Pikey Peak Trekking : Best View Trek for Women

Everest Region

Trip Facts

REGION	DURATION
Everest	**11 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
4,302m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
84 km/53 miles	**Private vehicle**

Group Prices and Discounts

USD 1,100 per person

No. of travellers	Price per person
1 Pax	USD 1,100

Overview

Pikey Peak Trekking is a scenic and panoramic destination around the hidden pockets of Solu-Khumbu district. It is located on the southern green hills of mighty Everest Region. The walks to Pikey Peak's scenic viewpoint lead to serene trails. The area of trekking routes gets a few groups of trekkers in the best seasons of the year. You can enjoy delightful walks on the unspoiled, undisturbed country far from the main busy mainstream trekking routes. Pikey Peak Trekking with **Women Adventures**, supported by our **women trekking guide in Nepal**, can be a memorable adventure as we planned the itinerary very well so that it is fitted for women of all ages. Families with children and elderly people can enjoy these short and

moderate adventures. Female Travellers searching a Pikey Peak itinerary or planning the popular Pikey Peak Trekking 11 Days option will find this route flexible and rewarding.

The trek leads to an exciting place, where trekkers can observe the traditional farm life and activities along with the impressive cultures of the native villagers adorned with religious and prayer monuments. The walk leads from one farm village to another with scenic views of distant snow-capped peaks as well as trekking into enchanting dense woods of tall rhododendrons, oaks, pines, and fir trees. In spring the whole area and hills will be a paradise for nature lovers and botanists when wildflowers are in seasonal bloom, especially the rhododendrons of various species and colors from tall trees to bush.

The charm and beauty of Pikey Peak Trekking are the serenity of beautiful surroundings, local cultures, and remarkable scenery. Discover the lifestyle of Sherpa women in the Pikey Peak region, where their stories of resilience and empowerment inspire a deeper appreciation of their vital role in the community. The top of Pikey Peak Trek is a high scenic viewpoint, for a spectacular panorama of various peak which offers 360°degree view of Himalayan range. The views include the grand vista of Ganesh, Langtang, and Jugal Himal with majestic Gaurishankar, Mt. Everest with Makalu, as far as Kanchenjunga Himal.

After a rejoiceful moment on top of scenic Pikey Peak, then heads towards an alternative route. You will visit the lovely Sherpa village of Junbesi and back to Phaplu to end the treks. Then on an exciting overland journey to Kathmandu, after a marvelous time with a delightful experience on **Pikey Peak Trekking**.

Highlights

- Head on an empowering journey to Pikey Peak Trek with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the Pikey Peak Trek.
- Connect with local women of different areas and traditions.
- Trekking in tranquil surroundings on off the beaten trails far from mainstreams.
- A pleasant scenic and cultural walks around the southern hills of mighty Everest.
- Explore traditional farm villages steeped with impressive culture of old heritage.
- Walking into serene and enchanting forest of rhododendrons, firs and pine trees.
- Incredible panorama of Himalayan snow mountain range with views of Everest.

Route Overview

Trekkers planning to join for Everest Panorama or other adventures around the Nepal Himalayas should be aware that Nepal is a country of high land of mid-hill to higher mountainous landscapes and terrains. The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Pikey Peak starts with a pleasant gradual path with a few short steep ups till Pikey Base Camp. Then with steep winding up to reach on top of Pikey Peak Hill. The rest of the trail on the return journey is mostly downhill and a few short-ups to the end of trekking to Phaplu.

The trail is ideal for trekkers who prefer support from a women trekking guide agency or a professional female trekking guide.

Ready to experience the serene Pikey Peak Trek with Women Adventures? Book now for a safe, empowering journey supported by our experienced women trekking guides.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Pikey Peak Trekking team in the meeting room for a briefing. The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge, and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Drive to Phaplu 2,415 m-07 hrs.

An early morning starts after a good breakfast, we will go for a long hour's overland journey to Phaplu village. The drive follows eastern highway and diverts towards Solu-Khumbu district. Then on winding ups and down to Salleri, a moderate town and district headquarters. From Salleri, we follow the uphill dirt tracks to reach Phaplu village for an overnight stop. We will stay at a simple nice lodge accommodation. The driving distance is approx. 271 km/169 miles from Kathmandu to Phaplu around Solu Khumbu district.

