



## Peake Peak Trek

### **Overview**

Witness the world's admiration every second in Nepal, a land of powerful natural landmarks that inspire admiration. For first-time visitors, Nepal offers an unforgettable mixture of joy and wonder. The journey is better by scenic drives, passing through isolated villages that clothe the warm and authentic hospitality of the Nepali people. Trekking here is an adventure of a lifetime, with mild altitude challenges and amazingly close views of Sagarmatha (Everest). This route takes you into the heart of the mountain kingdom, where the beauty of nature surrounds you and the locals welcome you into their homes and gardens. The towering peaks stand as symbols of inspiration, a dream for every trekker across the globe. Standing next to these outstanding mountains feels like a moment of achievement a must for every adventurer's list.

### **Highlights:**

- It covers two sides of the kingdom's nature.
- A short distance from the main city Above 8000 meters mountain views include Mt. Sagarmatha (Everest)
- The same view of the Sagarmatha (Everest) arrived at the trekking points
- The biggest Tibetan monastery visit.
- Tibetan culture and experience in Nepal trek.
- Himalaya and lowland local traditional cultural experience,

### **Entire trip price**

**Total trip cost: Pounds £715 and USA dollars \$900**

### **Cost includes:**

- One professional guide
- One dedicated porter
- Full board, Meals and hot drinks.
- Trekking transports and related trekking permits
- Welcome and every morning wake-up tea.

### **Does not include:**

- Alcoholic drinks and optional activities
- International flight
- Trekking Insurance covers above 4000 to 4500 meters

### **Day 1: Kathmandu**

Gele Trekking ensures a smooth start to your adventure. We'll pick you up from the airport and take you to your hotel—simply share your flight details if required. Check-in will be at the hotel lobby, either individually or as a group. Updates will be posted on a notice board, and at 5 PM, you'll meet your group leader for a pre-trek briefing covering trip details and preparations. An optional group dinner will also be organised for the evening.

A: Includes a room share and breakfast (pay extra for a separate room).

B: Elevation 1,250 metres (4,101 ft)

### **Day 2: Drive to Thade Naya Basti**

Begin your journey with a scenic drive through lush valleys and towering hills. Spend the day travelling along the Sunkoshi River valley road, winding like a snake beside the river. Witness Nepal's natural beauty and rural charm unfold before your eyes.

A: Travel by bus for 7 to 8 hours

B: Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevations 3000 metres (ft)

D: Ascent 1800 metres (5905 ft)

E: Distance covered 245 km (152.2 miles)

### **Day 3: Trek to Jhapre**

Embark on your trek, passing through terraced fields, forests, and remote villages. Arrive at Jhapre, a picturesque settlement offering breathtaking mountain views, including the top of the world

A: Trek for 5 to 6 hours

B. Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevation 2810 metres (9,226 ft)

D: Descent 200 metres (6,56 ft)

E: Distance covered 15 km (10.5 miles)

### **Day 4: Trek to Pikey Peak Base Camp via Tolu Gompa**

Hike through the jungle and ancient Buddhist monastery visit, uneven trails and peaceful landscapes as you approach the base of the noble Pikey Peak. Marvel at the panoramic vistas that await you.

A: Trek for 7 to 8 hours

B. Includes teahouse room, lunch, dinner and breakfast with hot drinks

- C: Elevation 3640 metres (11942 ft)
- D: Ascent 830 metres (2723 ft)
- E: Distance covered 15 km (9.3 miles)

### **Day 5: Trek to Lamsura Danda**

Start early in the morning to reach the Peake Peak summit. Afterwards, descend through dense rhododendron forests and cross serene streams. Enjoy the tranquillity and breathtaking scenery of Lamsura Danda.

- A: Trek for 7 to 8 hours
- B. Includes teahouse room, lunch, dinner and breakfast with hot drinks
- C: Elevation 3640 metres (11942 ft)
- D: Ascent and descent at the same level
- E: Distance covered 17 km (11 miles)

### **Day 6: Trek to Junbesi**

Follow the winding trails which is the most popular trek route from Jiri to Sagarmatha (Everest) Base Camp through Junbesi. The charming village is surrounded by snow-capped peaks. Immerse yourself in the local Sherpa culture

- A: Trek for 4 to 5 hours
- B. Includes teahouse room, lunch, dinner and breakfast with hot drinks.
- C: Elevation 2600 metres (8530 ft)
- D: Descent 1000 metres (3,515 ft)
- E: Distance covered 9 km (5,5miles)

### **Day 7: Day Hike to Thupten Choling Gompa**

Visit the well-known Thupten Choling Monastery, a peaceful retreat for Buddhist monks. Return to Junbesi for a cosy evening amidst the mountains.

- A: Trek for 3 to 4 hours
- B. Includes teahouse room, lunch, dinner and breakfast with hot drinks.
- C: Elevation 2600 metres (8530 ft)
- D: Descent 300 metres (900 ft)
- E: Distance covered 8 km (4.5 miles)

### **Day 8: Trek to Phaplu**

The trek to Phaplu takes you through serene pine forests and along glacier-fed rivers in the Sasrabeni Valley. As the hometown of legendary Sherpa climbers, it offers an authentic cultural experience.

