

## Pikey Peak and Dudhkunda Lake Trek

<b>Trip code</b>	
<b>Package name</b>	Pikey Peak and Dudhkunda Lake Trek
<b>Duration</b>	11
<b>Max. elevation</b>	4561 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Kathmandu to Daap by Jeep - Phaplu to Kathmandu by flight .
<b>Accommodation</b>	Hotel and Lodge with twin sharing bed basis during the trek.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Daap - Jhapre - Pikey Base Camp - Pikey Peak - Junbesi - Thupten chholing Gunpa - Yak Khara - sasarbeni -Dudh kunda lake - Ringmu - Phaplu - Katmandu .
<b>Cost</b>	USD 1,360 per person

## Highlights

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- Excursion Pikey Peak, one of the best viewpoints in Nepal lower Everest region
- Gain stunning views from Himalaya
- The glacial lake of Dudh Kunda sacred site of both Buddhist and Hindu followers
- Combine wilderness camping with nights in local tea houses

- Sherpa hospitality in authentic villages en route to experience
- Discover about Tibetan Buddhism at the Thubten Choling and Chiwong monastery

## Overview

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**Nature Trail Travel & Tours Trekking and Expedition offer trekking to the Everest region Sherpa homeland with our eyes on Everest. During this 11-day trek, we explore the Everest region and PK Peak with our Sherpa guide following old trails trimmed with mane walls, ambling through stone-walled villages, gazing up at monasteries set into cliffs, and sipping Tibetan yak butter tea.**

**The Solukhumbu district lying south of the high valleys leads to Mount Everest. The district is the traditional homeland of the Sherpa people. Situated at elevations of between 2000 and 4000 meters, with rugged ridge and valley scenery, this is a beautiful part of Nepal and this trekking holiday makes the most of it.**

The trekking is regarded as one of the most beautiful and off-beaten trekking trails in the Everest region offering 360 degrees of mountain panorama. This trekking holiday gains height gradually, hiking for an average of around 6 hours each day. Due to its remoteness, we see relatively few trekking groups here. The itinerary has been arranged to allow everyone to acclimatize easily, although we will find walking at these elevations to be a little tougher than at sea level.

For the first part of the trek, we are following good tracks and trails between the many Sherpa villages. On the approach to Dudh Kunda, we will encounter narrower forest tracks, but nowhere are the conditions underfoot difficult. The nature of the landscape in this area means that there is a fair amount of ascent and descent.

Our circuit trek takes us through timeless Sherpa villages and up to the amazing viewpoint known as PK Peak (4065m), where the incredible panorama includes the relatively nearby peaks of Numbur (6958m) and Karyolung, as well as a slightly more distant perspective on Mount Everest and Makalu. PK Peak is also known for the awe-inspiring view of sunrise and sunset it offers.

From PK peak one can see the four of the highest mountains in the world: Mt Everest, Mt Kanchenjunga, Mt Lhotse, and Mt Makalu along with the hodgepodge of many 6000 and 7000-m high mountains like Ama Dablam, Thamserku, Kantega, Kusum Kanaru, and Mera Peak. Another eye-popping factor of the trek is Dudh Kunda a holy white water lake which is situated beneath Mt Numbur.

It is even possible to see the Annapurnas, way off towards the west. Continuing our trek by way of Thupten Choling Monastery, we head north through pine, oak, and rhododendron forests to the holy lake of Dudh Kunda, which is tucked right up under the flanks of Karyolung. At just over 4500 meters, this is an impressive and inspiring place, visited by few people other than Hindu pilgrims, who believe that taking a dip in the frigid waters will take away the sins of a lifetime. Then we fly back to Kathmandu. Anyone with a moderate level of fitness can complete the trek.

This trek begins after a drive from Kathmandu to Patale. It takes approximately 9/10 hours from Kathmandu by jeep. Our journey starts from Patale to Dudhkunda Lake through many traditional Tamang & Sherpa villages along with district headquarters i.e. near Phaplu and Salleri Bazar.

## Dudh Kundo Lake

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Dudh Kunda is the name of the popular holy Lake and the meaning is that the milky lake is situated at the lap of Numbur Himal (6957 meters / 22824 feet) and is considered a sacred site by both Hindus and Buddhists. It is believed to be a holy lake and the locals believe that taking a bath in the holy waters will have their wishes granted.

