandu

It's a panoramic thrill flying into Kathmandu on a clear day. The views of snow-capped mountain peaks sprawling down below you are almost ecstatic, beginning a whole chain of memorable experiences that stay with you for a long, long time. And as your plane hits the tarmac, our waiting support team will meet and greet you at the airport and escort you to your hotel. Welcome drinks will be served and over night at your hotel.

### Day 2 - Kathmandu to Chuplubhanjyang

Chuplubhanjyang is situated at an elevation of 3150 m and takes 6/7 hours of bus / jeep ride to reach there from Kathmandu. Khijiphalate is situated at the distance of 168 km from Kathmandu. This is the northwest Part of Okhaldhunga district. If one can stay at Khijiphalate, there are option of hotels but other alternative is to hike for 1 hour to reach Chuplubhanjyang where we can visit stone mane and boudha. There are 3-4 hotels available at Chuplubhanjyang.

### Day 3 - Chuplubhanjyang to Taklung

After 6-7 hours hike from Chuplubhanjyan, northern part of Okhaldunga, following Tholedemba Taklung(3420m) can be reached easily. After early morning breakfast from Chuplubhanjyang, one should move onwards with packed lunch as there is no facility of hotels in the route before reaching Taklung. There is only one hotel at Taklung so, it is recommended to carry 1-2 tents. Traveling from Taklung, one can experience beautiful villages of Solukhumbu and Okhaldunga, along with Mt. Gaurishankar and Mt. Numbur. Yak and Chauri cattle on route sides can always be seen. When traveling from here, one can see ancient Buddhist Monestry at Gwangding.

### Day 4 - Taklung to Pikey Base Camp

Pikey Base Camp located at an altitude of 3600m. above sea level can be reached after the journey of 6-7 hours hike from Taklung. Small tea houses are available in the route to base camp whereas there are 3 hotels at base camp for food and lodging. During spring season (Mid-March to Mid- May), one will be able to see spectacular displays of rhododendrons.

### Day 5 - Pikey Base Camp – Pikey Peak – Junbesi

We get up early in the morning with warm clothes and climb up Pikey Peak (4070m.). It is about one hour walking to get to Pikey Peak. You will see the best sunrise and magnificent view of the Himalayas like Dhaulagiri, Everest, Makalu, Kanchenjunga, AmaDamlam, Lhotse, Nupatse, Numbur, Gaurisankhar,

Langtang to the far west and others mountains. After this unforgettable view, We will see all the mountains from here as well. After that, we hike down to Jarsabhanjyang for breakfast. Then start trek towards Junbesi. We can be reached Taktor (Lunch Place) after 2/3 hrs hiking from Jarsabhanjyang. After taking lunch we can be reached 2/3 hrs Junbesi from Taktor. Junbesi is considered to be Sherpa's most beautiful villages, which lies at the height of 2990m. above sea level. There are 1 ancient Buddhist Monastery. It was the Point old famous route of Everest Trekking Route. there are 8-10 well facilitated hotels operated by local Sherpas. Pikey base Camp to Junbesi takes 7/8 hours hiking and then overnight at lodge.

## **Day 6 - Junbesi –Thupten Chholing- Junbesi**

Thupten Chholing is a celibate Buddhist monastery located in the high and remote mountains of Nepal. Founded by His Holiness Thrulshik Rinpoche in the 1960's after fleeing Tibet, it is an independent and autonomous institution. Consequently, Thupten Chholing has been able to remain authentically traditional, and hidden from the outside world. Due to its remoteness and increasing population, the 700 resident monks and nuns live with dwindling resources, no public health facilities, and have little chance of sustaining themselves in the long run unless their limited resources are managed wisely. After breakfast, we will take a hike of the Thupten Chholing Monastery 2800m. Explore the monastery and meditate with nuns. Rest of the day is to on your own to explore. Today, we will hike about 4/5 hours, we will have lunch at Thupten Chholing Monastery. Overnight in Junbesi at Lodge

## **Day 7 - Junbesi – Chiwang-Phaplu**

After the morning breakfast, trek for 3 hours to reach Chiwong monastery. Chiwong monastery is situated at an altitude of 9,000 feet on the cliff of Chiwong hill about 3 hours walking distance from Phaplu airport also, Solu Khumbu district, At one time Chiwong Monastery echoed with the prayers and scholastic activities of many monks and nuns who resided here. Chiwong Monastery has the privilege to host the Dza-Rong-Phuk Sangey Ngawang Tenzing Jangpo from 1955-1958. His Holiness Thrulshik Rinpoche has lived in this monastery from 1960-1967. Chiwong monastery Celebrates Mani Rimdu festival full moon of October every year. The Mani Rimdu Festival is a colorful occasion that takes place in the most spectacular of settings in the foothills of the Himalayas. Performed by the monks of Chiwong monasteries, it depicts the victory of Buddhism over the ancient 'Bon' religion. Phaplu is situated at an altitude of 2400m. There is airport, hospital and nurse. There are 8/10 hotels for tourists. It is also possible to sightsee around Salleri Bazar, headquarter of Solukhumbu district after eating lunch at Phaplu. Junbesi to Phaplu takes 5/6 hours hiking and then overnight at lodge.

## **Day 8 - Phaplu – Kathmandu**

After the morning breakfast at Phaplu, Kathmandu can be reached through 8 hours car/ jeep ride or 40 minutes of flight.



# White Himalayas Treks & Expedition (P.) Ltd.

Kageshwori Manohara-5, Thali, Kathmandu, Nepal

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## Day 9 - Depart Kathmandu

It was a great adventure with you in the mountains. Hope you had an experience of a lifetime. One of the representatives from your Organizing Team will drop you at the airport about 3 hours before your flight. We hope to see you again. Have a safe flight back home.



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## Cost Includes

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