Phaplu Trek Lower Solu

Duration: 10 Days | Location: Everest Region, Nepal



Trip at a glance

Category: Everest Region

Location: Everest Region, Nepal

Duration: 10 Days

Difficulty: 4/10

Trip Style: Phaplu Trek Lower Solu Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3640 m

Group: Min-1, Max 20

Summary

Phaplu Trek Lower Solu/This region known as the lower Solu Khumbu is known around around the world/ Sagarmatha as the Nepalese call it, rises 8,848 meters /

Overview

Trip Introduction

Phaplu Trek Lower Solu Trek lies in the Solukhumbu district on the lap of Mt. Everest. This trekking starts from Lukla when you touch the ground by small domestic plane. This region known as the lower Solu Khumbu is known around This region known as the lower Solu Khumbu is known around the world as the famous home of the world's highest mountain. Mt. Everest, or Sagarmatha as the Nepalese call it, rises 8,848 meters into the sky. Everest Base Camp trek

The trek to the base camp attracts trekkers from all over the globe. We operate 3 versions of treks in the Everest region with many possibilities to add extra days to your trip. All the treks described start and end in the closest airstrip to Everest in the town of Lukla. Makalu Base Camp Trek, Ghorepani Poon Hill Trek

If you are looking for a much longer trek in this region we can start treks in the town of Jiri which is 6 days away from Lukla. Mera Peak Climbing

Day by day itinerary

Trip Itinerary

Day 01: Arrive Kathmandu & transfer hotel.

Day 02: Flight to Phaplu (35 minutes) and transfer to Hotel. After lunch visit Phaplu Hospital (Founded by Sir Edmund Hillary).

Day 03: Early breakfast and visit Ratnage Hill for mountain view including Mt. Everest. After visiting Cheewang Monastery on the way back.

Day 04: After breakfast trek to Junbesi and overnight stay at Junbesi.

Day 05: After early breakfast visit Thupten Choling Monastery where 450 Tibetan monks and nuns practice the doctrine of Buddism. There they have two different clinics. Modern medicine and Tibetan medicine clinic. Visit their clinic and after lunch back to Phaplu at.

Day 06: Visit Tibetan Refugee camp at Chelsea, where they have carpet weaving, Tibetan School and medical clinic. Visit all the places and after back to the Hotel.

Day 07: Rest day or visit Phaplu Hospital.

Day 08: Fly from Phaplu to Kathmandu (35 minutes) and transfer to the hotel.

Day 09: Extra day in Kathmandu: This is a cushion day for the eventuality that may arise for delays or cancellation of flight or any other reasons beyond our control. In case everything works out fine then you may have the privilege of using this day for sightseeing around Kathmandu Valley hunting souvenirs or any other option that may interest you. Overnight Hotel

Day 10: Final departure transfer to Airport.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.
- Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges.
- Tea and coffee (cup) three times daily on the trek.
- English speaking experienced & professional trekking guide license holder.
- Porters (1 porter carries the luggage up to 25 kgs of 2 participants during the trek).

- City tours as mentioned in the itinerary with English speaking guide and all land transportation with private car/jeep/van.
- All necessary trekking and climbing related permit including TIMS, National Park Entrance fee, and ACAP Fee.
- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks, tea/coffee(pot size).
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges.
- Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers

- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 10 Days.

Group Size: Min-1, Max 20.

Trekking Region: Everest Region.

Trip Type Name: Phaplu Trek Lower Solu Trek.

Highest Altitude of the trek: 3640 m.

Highest Point: Phaplu Trek Lower Solu Trek(3640 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page



Phaplu Trek Lower Solu - photo 3

Plan your journey with our team

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