Day 04: Trek to Jampre 2,920 m-05 hrs.

After a long drive of previous day with pleasant overnight stop in Phaplu, we begin our day after having a good breakfast at lodge. We start the first-day of trek on a gradual winding path with short uphill through farm areas and villages. The path offers views of Snow Peak, and the walk continues with short refreshing stops, to observe cultures and farm life. On this route, only a few groups of trekkers seldom pass through around these remote rural villages. The walk heads further west to reach Jampre for overnight stop, a moderate size farm village. We then check into a simple lodge with basic facilities but with good local food.

Day 05: Trek to Pikey Hill Base Camp 3,640 m /11,942 feet-06 hrs.

From Jampre, the second day walk leads towards Pikey Peak which is our final and main destination. We start the walk leaving the farm villages, towards remote wilderness amidst lovely forest surroundings. The walk follows through dense tree lines of rhododendron-magnolia-oaks-hemlocks-pines and firs. Then slowly we reach Pike Hill Base Camp for an overnight halt within a summer pasture area. It is a serene spot with temporary huts and shades of cattle herders, and having simple small lodge. The lodge here serves simple Nepalese or Sherpa foods for main meals and dinner. The area sees only a few visitors even during the best seasons of the year because of its remote location. But the region is slowly gaining notice from foreign visitors, at present a few lodges have been built, to serve the needs of trekkers.

Day 06: Trek and Climb to Pikey Hill 4,302 m/14,114 feet and trek to Loding village 2,515 m- 07 hrs.

We begin the day with an early rise, having breakfast, and carrying a packed lunch before starting the day walk. We will head for the long climb of about two hours. The trail winds up through beautiful forest of tall rhododendron, oaks, pines and fir trees. Then finally the long steep climb ends, reaching on top of Pikey Peak Hill top. It is the highest spot of the adventure at 4,302 m high where we can enjoy the wide panorama of Himalayan peaks as well as sunrise reflecting on top of the highest Mt. Everest and array of snow peaks. Celebrate the achievement of conquering Pikey Hill, located at an impressive altitude, with your female friends, guides, and porters, making unforgettable memories together. The views stretch from Ganesh and Langtang to Jugal Himal and Gaurishankar-Melung, extending to Tse-Numbur, Makalu, and as far as Kanchenjunga in the far east. After a refreshing morning with grand panorama of Himalayan range, then head downhill to base camp. After a refreshing rest, we continue trekking on an alternative route to Phaplu via Loding and Junbesi village. The walk leads back into farm areas to reach a small village of Loding for overnight stop.

Day 07: Trek to Junbesi 2,675 m - 05 hrs.

We begin our day after breakfast and our walk heads north on the gradual winding path with a few short ups and downs. We will walk into a nice coniferous forest, and then the last climb of the day to Junbesi. We then reached a lovely Sherpa village at Junbesi. At Junbesi, the lodge accommodation is much better than previous overnights. This village is located on the main trail of Jiri to Everest. After checking into a comfortable lodge, you can spend the afternoon visiting the nearby monastery and enjoying the surroundings. As well as observe the local impressive culture of the Sherpa people of Buddhist heritage.

Day 08: Trek to Phaplu 2,415 - 05 hrs.

After a pleasant overnight stop in Junbesi, enjoy the last day walk on winding uphill trail to Phaplu. The walk leads with lovely views of Numbur peaks, and then downhill with few short ups to Phaplu for last overnight stop around Solu-Khumbu district.

Day 09: Drive from Phaplu to Kathmandu -07 hrs.

Today, we will have a long and interesting drive to Kathmandu. After breakfast, we will board in jeep or similar four-wheel drive which is best for mountainous rough dirt road. We then drive towards lower warm farm villages on leaving the Solu-Khumbu areas to reach Ramechap district. The drive then on good road on BP Highway to Kathmandu, a pleasant as the drive climbs on winding road. Upon reaching Dhulikhel Town we then back into the bustling city at Kathmandu after a long interesting overland journey. You will arrive by dinner time. Upon arrival, check into your hotel and enjoy a well-deserved rest.

