



## Pokalde Peak or Dolma Ri Climbing

<b>Trip code</b>	
<b>Package name</b>	Pokalde Peak or Dolma Ri Climbing
<b>Duration</b>	18
<b>Max. elevation</b>	5806 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Kathmandu - Lukla - kathmandu fly by domestic flight.
<b>Accommodation</b>	3***hotel in kathmandu , Lodge and Tented twin sharing bed basis during the trek.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Lukla - Phakding - Namche Bazar - Tengbuche - Dingbuche - Lobuche - Gorakshep - Everest Base camp - Kalapatar - Labuche - KONGmala Pass - Pokalde summit - Chhukung - Pongbuche - Namche - Lukla - Kathmandu.
<b>Cost</b>	USD 2,235 per person

### Highlights

- Pokalde Peak offers the opportunity to summit a stunning Himalayan peak, standing at an altitude of 5,806 meters (19,049 feet). Reaching the summit provides a sense of accomplishment and offers breathtaking panoramic views of the surrounding Himalayan giants like Everest, Lhotse, and Makalu.
- The expedition takes you through the picturesque landscapes of the Everest region, including lush forests, river valleys, and high-altitude alpine meadows. The trail offers stunning views of snow-capped peaks, glaciers, and dramatic mountain vistas.
- Trekking through Sherpa villages like Namche Bazaar, Tengboche, and Pangboche provides an opportunity to immerse yourself in the rich local Sherpa culture, interact with friendly locals, and visit monasteries, adding a cultural element to the expedition.

- The itinerary includes strategic acclimatization days in Namche Bazaar and Dingboche, allowing climbers to adjust to the increasing altitude and reduce the risk of altitude-related illnesses. These acclimatization days also provide opportunities for side hikes to higher altitudes for better acclimatization.
- The trek passes through Tengboche, home to the famous Tengboche Monastery. This spiritual and cultural landmark offers a glimpse into the traditional Buddhist practices and rituals of the Sherpa people.
- The trek leads to the Pokalde Base Camp, offering panoramic views of the surrounding mountains. The base camp serves as a launching point for the climb and provides a serene and picturesque setting.
- Climbing Pokalde Peak involves technical sections, including traversing glaciers, navigating steep slopes, and potentially using fixed ropes. The climb offers a challenging and exhilarating experience for climbers with previous mountaineering experience.
- The ultimate highlight is reaching the summit of Pokalde Peak, standing at 5,806 meters (19,049 feet). From the summit, you will be rewarded with breathtaking 360-degree views of the Everest region, including iconic peaks like Everest, Lhotse, and Makalu.
- 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.
- During the expedition, there is an opportunity to visit Everest Base Camp, a historic and iconic location where mountaineers from around the world gather in pursuit of climbing Everest. It offers a sense of the mountaineering history and the challenges faced by climbers.

## Overview

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Pokalde Peak, also known as Dolma Ri, is a stunning Himalayan peak situated in the Everest region of Nepal. Standing at an altitude of 5,806 meters (19,049 feet), it offers a challenging yet attainable climbing experience for mountaineers. Here is a detailed description of the Pokalde Peak climbing expedition:

The Pokalde 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 take a scenic flight to Lukla, a small town in the Everest region, known as the gateway to the Everest Base Camp trek. Upon landing in Lukla, you will begin the trek towards Phakding, a picturesque village situated at an altitude of 2,652 meters (8,700 feet). The trail offers stunning views of the Dudh Koshi River and lush green landscapes.

Continuing the trek, you will make your way to Namche Bazaar, a bustling Sherpa town and the main trading center of the Everest region. The trail ascends through beautiful rhododendron forests, crosses suspension bridges, and provides magnificent views of Everest and other surrounding peaks. Namche Bazaar, located at an altitude of 3,440 meters (11,286 feet), serves as an excellent acclimatization point.

After a day of acclimatization in Namche Bazaar, the trek continues towards Tengboche, home to the famous Tengboche Monastery. The trail passes through forests filled with pine and juniper trees, offering breathtaking views of Everest, Nuptse, and Ama Dablam. Tengboche Monastery, perched at an altitude of 3,860 meters (12,664 feet), is one of the most important Buddhist monasteries in the Everest region.

Leaving Tengboche, the trek proceeds towards Dingboche, a beautiful village situated at an altitude of 4,410 meters (14,469 feet). The trail winds through alpine meadows, crosses icy streams, and provides spectacular views of Lhotse and Island Peak.

From Dingboche, the trek continues towards Lobuche, a small settlement located at an altitude of 4,910 meters (16,108 feet). The trail becomes more rugged and challenging as you gain altitude, and the landscape transforms into a rocky and icy terrain.

