



Pikey Peak Trek (9 Days) Lower Everest Trek

EVEREST REGION

9 Days
DURATION

Moderate
DIFFICULTY

USD \$1,050
FROM (PER PERSON)

QUICK FACTS

Duration	9 days	Trip Difficulty	Easy
Activities	Trekking	Accommodation	Tea house /Guest house
Meals	Breakfast ,Lunch and Dinner	Max Elevation	4,065 metres (13,337 ft
Group Size	2-22	Best Time	Autumn (September to November) and spring (March to May)

TRIP HIGHLIGHTS

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OVERVIEW

The Pikey Peak Trek is a beautiful and less-crowded journey through the Lower Everest region, perfect for trekkers who want stunning Himalayan views without extreme altitude challenges. This trek combines gentle trails,rich Sherpa culture, and peaceful mountain landscapes, making it ideal for first-time trekkers as well as experienced hikers looking for a quieter alternative to the classic Everest routes.

wild life through the trek

Your adventure begins with a scenic drive from Kathmandu to Dhap Bazaar, the gateway to the Pikey Peak trail. From here, the route gradually climbs through subtropical forests, rhododendron hills, alpine meadows, and traditional Sherpa villages such as Jhapre and Junbesi. The slow ascent keeps altitude sickness risk low while allowing time to fully enjoy the surroundings.

beautiful view during the pikey peak trek

The highlight of the trek is reaching the summit of Pikey Peak (4,065 m). From the top, you are rewarded with one of the widest panoramic mountain views in Nepal, including Mount Everest, Lhotse, Makalu, Cho Oyu, Nuptse, Thamserku, and Numbur Himal. Sunrise from Pikey Peak is especially magical and was famously described by Sir Edmund Hillary as his favorite Himalayan viewpoint. Beyond the scenery, the trek offers deep cultural experiences. You will visit ancient monasteries, chortens, and mani walls, experience warm Sherpa hospitality, and enjoy peaceful moments that many travelers find perfect for reflection and meditation. Optional side trips to places like Junbesi, Thuptenchholing Monastery, and Chiwong Monastery add further cultural and spiritual value to the journey.



DAY-BY-DAY ITINERARY

DAY 1 Arrival in Kathmandu

- Max. Altitude:** 1,324 meters (4,344 feet)
- Trekking Distance:** 4 km
- Duration:** 30 min
- Overnight:** Hotel In Kathamndu
- Meals:** Breakfast And Bed

Arrive in Kathmandu, the vibrant cultural heart of Nepal. Upon landing at Tribhuvan International Airport, you will be welcomed by our team and transferred to your hotel. The rest of the day is free to relax after your journey, explore the lively streets of Thamel, or make final preparations for the trek. An overnight stay in Kathmandu helps you settle in comfortably before the adventure begins.

DAY 2 Drive from Kathmandu to Dhap Bazaar (2,850 m)

- Max. Altitude:** 2,900 meters (9,514 feet)
- Trekking Distance:** 200km
- Duration:** 8-9 Hours
- Overnight:** Tea House/ Guest House
- Meals:** Breakfast ,Lunch and Dinner

Duration: Approx. 8 hours After breakfast, enjoy a scenic drive from Kathmandu to Dhap Bazaar, the gateway to the Pikey Peak trail. The route follows winding roads alongside the Sunkoshi River, passing through terraced farmland, traditional villages, and changing landscapes. This journey offers your first glimpse of rural Nepal and marks the transition from city life to the mountains. Overnight stay in Dhap.

DAY 3 Trek from Dhap to Jhapre (2,815 m)

- Max. Altitude:** 2,920m / 9,580ft)
- Trekking Distance:** 12-13 km
- Duration:** 4 to 5 hours
- Overnight:** Tea House / Guest House
- Meals:** Breakfast ,Lunch and Dinner

Distance: 14 km | Duration: 4-5 hours Your trekking journey begins today. The trail from Dhap to Jhapre follows gentle ridges and peaceful forest paths, with gradual altitude gain. Along the way, you may catch early views of Mount Everest** and Numbur Himal. Jhapre is a charming village known for its monastery and open viewpoints, offering a calm and welcoming atmosphere. Overnight stay in Jhapre.