Day 10: In Kathmandu free day for individual activities, options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 11: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience to Pikey Peak Trekking. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

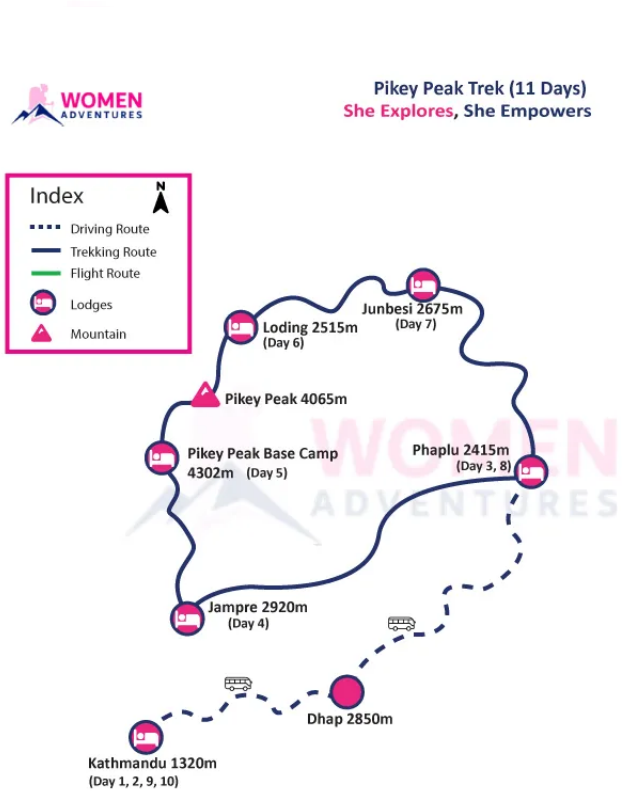
- Airport Pick up and Drop.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- A professional trekking guide, Porter (Helper) and assistant guide for group size above 5 trekkers
- Air ticket (Phaplu –Kathmandu)
- Private transfer from Kathmandu to Dhap
- All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff

- Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

Trip Map



Food and Culture

The food and lodge accommodations around the Khumbu region of Everest are available at designated overnight stops. Overnight accommodation and meals will be served as per the itinerary set by the Women Adventures. We provide the best lodge accommodation wherever possible. The foods are available according to those listed on the menu, from breakfast,

lunch, dinner, or main courses. We also provide side snacks with warm and cold refreshment drinks, serving you in a nice and cozy dining room, with a fireplace.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

Many teahouses along this route also collaborate with local women, supporting community-led tourism similar to initiatives promoted by women trekking guide agency programs.

The lodge accommodation and food are simple and nice en route to Pikey Peak. The lodge accommodations from Phaplu onwards, are simple with nice basic rooms. From Phaplu to Pikey Base Camp the lodges provide common bathrooms and toilets; including a simple food menu of limited varieties. The rooms are on a shared basis with common bathrooms and toilets. This route is quite raw and new due to its remoteness and with less flow of trekkers. In the future, the lodges en route to Pikey Peak may upgrade to standard lodge accommodation and food.

All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you have to pay an extra cost per hour and for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions. In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is a good practice for **Eco-Tourism** and involves properly managing garbage and litter throughout the trek.

It is important to know that alcoholic drinks are not healthy and good while going up to higher altitudes. But can enjoy after completing the main highlights, on the return journey to Phaplu, and losing altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the Solu-Khumbu region of Nepal North Mid-East Himalayas are Sherpa. The Sherpa follow the Buddhist religion, similar to their early Tibetan predecessors. The walk leads across many Buddhist monuments and shrines, as well as impressive monasteries.

Starting from the Solu area, the eastern people are of mixed peoples, mostly Sherpa and Rai, from Kirat tribes with few Gurung, Magar, and Tamang, Hindu Chettries, and Brahmin. As the walk enters the heart of Solu, the southern areas of Mt. Everest from Phaplu en route to Pike Hill, you'll visit the Sherpa villages adorned with age-old heritage and colorful culture. Besides the majority of the Sherpa tribe, it is also inhabited by other mixed hill tribal people, the Kirat Rai. Along the journey, you'll also encounter the rich cultural diversity of the region, including Magar, Tamang, Hindu Chhetris, Brahmins, and Dalits, each contributing to the area's unique heritage.

Travellers who prefer trekking with a female trekking guide in Nepal or a women-led team will find this route safe, supportive, and culturally enriching.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

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