At Lobuche, you will take a detour from the main Everest Base Camp trail and head towards Pokalde Base Camp. The trail leads through glacial moraines and rocky slopes, gradually ascending to the base camp. Set at an altitude of approximately 5,300 meters (17,388 feet), the base camp offers breathtaking views of the surrounding peaks and serves as a launching point for the climb.

After a day of rest and acclimatization at the base camp, you will make your way to the Pokalde High Camp. The trail becomes steeper and more challenging as you gain altitude, requiring the use of crampons and ice axes. The high camp, situated at an altitude of around 5,600 meters (18,372 feet), provides a strategic location for the summit push.

Summit day begins in the early hours of the morning, under the guidance of experienced climbing guides and equipped with appropriate climbing gear. The final section involves traversing glaciers, negotiating icy slopes, and possibly using fixed ropes in some sections. Upon reaching the summit of Pokalde Peak, standing at 5,806 meters (19,049 feet), you will be rewarded with breathtaking panoramic views of Everest, Lhotse, Makalu, and other surrounding peaks.

After enjoying the summit views, you will descend back to the high camp and eventually to the Pokalde Base Camp. From there, you will retrace your steps, trekking back to Lobuche and continuing towards Gorak Shep. At Gorak Shep, you will have the opportunity to visit Everest Base Camp, a significant landmark for mountaineers from around the world.

The descent continues to Pheriche and Pangboche, passing through scenic landscapes and Sherpa villages. From Pangboche, you will descend to Namche Bazaar and eventually make your way back to Lukla.

Once in Lukla, you will take a short but scenic flight back to Kathmandu, where you can rest, reflect on your incredible climbing adventure, and celebrate your achievement.

## 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 : Fly to Lukla and Trek to Phakding 2680m - 4 hrs walk**

Take an early morning scenic flight from Kathmandu to Lukla, the gateway to the Everest region. Upon arrival, meet the rest of the trekking team and begin the trek towards Phakding, a picturesque village situated at an altitude of 2,652 meters (8,700 feet). The trail offers stunning views of the Dudh Koshi River and lush green landscapes.

### **Day 4 : Trek to Namche Bazaar 3340m - 6 hrs walk**

Continue the trek along the banks of the Dudh Koshi River, crossing suspension bridges and ascending gradually. Pass through the Sagarmatha National Park entrance gate and continue to the Sherpa town of Namche Bazaar, located at an altitude of 3,440 meters (11,286 feet). Enjoy the bustling atmosphere of the town and take in the panoramic views of Everest, Lhotse, and other surrounding peaks.

### **Day 5 : Acclimatization Day in Namche Bazaar**

To acclimatize to the increasing altitude, spend an extra day in Namche Bazaar. Use this day to explore the town, visit the Sherpa Museum, and take a short hike to higher elevations for better acclimatization. It is also an opportunity to rest and rejuvenate before continuing the trek.

### **Day 6 : Trek to Tengboche 3860m - 5 hrs walk**

Leaving Namche Bazaar, the trail descends through forests filled with rhododendron and pine trees, offering stunning views of Everest, Lhotse, and Ama Dablam. Reach the village of Tengboche, home to the famous Tengboche Monastery, situated at an altitude of 3,860 meters (12,664 feet). Explore the monastery and witness the spiritual and cultural practices of the Sherpa people.

#### **Day 7 : Trek to Dingboche 4410m - 5 hrs walk**

Continue the trek, descending through forests and crossing the Imja Khola. Ascend gradually to the village of Pangboche, known for its ancient monastery. From Pangboche, the trail continues to Dingboche, a beautiful village situated at an altitude of 4,410 meters (14,469 feet). Enjoy the panoramic views of Lhotse, Island Peak, and Ama Dablam.

#### **Day 8 : Acclimatization Day in Dingboche**

Another day is dedicated to acclimatization in Dingboche. Use this day to explore the surroundings, take short hikes to higher altitudes, and further acclimatize to the increasing altitude. Enjoy the breathtaking views of the surrounding peaks and relax in the peaceful atmosphere of the village.

#### **Day 9 : Trek to Lobuche 4910m - 5 hrs walk**

Leaving Dingboche, the trail ascends through alpine meadows and crosses glacial streams. Trek to Lobuche, a small settlement located at an altitude of 4,910 meters (16,108 feet). The landscape becomes more rugged and rocky as you gain altitude, providing a glimpse of the high mountain terrain.

#### **Day 10 : Trek to Gorak Shep and Everest Base Camp 5100m - 8 hrs walk**

Continue the trek to Gorak Shep, a small settlement situated at an altitude of 5,160 meters (16,929 feet). Drop your belongings at the teahouse and embark on a memorable hike to Everest Base Camp. Trek through the Khumbu Glacier and witness the base camp where mountaineers prepare for their Everest summit attempts. After exploring the base camp, return to Gorak Shep for the night.

