Treks in The Lower Solu khumbu

Duration: 14/13 Days | Location: Everest Region, Nepal



Trip at a glance

Category: Everest Region

Location: Everest Region, Nepal

Duration: 14/13 Days

Difficulty: 4/10

Trip Style: Treks in The Lower Solu khumbu 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

Trekking in Nepal in the lower Solu Khumbu region is equally renowned as the famous home of the world's highest mountain, Mt. Everest rising 8,848 meters.

Overview

Trip Introduction

Treks in The Lower Solu khumbu lies in the Solukhumbu district Nepal. on the lap of Mt. Everest. Treks in The Lower Solu khumbu is a not an old and famous trekking trail at the present comparing with other trekking trails. This peak used to be famous spot to Sir Edmond Hillary for viewing the closest view of Mt. Everest and lower khumbu region. The word Pikey Peak is derived from local Sherpa Clan deity which represents the sky over the nature. Mt. Everest from the same spot. This peak allows us to have a magical landscape view Himalayas. Makalu Base Camp Trek

Apart from majestic Himalayan views, you will get opportunity to discover unique geography and the life it supports. The unique Sherpa Culture and their hospitality is very intriguing. The journey starts as we board a scenic mountain flight from Kathmandu to the airstrip at Phaplu and begin trekking activity until we reach Jyalsa Tibetan Camp at the end of the day. Further we visit monasteries like Chiwong Gompa via Taksindo La pass and cross Singsei La pass via Ringmo. In this way, we arrive at the highest point of the trek at Yasa Peak at an altitude of 4140 m above sea level. Everest View Trek

Pikey Peak Trek Itinerary is designed to minimize the by limiting the daily gain in altitude. The Pikey Peak trail route is covered with lush forests of rhododendron, oak and pine. You will walk through numerous villages perched on ridge tops surrounded by terraced fields. You will get the grand view of mountain peaks – Dhaulagiri, Everest, Makalu and Kanchenjunga to the far west. The tea house accommodation along the trekking route is simple and offers very basic facilities. lobuche east peak climbing is another in Khumbu region. Poon Hill Trek

Day by day itinerary

Trip Itinerary

Day 01: Arrival Kathmandu airport pick up to hotel

Day 02: Kathmandu shit sing half /fill day

Day 03: Kathmandu to salleri by flight or bus,jeep,van. Salleri

Day 04: early morning sunrise view point Ratnange Danda view for Everest,losthe numbur.Dudhkunda many more.

Day 05: salleri shit sing jylsa tibiten gumba , local market Bazar village tour

Day 06: salleri to lodhing sherpa village trek home stay .

Day 07: lodhing to Banjyng village home stay trek.

Day 08: Banjyng to early morning view point pike peak sunrise view

Everest,losthe numbur.Dudhkunda many more and trek to junbesi via

lamjura pass hotel.

Day 09: junbesi to tuptencholing gumpa tuptencholing home stay.

Day 10: tuptencholing to with spectacular view Taksindu village hotel.

Day 11: Taksindu to kharikhola

Day 12: kharikhola to paiya village

Day 13: paiya to lukla bazar.

Day 14: lukla to Kathmandu or Everest base camp trek your own choice there

Day 01: Meeting upon arrival at Kathmandu International airport by our representative, transfer to hotel

Day 02: Flight to Kangel Danda – trek to Bhudidanda (1800 m) 5 hours walk, overngiht at guesthouse

Day 03: Trek to Bung (1677 m), 6 hours walk, overngiht at guesthouse

Day 04: Trek to Khiraule (2535 m), 3 hours walk, overngiht at guesthouse

Day 05: Trek to Sibuche (2800 m) via Surke La/Charakot Pass (3070 m). 5 hours walk, overngiht at guesthouse

Day 06: Trek to Paiya (2767 m) via Narkung La/Chaduk La (3161 m) and Kari La (3059 m), 5.30 hours walk, overngiht at guesthouse

Day 07: Trek to Lukla (2840 m), 4 hours walk, overngiht at guesthouse

Day 08: Fly to Kathmandu, 30 minutes flight, overnight at hotel

Day 09: Sightseeing at Kathmandu valley (Visit Kathmandu Durbar Square, Patan Durbar Square, Pashupatinath, Swoyambhunath, Bouddhnatah), overnight at hotel

Day 10: Transfer to airport, departure onward destination.

Itinerary

Day 1: Arrival in Kathmandu

Day 2: Full day Kathmandu Sightseeing.

Day 3: Fly from Kathmandu to Phaplu 2470m and trek to Salleri 2390m (3/4 hours).

Day 4: Trek from Salleri to Ghunsa 2250m (6/7 hours).

Day 5: Trek from Ghunsa to Patale 2840m (7/8 hours).

Day 6: Trek from Patale to Jhapre 2820m (6/7 hours).

Day 7: Trek from Jhapre to Pikey Peak 4065m (6/7 hours).

Day 8: Trek from Pikey Peak to Junbesi 2700m (5/6 hours).

Day 9: Visit to Thupten Chholing Gompa (4 hours round trip).

Day 10: Trek from Junbesi to Phaplu 2470m (6/7 hours).

Day 11: Fly to Phaplu to Kathmandu and transfer to Hotel.

Day 12: Free day in Kathmandu.

Day 13: Departure to International Airport.

Package: Standard Package

Contact for pricing

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

Inclusions

- Airport pick up and drop off, upon arrival and departure in Kathmandu (International and domestic both).
- Pres-trek briefing.
- Hotel accommodation in Kathmandu with breakfast as per the programmer.
- 1 professional and friendly, A class government licensed and well English speaking mountain guide.
- 1 well experienced English speaking assistant guide if the group size exceeds 5+ persons.
- Well experienced and equipped trekking porter/s (one porter carry for 2 guest's luggage, 25 kgs – 30kgs).
- Food during the trek (full board with breakfast, lunch and dinner with tea/coffee and seasonal fresh fruits).
- Guesthouse accommodation during the trek.
- All necessary trekking permits: Sagarmatha National Park and Trekkers' Information Management System (TIMS) fee.
- Internal flight Kathmandu – Kangel and Lukla – Kathmandu for guest and guide inclusive with all taxes and transfers.
- In worst case, assist with all rescue and evacuation arrangements.
- Unique Adventure sleeping bag and down jacket, duffel bag, area trekking map.
- First aid medical kit, Oxymeter to check pulse, heart rate and oxygen saturation at higher altitude.
- All applicable taxes as per the government rules and regulations.

- All organisational requirements.

Exclusions

- Nepal visa (can obtain at the airport or immigration counters at the borders: USD 25 for 15 days and
- USD 40 for 30 days and two passport size photographs is required).
- Your international flight to and from Nepal.
- Travel insurance (for helicopter evacuation if needed whilst trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Tips for guide, porter, driver.

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: 14/13 Days.

Group Size: Min-1, Max 20.

Trekking Region: Everest Region.

Trip Type Name: Treks in The Lower Solu khumbu Trek.

Highest Altitude of the trek: 3640 m.

Highest Point: Treks in The Lower Solu khumbu (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.

Trekking in Nepal in the lower Solu Khumbu region is equally renowned as the famous home of the world's highest mountain, Mt. Everest rising 8,848 meters towering into the sky in the upper Solu Khumbu. Lately the lower Solu region with unique trails of trekking and peak climbing in Nepal has seen immense

growth in visitor's number, largely due to its easy accessibility without having to bother about flight availability into the Everest region and also for its beaten path trails with not much tourist on it.

Departure

Departure

Review

Trip gallery

View photo on the trip page



Treks in The Lower Solu khumbu - photo 2

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Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

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