



## Parchamo Peak Climbing

<b>Trip code</b>	
<b>Package name</b>	Parchamo Peak Climbing
<b>Duration</b>	20
<b>Max. elevation</b>	6187 m
<b>Level</b>	DIFFICULT
<b>Transportation</b>	Kathmandu - Jagat drive by private car and Lukla - kathmandu fly by domestic flight.
<b>Accommodation</b>	Hotel and Lodge , Tented twin sharing bed basis during the trip.
<b>Starts at</b>	kathmandu
<b>Ends at</b>	kathmandu
<b>Trip route</b>	kathmandu - Jagat - Simi gaun - Dovan - Bedding - Na - Tso Rolpa - Parchamo Base camp - High camp - Summit - Thangpo - Thame - Namche Bazar - Lukla - Kathmandu.
<b>Cost</b>	USD 3,190 per person

## Highlights

- Parchamo Peak offers the opportunity to summit a striking Himalayan peak, standing at an altitude of 6,187 meters (20,299 feet). Reaching the summit provides a sense of accomplishment and stunning panoramic views of the surrounding Himalayan peaks.
- The expedition takes you through the picturesque Rolwaling Valley, characterized by lush forests, terraced fields, glacial lakes, and stunning mountain vistas. The valley offers a serene and visually captivating trekking experience.
- Trekking through Sherpa and Tamang villages like Simigaon and Beding allows you to experience the rich local culture, interact with friendly locals, and witness their traditional way of life.
- The itinerary includes acclimatization days in Beding, Na Gaun, and Tso Rolpa Lake, providing ample time to adapt to the increasing altitude, reducing the risk of altitude sickness, and enhancing the chances of a successful summit.

- The trek takes you to the mesmerizing Tso Rolpa, a glacial lake surrounded by pristine Himalayan beauty. The serene lake serves as a perfect location for rest, acclimatization, and reflection.
- The trek leads to Parchamo Base Camp, offering breathtaking views of the surrounding mountains and creating a base for acclimatization and preparation for the climb.
- Climbing Parchamo Peak involves technical sections, including traversing snowy slopes, negotiating crevasses, and potentially using fixed ropes. The climb provides a challenging and exhilarating experience for climbers with previous mountaineering experience.
- The ultimate highlight is reaching the summit of Parchamo Peak, standing at 6,187 meters (20,299 feet), and enjoying unparalleled panoramic views of the Rolwaling and Khumbu regions, including Gauri Shankar and Melungtse peaks.
- Throughout the expedition, you will be accompanied by experienced climbing guides who provide thorough training, guidance, and support, ensuring your safety and maximizing your chances of a successful summit.
- The Parchamo Peak climbing expedition offers a remote and less crowded experience compared to more popular peaks, allowing for a more secluded and immersive mountain adventure.

## Overview

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Parchamo Peak, located in the Rolwaling region of Nepal, is a striking peak standing at an altitude of 6,187 meters (20,299 feet). It offers a challenging and rewarding climbing experience for mountaineers seeking to conquer a Himalayan peak. Here is a detailed description of the Parchamo Peak climbing expedition:

The Parchamo Peak climbing expedition begins in Kathmandu, where you will arrive and be welcomed by a representative from the trekking agency. After an initial briefing and equipment check, you will have the opportunity to explore the vibrant city of Kathmandu, visiting iconic cultural sites such as Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square.

From Kathmandu, you will embark on a scenic drive to the village of Jagat, located in the Rolwaling region. The drive takes you through picturesque landscapes, terraced fields, and charming villages. Jagat serves as the starting point of the trek to Parchamo Peak.

The trekking route follows the scenic Rolwaling Valley, passing through dense forests, terraced fields, and remote Sherpa and Tamang villages. The trail gradually ascends, providing stunning views of the surrounding peaks, including Gauri Shankar and Melungtse.

As you trek deeper into the Rolwaling Valley, you will reach the enchanting Na Gaun village. This traditional Sherpa settlement serves as an ideal location for acclimatization, allowing you to adjust to the increasing altitude and reduce the risk of altitude sickness.

Continuing the trek, you will pass through Tso Rolpa, a glacial lake surrounded by snow-capped mountains. The awe-inspiring beauty of the lake creates a magical atmosphere in this remote Himalayan region.

Leaving Tso Rolpa, the trail becomes more challenging as you traverse rugged terrain and icy slopes. The final ascent to Parchamo Base Camp involves crossing glacial moraines and negotiating steep sections. The base camp, located at an elevation of approximately 5,000 meters (16,404 feet), offers breathtaking views of the surrounding peaks.

After acclimatizing and preparing at the base camp, you will make your way to Parchamo High Camp. The trail becomes steeper and more demanding as you gain altitude. At the high camp, situated at an elevation of around 5,400 meters (17,716 feet), you will spend the night, resting and preparing for the summit push.