DAY 4 **Trek from Jhapre to Pikey Peak Base Camp (3,640 m)**

- Max. Altitude:** 3640m/ 11942.26feet
- Trekking Distance:** 13-14 km
- Duration:** 5-7 hours.
- Overnight:** Tea House / Guest House
- Meals:** Breakfast, Lunch and Dinner

Distance:13.7 km | Duration: 5-6 hours Today’s walk takes you through dense forests, yak pastures, mani walls, and prayer flags as you make your way toward Pikey Peak Base Camp. The trail feels peaceful and spiritual, with wide mountain landscapes opening up as you gain altitude. Upon arrival at base camp, enjoy the quiet surroundings and prepare for the summit hike the next morning. Overnight stay near Pikey Peak.

DAY 5 **Hike to Pikey Peak Summit (4,065 m) & Descend to Jase Bhanjyang**

- Max. Altitude:** ,065 m (13,310ft)
- Trekking Distance:** 8 to 9 km/5 to 5.6 miles
- Duration:** 4 to 5 hours
- Overnight:** Tea House / Guest House
- Meals:** Breakfast, Lunch and Dinner

Distance: 5 km |Duration:4-5 hours An early start takes you to the summit of Pikey Peak, the highest point of the trek. From the top, witness a spectacular sunrise and panoramic views of the Himalayas, including Mount Everest, Kanchenjunga, Makalu, Dhaulagiri, Mera Peak, and more. After soaking in the views, descend gradually to Jase Bhanjyang for an overnight stay.

DAY 6 **Trek from Jase Mane Bhanjyang to Junbesi (2,680 m)**

- Max. Altitude:** 3,520 m Jase Mane bhanjyang (2,680 m)/8792.651ft Junbesi
- Trekking Distance:** 11 kilometers (6.8 miles)
- Duration:** 5 to 6 hours
- Overnight:** Tea House / Guest House
- Meals:** Breakfast, Lunch and Dinner

The trail descends through alpine meadows and forested paths toward Junbesi, one of the most traditional Sherpa villages in the region. Along the way, you may visit monasteries and local tea houses. Junbesi is rich in culture and history and is often considered one of the highlights of the Pikey Peak route. Overnight stay in Junbesi.

DAY 7 **Trek from Junbesi to Phaplu (2,380 m)**

- Max. Altitude:** 2,413 meters (7,918 feet)
- Trekking Distance:** 13 km (8 miles)
- Duration:** 5 to 6 hours of walking
- Overnight:** Tea House / Guest House
- Meals:** Breakfast, Lunch and Dinner

Today’s walk follows a scenic valley trail along side the Junbesi Khola, passing through lush landscapes and small settlements. The route is mostly downhill and relaxed. Upon reaching Phaplu, enjoy time to explore the town, experience local culture, and enjoy traditional Nepali food. Overnight stay in Phaplu.

DAY 8 Drive from Phaplu to Kathmandu

- Max. Altitude: 1,324 meters (4,344 feet)
- Trekking Distance: 280km
- Duration: 7-8 Hours
- Overnight: Hotel In Kathamdnu
- Meals: Breakfast and Bed

Duration: Approx. 9-10 hours After breakfast, begin the return journey to Kathmandu by road. The scenic drive offers final views of hills and countryside before re-entering the city. In the evening, enjoy a farewell dinner to celebrate the successful completion of your Pikey Peak Trek. Overnight stay in Kathmandu.

DAY 9 Departure from Kathmandu

- Meals: Breakfast

Your trekking adventure comes to an end today. After breakfast, you will be transferred to Tribhuvan International Airport for your onward journey. We wish you safe travels and hope the memories of Pikey Peak stay with you long after the trek.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation
+ Accommodation during the trek
Meals & Drinking Water
+ All meals during the trek (breakfast, lunch, and dinner)
+ Drinking water or water purification tablets
Guide & Porter Services
+ Experienced, English-speaking trekking guide
+ Porters for carrying luggage
Trekking Equipment
+ Trekking equipment such as sleeping bag and duffel bag
Safety & Medical Support
+ First aid kit
+ Oximeter for altitude monitoring
Extras & Taxes
+ Trip completion certificate
+ Post-trek celebration
+ All government and local taxes

FREQUENTLY ASKED QUESTIONS

TREK OVERVIEW & ITINERARY

Where is Pikey Peak located?