## Pikey Peak 4065m

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Pikey Peak is another famous attraction in the region. It stands at an altitude of 4,065 meters and offers stunning panoramic views of the Himalayan range, including Mount Everest, Makalu, Kanchenjunga, and others. It's a popular spot to observe breathtaking sunrise and sunset views over the snow-capped peaks. The name Pikey is consequent from the name of the Sherpa language which means a tribe god. During July or August, the locals hold celebrations to worship this particular tribe's god.

## Best Season

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As what one can see highly depends upon the seasonal condition, it is always best to travel in the best season for the corresponding trek. It is not that on a season other than the best one, the trek gets worse, but one can fully take advantage of the trek when done in the best season. The best seasons for trekking in Nepal are March-May (spring) and Sep-Nov (autumn); though trek can be done throughout the year.

## Trip Itinerary

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### Day 1 : Drive from Kathmandu to Daap (2840m) - 7 hrs

The journey starts early in the morning and we will leave the hustle and bustle of Kathmandu valley to Dhap Bazaar via Okhaldungha by private vehicle. It is a 7-hour drive along the Sun Koshi, later joining Tama Koshi and becomes a roaring big Koshi River. We will stop en route for lunch in a small local restaurant. It takes about 4 hours of driving to arrive in Ghurmi. Then a smooth drive uphill towards the north through the sub-tropical forests of Pine to dense forests of Rhododendron follows. We will be passing several countryside villages, beautiful landscapes and valleys until we reach Dhap Bazaar (2850m) which takes about 3 hours. Exploring the fascinating village and several local shops will give you a different experience; of knowing local people, their culture and their way of life. In the clear sky, the awesome mountain view of Numbur Chuli makes you feel that you are already closed to the Himalayas.

### Day 2 : Trek from Daap to Jhapre (2860m) - 5hrs Walk

After breakfast, we set out on the walking trail, which stays on dusty roads for about two and half hours. Once we reach Sigane, the trail from there follows a road under construction for the first couple of hours. The first village enroute is called Jahpre (2860m). It's perched above a deep valley with nice views of Everest and the Number Himal. There's a pretty little Gompa and Stupa here. This is also another best view point for all high Himalayan range to north. Here you find few lodges with its comfort and plenty of food items.

### **Day 3 : Trek from Jhapre to Pikey Base Camp (3585m) - 5hrs walk**

The morning brings an awesome mountain scenery of Numbur Chuli and Everest, including the eastern Himalayan range. The Trekking Trail starts on dirt roads for a while and quickly goes through a gentle uphill route. We go through the Pine and Rhododendron forests until reaching Bhulbule (3210m) and it takes about 2 hours. You will find small tea shop there. We will then arrive in Lhamuje (3330m) which takes an hour. We will have lunch here in a newly built tea-house. In the spring season, you will enjoy different species of Rhododendron flowers during the walk and the spectacular Himalayan range. Afterwards, the trail is mostly gentle ups and downs in the ridge till we arrive at the Yak pasture land where we can see many grazing Yaks. We will then climb steep hills with zigzag trails to arrive at Pikey Peak Base Camp (3585m) which takes about 2 hours and 30 minutes. You can visit Yak Cheese factory and they produce Cheese during Monsoon. The two lodges you will find serves basic local food.

### **Day 4 : Trek from Pikey Base Camp to Junbesi 2680m/6 hours via Pikey Peak 4065m**

Early morning, we set out on the uphill trail until reaching Pikey Peak (4065m) and it takes about an hour. The unobstructed view of the sunrise over the Himalayan range and the spectacular views of mountains including Mt. Everest, Number Chuli, Thamserku, Khangtega, Khatang, Karyoling to the north, Kanchenjunga to the east, Manaslu, Dhaulagiri, Gaurishankar, Dorje Lakpa, Langtang to the west is beautiful. We then go downhill in the gully stone trail for a few hours and enter to the Rhododendron and Pine forest until Jase Bhanjyang (3550m) and it takes about 2 hours.

Then trail then leads us to Lamjura (3530m) which takes about 2 hours. You can stop for lunch here. After lunch we continue on the trail and rhododendron forests until we reach Taktor. After that it a relaxed walk to Junbesi (2680m), passing several mani walls and stone chhortens. It takes 2 and half hours.