Summit day begins in the early hours of the morning. Equipped with climbing gear and under the guidance of experienced climbing guides, you will ascend Parchamo Peak. The climb involves traversing snowy slopes, navigating crevasses, and using fixed ropes in some sections. Upon reaching the summit, standing at 6,187 meters (20,299 feet), you will be rewarded with breathtaking panoramic views of the Himalayas, including the Rolwaling and Khumbu regions.

Descending back to the high camp and eventually to the base camp, you will continue your trek back to Kathmandu, retracing your steps through the scenic Rolwaling Valley. Celebrate your successful summit and reflect on the incredible adventure as you return to Kathmandu.

The Parchamo Peak climbing expedition requires physical fitness, prior trekking experience, and basic mountaineering skills. It is recommended to undertake the expedition with a reputable trekking agency and experienced climbing guides who provide thorough training, guidance, and support to ensure safety and increase the chances of a successful summit.

The expedition offers a unique and immersive experience in the remote Rolwaling region, combining physical challenge, stunning landscapes, and cultural encounters with Sherpa and Tamang communities. Climbing Parchamo Peak is a remarkable achievement that creates lifelong memories and allows you to witness the grandeur of the Himalayas from its majestic summit.

## **Trip Itinerary**

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### **Day 1 : Arrival in Kathmandu**

Upon your arrival in Kathmandu, you will be greeted by our representative and transferred to your hotel. Spend the rest of the day resting and preparing for the upcoming climb. In the evening, there will be a briefing session with your climbing guide who will provide you with essential information and conduct an equipment check.

### **Day 2 : Kathmandu Sightseeing and Preparation**

Today, you will embark on a guided sightseeing tour of Kathmandu, exploring its UNESCO World Heritage Sites such as Pashupatinath Temple,

Boudhanath Stupa, and Kathmandu Durbar Square. In the afternoon, you will have free time to make any last-minute preparations and purchase any necessary gear for the climb.

### **Day 3 : Drive to Jagat 1760m - 7hr**

Leave Kathmandu and enjoy a scenic drive to the village of Jagat in the Rolwaling region. The drive takes you through picturesque countryside, terraced fields, and charming villages. Spend the night in Jagat, preparing for the trek ahead.

### **Day 4 : Trek to Simigaon 2000m - 6 hrs walk**

Begin the trek from Jagat, following the trail through lush forests and terraced fields. Pass through the village of Chhetchhet and continue to the traditional Sherpa village of Simigaon, located at an altitude of approximately 2,000 meters (6,561 feet). Enjoy the warm hospitality of the locals and immerse yourself in their culture.

### **Day 5 : Trek to Dongang 2800m - 6 hrs walk**

Continue trekking along the Rolwaling Valley, ascending gradually through forests and rhododendron-filled trails. Pass through the picturesque village of Kharka and reach Dongang, a small settlement at an altitude of around 2,800 meters (9,186 feet). Enjoy stunning views of Gauri Shankar and Melungtse peaks.

### **Day 6 : Trek to Beding 3690m - 5/6 hrs walk**

Leaving Dongang, the trail continues through beautiful landscapes, crossing suspension bridges and ascending through forests. Trek to Beding, a Sherpa village situated at an altitude of 3,690 meters (12,106 feet). Take in the tranquil atmosphere and explore the village.

### **Day 7 : Acclimatization Day in Beding**

An extra day is dedicated to acclimatization in Beding. You can take short hikes to higher elevations, visit monasteries, or explore the surrounding areas. This day helps your body adjust to the increasing altitude, reducing the risk of altitude sickness.

#### **Day 8 : Trek to Na Gaun 4180m - 6hrs walk**

Resume the trek and ascend further into the Rolwaling Valley. The trail offers stunning views of the surrounding peaks as you trek to Na Gaun, a Sherpa village located at an altitude of approximately 4,180 meters (13,714 feet). Na Gaun serves as an ideal location for acclimatization.

#### **Day 9 : Trek to Tso Rolpa Lake 4580m - 5 hrs walk**

Leaving Na Gaun, the trail leads to the mesmerizing Tso Rolpa, a glacial lake surrounded by snow-capped peaks. The trail becomes more rugged as you ascend, and you will reach Tso Rolpa at an altitude of about 4,580 meters (15,026 feet). Set up camp near the tranquil lake and take in its breathtaking beauty.

#### **Day 10 : Trek to Parchamo Base Camp 5000m - 4/5 hrs walk**

Leaving Tso Rolpa, the trail becomes more challenging as you traverse glacial moraines and steep sections. Trek to Parchamo Base Camp, situated at an altitude of approximately 5,000 meters (16,404 feet). Enjoy panoramic views of the surrounding mountains and prepare for the climb ahead.

#### **Day 11 : Acclimatization and Training at Base Camp**

Take a day to acclimatize and undergo training at Parchamo Base Camp. Your climbing guide will provide comprehensive training on climbing techniques, equipment usage, and safety protocols. You will have the opportunity to practice essential climbing skills and familiarize yourself with the equipment.