Pikey Peak is in the lower Everest region of eastern Nepal, within Solukhumbu district. The trek passes through traditional Sherpa villages and offers majestic views of the Himalayas, including Mount Everest.

What is the height of Pikey Peak?

The summit stands at 4,065 meters (13,336 ft) . From here, trekkers enjoy panoramic views of Everest, Kanchenjunga, Dhaulagiri, Mera Peak, and many other Himalayan peaks.

What mountains can be seen from Pikey Peak?

The summit provides breathtaking views of Mt. Everest, Kanchenjunga, Makalu, Dhaulagiri, Annapurna, Gaurishankar, Mera Peak, and Numbur Himal—a true **Himalayan panorama**.

How do I reach Pikey Peak?

Most trekkers start with a drive from Kathmandu to Dhap, the trailhead. From there, the trek passes through villages like Jhapre, continuing to Pikey Peak Base Camp and the summit.

Is Mount Everest visible from Pikey Peak?

Yes! The spectacular view of Mt.Everest can see from Pikey Peak wth sunrise and is is one of the most stunning in Nepal from lower part , offering a wide-angle panorama of the eastern Himalayas.

Can the trek connect to Lukla or Everest Base Camp?

Yes, an extended itinerary can include Junbesi and onward to Lukla, creating a circular trek that links the Pikey Peak trek with sections of the Everest Base Camp trek.

PERMITS, REGULATIONS & DOCUMENTATION

What permits are required for the Pikey Peak Trek?

You will need: TIMS Card (Trekking Information Management System) Gaurishankar Conservation Area Permit (GCAP) These can be arranged in Kathmandu with a valid Nepal entry visa and passport.

Do I need a guide or porter for this trek?

While experienced trekkers can go independently, a guide and porter make the trek safer, easier, and more enjoyable, particularly for carrying gear and navigating villages.

Is the trail safe for solo trekkers?

Yes, the trail is generally safe, but solo trekkers are advised to hire a guide and inform local authorities or your lodge of your daily plans for added safety.

DIFFICULTY, FITNESS & HEALTH

How difficult is the Pikey Peak Trek?

It is considered a moderate trek, suitable for beginners with basic fitness. The trail does not involve technical climbs, but steady uphill sections and high altitude require pacing and proper acclimatization.

Is altitude sickness a concern?

While the trek does not reach extreme altitudes, mild symptoms may appear near Base Camp. A slow pace, proper hydration, and an experienced guide help minimize risk.

How physically fit do I need to be?

A basic fitness level is enough for this moderate trek. Regular walking, cardio, and leg-strength exercises before the trek are recommended to make the experience comfortable.

Can I trek with children or seniors?

Yes, the trek is family-friendly, but children and seniors should maintain a steady pace and take sufficient rest due to altitude changes.

ACCOMMODATION, MEALS & LOGISTICS

What type of accommodation is available during the trek?

Trekking is primarily tea house-style, with basic but comfortable lodging. Rooms usually have beds and shared or private bathrooms. Hot showers may be available for a small fee.

What meals are provided on the trek?

Most tea houses provide three meals daily: breakfast, lunch, and dinner. Meals are usually local Nepali dishes, including rice, lentils, vegetables, and soups.

What gear should I bring?

Essential items include clothing layers, trekking boots, sleeping bag, daypack, trekking poles, sunscreen, water purification tablets, and personal medications. For a full gear list, see our Trek Essentials section.

How do I stay connected during the trek?

Some lodges offer Wi-Fi for a small fee, and mobile coverage is limited along certain stretches. It's best to plan for minimal connectivity and enjoy the natural surroundings.

Are there cultural experiences along the route?

Absolutely! Trekkers pass through Sherpa villages like Junbesi and Bumburi, visit ancient monasteries, see prayer flags and stone chortens, and observe local rituals, providing a rich cultural and spiritual experience.