The Numbur Chuli ( peak) to the north looms high above the village. You may visit an old monastery in the village and explore the village, to know their culture and way of life. There are several nice lodges with good food.

### **Day 5 : Trek to Thupten cholling Gumba and Next Camp**

The next morning, you follow the river once more, meandering through fields and flowers, towards a very special place; Thupten Choling, home to 800 monks living in tiny cottages dotting the hill behind the main Gompa. His Holiness, the late Trulsik Rinpoche founded the monastery in the 1960's after fleeing Tibet. Thupten Choling houses, feeds, and educates a large population, 80% of whom are Tibetan refugees. This is one of the first contact points for the many Tibetans who find their way into Nepal each year. Although most refugees continue on to India, about 40 nuns per year stay on and

join the monastery.

From here you continue up the valley for another hour to your first campsite where you are joined by the full camping crew for the first time. You will now be camping each night until you reach Taksindu.

### **Day 6 : Trek to yak Kharka (3030m) - 5 hrs walk**

As you will be ascending steadily in the next few days, it is important to pay attention to how your body is acclimatizing. Your visit to Pike Peak earlier in the trek would have helped considerably with your acclimatization. However, do pay attention to any of the early signs of altitude sickness and make sure you drink plenty of water. Today takes you through a magical forest up towards a pass near where you will spend the night.

### **Day 7 : Trek to sasar beni (3250m) - 5 hrs walk**

Continuing our trail northward through rhododendron forest, we trek to the beautiful Pare Danda towards the peak of Numbur and Karyolung. The walking today is excellent along a high ridge with superb vistas. We will see the mountain glacier and close up view of mountains. In the rainy we too can see different species of migratory birds. At the base of these peaks lies the yak pastures below the holy lake of Dudh Kund. We make our camp tonight in yak pastures on the ridge.

### **Day 8 : Explore Dudh Kunda (4561m) - 6hrs walk**

On the following day, we will have a free day or a short hike for exploration around this beautiful and remote area. You could also have an excursion around the holy lake. This is also a day for acclimatization. We will spend overnight at Dudh Kunda.

Dudh Kund (Milk Lake) is an important site of pilgrimage for both Hindus and Buddhists. During the full moon of July/August many Hindus make the long trek to bathe in the lake while the Sherpas come to build cones of tsampa porridge like mix of barley flour and butter) in honor of local deities. At this time the lake is very busy but at the time of our arrival we are likely to be the only people present. From Dudh Kunda there is another breathtaking panorama of Everest, Numbur, and down into the forested valley. After our explorations we return to camp at the yak pastures.

### **Day 9 : Trek to Ringmu (2860m) - 6 hrs walk**

Today, we start our trekking early in the morning. Leaving the high pastures we now turn south. Passing through the Sherpa village of Temba we descend to Ringmu on the main trail from Jiri to Everest. Ringmu is situated on the main trail from Jiri to Lukla. It is renowned for its apple orchards and here you can buy all manner of apple-based products from cider to apple pie. We set up our camp in this small village. You can spend an overnight at Ringmu.

### **Day 10 : Trek to Phaplu 2410m - 5 hrs walk**

We trek back again to the same route to Phaplu leaving back the Everest Trail. We have a relatively short final day of trekking following an easy trail beside the Dudh Kund Khola down to Phaplu where we make our last camp. On the way we will experience an extreme wilderness. Beside this we will also find many Sherpa hamlets. On evening, we can also explore the town of Phaplu and view the local culture and their settlement there.

## **Day 11 : Fly back to Kathmandu 1350m - 25min flight**

Early in the morning catch a flight for Kathmandu. In the airport our representative will receive you and get you transferred to the hotel. The remaining day is leisure for self exploration.

## **Inclusions**

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### **What is included?**

Private Jeep from kathmndu to Daap.

Domestic flight from Phaplu to Kathmandu.

Trekking permits and TIMS (Trekking Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).

Accommodation in teahouses or lodges twin sharing bed basis during the trek.

All meals (breakfast, lunch, and dinner) with cup of hot drinks during the trek.

staffs insurance , well paid salary, lodging and fooding during the trek.

Basic first aid kit.

Government taxes and service charges

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

International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Accommodation and meals in Kathmandu (beyond the itinerary).

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

## **Complimentary**