#### **Day 11 : Trek from Lobuche to Pokalde Base Camp via Kongma-La Pass - 7 hrs walk**

We start our venture towards the Pokalde peak by departing from Lobuche and heading towards the Base Camp. The trails are somewhat rocky, and the ascent is quite steep as we pass via the Kongma La Pass (5,535) towards the base camp. After walking for about 6 hours, we finally reach Pokalde Base Camp. Here, our representatives will guide you with some mountaineering tips for the big climb on the following day. Overnight stay at Pokalde Base Camp.

### **Day 12 : Acclimatization and Training at Base Camp**

Take a day to acclimatize and undergo training at the Pokalde 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 13 : Summit to Pokalde Peak 5806m and back to Chhukung 4760m - 8 hrs walk**

The day you all have been waiting for is finally here! The summit day! It might be one of the toughest days amongst all the trekking days but also is the most rewarding one! We start walking early as we begin the climb to the summit of the Pokalde peak. The trail is rocky and quite challenging all the way to the summit and takes about 4-5 hours in total.

Upon reaching the top, you can witness jaw-dropping scenarios of the surrounding Khumbu peaks. These namely are Mt. Makalu (8,481 m), Mt. Pumori (7,165 m) and Mt. Ama Dablam (6,856 m). After some well-deserved photographs at the top, we start our descent back to the base camp. The trail then follows further to Chhukung for the night. Overnight stay at

### **Day 14 : Trek back to Pangboche 3860m - 4 hrs walk**

Leaving the base camp, you will trek back to Pangboche, retracing your steps through the stunning landscapes of the Everest region. Enjoy the scenic beauty and reflect on your successful summit.

### **Day 15 : Trek back to Namche Bazaar 3440m - 5 hrs walk**

Continue the descent from Pangboche and make your way back to Namche Bazaar. Enjoy the lively atmosphere of the town, shop for souvenirs, and celebrate your achievement.

### **Day 16 : Trek back to Lukla 2800m - 6 hrs walk**

Leaving Namche Bazaar, trek back to Lukla, the endpoint of your trekking journey. It's a long but rewarding trek, passing through various Sherpa villages,

enjoying the mountain views, and relishing the final moments in the Everest region.

### **Day 17 : Fly back to Kathmandu**

Take an early morning flight from Lukla to Kathmandu. Once in Kathmandu, you can take the opportunity to rest, explore the city, and reflect on your incredible climbing adventure. In the evening, there will be a farewell dinner where you can celebrate the successful climb.

### **Day 18 : Departure from Kathmandu**

After a remarkable journey and successful climb of Pokalde 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?**

Arrival and departure transfer services for Airport – Hotel – airport.

Hotel accommodation in Kathmandu including breakfast.

Trekking Lodge/teahouse and tented accommodation during trekking and climbing session

Professional Trekking Guide and 2 guests 1 Trekking Porter

Very Professional Climbing Guide and Crews

Trekking staff foods, accommodations, salary, insurance

All Meal ( Lunch , Dinner and Breakfast ) & 3 tea/coffee every single day during the Trek and Climbing.

Trekking Permits & Climbing Permit

Assistant Cook and Transportation: Trekking assistant cook and necessary kitchen helper on the basis of Member and they carry of camping equipment and tent from Chhukung,

Camping Equipment Utensils: EPI Gus, Gas stove or fuel stove for cooking, fuel or Kerosene oil, cooking pots, mattress, walkie talkie (talkback) etc.

Staff salary and allowance: climbing staffs and porters daily:  
wages/equipment/food/clothing/insurance

High Altitude Tents: North FaceDome Tent Space for two pax. Wall/cabin tent for dining and kitchen, etc.

Base Camp Lodging & Foodservice: chocolate and Three Meals (Breakfast, Lunch and dinner) a day for members and staff.

Drinks and Beverages for climbing: Tea with cookies and hot drinking water during the climbing period and Hot Washing water in case required.

Fixing Gear: fix rope, main rope, snow bar, ice crew, rock pitons as well as Heli Rescue/charter Arrangement.

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

Lunch and Dinner during your stay in Kathmandu (except Breakfast ).

Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, health bars.

Items of personal nature - laundry expenses, tips.

Rescues, repatriation, medicines, medical tests, and hospitalization expenses.

Medical insurance and emergency rescue evacuation if required.

Travel insurance and helicopter rescue.

Airfare of international flights.

Nepal entry visa fee (easy to obtain the visa on arrival at Tribhuvan International Airport – Kathmandu). \$25 USD for 15-day visa.

Personal climbing gear.

Tips, gifts, souvenirs.

Tips for the guide, porter, and driver (tipping is expected)

### **Complimentary**