#### **Day 12 : Trek to Parchamo High Camp 5400m - 4 hrs walk**

From the base camp, ascend to Parchamo High Camp, located at an altitude of around 5,400 meters (17,716 feet). The trail becomes steeper and more challenging as you gain altitude. Spend the night at the high camp, resting and preparing for the summit push.

### **Day 13 : Summit Day and Descend to Base Camp 6187m - 9 hrs walk**

Today is the summit day. Start the climb in the early hours of the morning, equipped with climbing gear and under the guidance of your experienced climbing guide. The climb involves traversing snowy slopes, negotiating crevasses, and possibly using fixed ropes in some sections. Upon reaching the summit of Parchamo Peak, standing at 6,187 meters (20,299 feet), you will be rewarded with breathtaking panoramic views of the surrounding Himalayan peaks. Descend back to the high camp and eventually to the base camp.

### **Day 14 : Reserve Day**

A reserve day is included in the itinerary to account for any unforeseen circumstances such as bad weather or altitude-related issues. This day provides flexibility in case the summit attempt needs to be rescheduled.

### **Day 15 : Trek to Thangpo 4320m - 6hrs walk**

We climb again to the neck of Tashi Lapcha and from there we start the ascent of Pachermo. The snow slopes lead us to the final ridge, sometimes requiring fixed ropes. From the Pachermo summit, enjoy the fantastic views of the Khumbu peaks including Everest, Makalu among others. Descend to Col then to Thangpo. The Pachermo ascent takes about 5 to 6 hrs and then another 3 to 4 hrs descend takes us to Thangpo. Overnight at Thangpo.

### **Day 16 : Trek to Thame 3800m - 6 hrs walk**

Today you will be experiencing a bit easy walking, the walk from here will be enjoyable most of the way to Thame. The trail clings to the steep rocky side, passing right under the rock chute. A gradual descend brings us to Thame Village, the first hint of civilization since Beding. There is a very old and interesting Monastery at the upper end of the village. Now you have a glimpse of first really good views of the great peaks of the Khumbu including Mt Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru.

### **Day 17 : Trek to Namche Bazar 3440m - 4hrs walk**

It's a short day from Thame to Namche. At Thame, the old trade route over the Nangpa-la into Tibet branches North, following the Bhote Koshi, which incidentally is the 2-3 river so named on this trek. The trail descends gently at first and then steeply to a bridge over the river Dudh Koshi at Phunki

Tenga. Passing by several villages and numerous teashops, the trail ascends steeply to Sanasa where local Sherpa people sell the Tibetan goods. The way from Sanasa to Namche has small ups and downs with view of forests, scenery and mountains.

### **Day 18 : Trek to Lukla 2800m - 7 hrs walk**

The trail descends steeply downward so we need to walk slowly and under control as our shaky legs continuously battle the rocky terrain. After arrival in Lukla, Overnight.

### **Day 19 : Fly to Kathmandu**

We fly back to Kathmandu. The early morning flight drops us at Kathmandu.

### **Day 20 : Departure from Kathmandu**

After a remarkable journey and successful climb of Parchamo Peak, it's time to bid farewell to Nepal. You will be transferred to the airport for your departure flight, carrying with you lifelong memories and a sense of accomplishment.

## **Inclusions**

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### **What is included?**

Domestic airports pick up and drop in Kathmandu as per program by private car

Camping+lodge (whereas possible) trek with all meals (breakfast, lunch and dinner with Tea/Coffee prepared by our cook) and accommodation in tent/lodges.

Services of an experienced English speaking trekking guide, cook, kitchen helpers and porters.

Food, salary (allowance), insurance, equipment and transportation for cook, assistance, porters etc.

First aid kit bag box including oximeter to check pulse rate and oxygen level everyday to save from higher risk of altitude.

All equipment for camping (tent, mattress, kitchen tent, kitchen utensils, toilet tent etc)

All the group climbing gears like, fixed rope, Snow bar.

Sleeping bag and down jacket if necessary.

All applicable government taxes and service charges.

Gaurisankar conservation, Khumbu Rural Municipality, Sagarmatha national Park fee and TIMS.

kathmandu to Jagat drive by private Car and LUKla to Kathmandu by Domestic flight .

### **What isn't included?**

Any meals, accommodation and sightseeing in Kathmandu (if required please let us know and as per your budget requirement we would be very happy to arrange the same)

Bottled drinks (mineral water, any cold drinks, and alcoholic drinks).

Personal travel insurance against sickness, injury, accidents, damage or loss of goods.

Liability for extra expenses caused by illness, accidents or situation beyond our control.

Expenses of personal nature such as laundry, telephone, bar bill, tips for driver, guide and porter, etc.

Medical and emergency evacuation charges.

Respective expenses if one returns earlier from the trip due to sickness or emergency purpose.

Personal equipment for Sunglasses, Sun hat, normal trekking boot, plastic trekking boot etc.

Any other services or optional activities not mentioned above in the included list.

Any kind of tips for guide and Porters with other staff.

## **Complimentary**