A: Travel by bus for 4 to 5 hours

B: Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevations 2400 metres (ft)

D: Descent 200 metres (600 ft)

E: Distance covered 9 km (6 miles)

### **Day 9: Drive Back to Kathmandu**

Enjoy the scenic drive back to Kathmandu, reflecting on your incredible journey through the same road. Rest and relax in the busy city. Transportation is the local jeep reserve for more than 2 people.

A: Travel by bus for 8 to 9 hours and jeep for 2 hours

B: Includes a room share and breakfast (pay extra for a separate room).

C: Elevation 1,250 metres (4,101 ft)

D: Distance covered 270 km (167,7miles)

### **Day 10: End of the trip** - After a final breakfast the trip ends at noon.

The entire trip covers the following distances and durations:

- Flight and Travel: 515 km (319.9 miles)
- Physical walk and hike: 57 km (35.4miles)
- Total hours covered: 36 hours and 15 minutes

### **Trip information and preparation**

At Gele Trekking, we believe preparation is key to a safe, rewarding, and enjoyable trek. Share your itinerary, trekking route, and emergency contacts with family or friends before departing. While your group leader will carry emergency communication tools, having personal contact information is always helpful. Inform your bank about your travel plans to ensure ATM functionality in Nepal.

If you have pre-existing health conditions, consult your doctor beforehand and share relevant details with your guide for added precautions. Be ready for

unpredictable weather and remain flexible, as conditions in remote areas may lead to changes or delays. Your safety and satisfaction are our top priorities.

Supporting local communities is integral to trekking with Gele Trekking. By purchasing locally made goods and showing respect for the places you visit, you contribute directly to sustaining the local economy while fostering meaningful connections along the journey.

### **Accommodation and Communication**

At Gele Trekking, we prioritise your comfort and safety, ensuring a seamless trekking experience. All accommodations along the route, including the first and last nights, are pre-booked. While most rooms are twin-sharing, adjustments may be necessary in remote areas and will be handled with care and flexibility.

Toilets and showers may vary in quality, with some offering excellent facilities and others being more basic. Bringing your own toiletries and checking the equipment list is highly recommended to stay prepared.

Communication during the trek can be challenging, with limited or no phone reception and internet access in remote areas. Some teahouses may provide Wi-Fi, but it's often slow, unreliable, and comes at an additional cost. In emergencies, your guide will assist with communication, including access to satellite phones if needed. Our experienced team is dedicated to managing any challenges and ensuring your safety, comfort, and enjoyment every step of the way.

### **Food and Drink Options**

At Gele Trekking, we proudly introduce our guests to the rich, healthy flavours of the Himalayan region. Our meals feature organic, locally sourced ingredients such as rice, noodles, potatoes, and the renowned Yak cheese. Fresh seasonal vegetables like spinach, cabbage, carrots, and spring onions add vibrant nutrition to every dish. Though simple, our food is crafted to fuel your trek with essential energy and flavours.

Beyond traditional dishes, we offer select foreign items, such as cereals, for variety. To keep you warm and energized, enjoy hot drinks like Nepali tea, hot chocolate, or instant coffee. For cold refreshments, we provide mineral water, soft drinks, and local beverages. Alcohol options include local brews like Everest beer, spirits, and wine in some areas. However, our experienced trip leaders carefully monitor altitude safety, ensuring your health is prioritized. Every bite and sip on your journey reflects the care and hospitality of the Himalayas, offering nourishment and comfort as you explore these grand landscapes.

### **TIPS GUIDELINE**

Tipping is not mandatory, but it is a meaningful way to express gratitude for the services provided, in line with trekking traditions. It typically occurs on the final night of the trek, often accompanied by a celebration with the team. During this time, the support team shares their joy and emotions. The leader will guide the group in collecting the tips, which are then distributed by one of the group members to the team. The recommended tip for each Sherpa is \$ 70 to \$ 80, or an amount of your choice, excluding the trip leader. For the trip leader, depending on the group size, the suggested amount is \$ 35 to \$ 40 per person, or as you see fit.

**MORE INDIVIDUAL OPTIONS ARE AVAILABLE TO CHOOSE FROM SEPARATELY.**

**Flight tour of Everest Mountain range “Let the peak of the snow cap be your life pinnacle”**

An hour-long flight over the roof of the world is worth every penny. Known for its photogenic panoramic views, Nepal offers 85% of the breathtaking mountain scenery of the world. Departing from Tribhuvan airport in Kathmandu using a propeller plane for the ultimate intimidating experience of the Nepalese mountain range. Daily bookings are available throughout the year, if any weather issues arise, however, we can postpone or offer a full refund ensuring value for money. Prices vary depending on the season and airline, and we will update you with the latest information upon receiving your enquiries.



## **White Water Rafting “Exhilarating experience”**

Nepal boasts the second richest hydroelectric resources in the world. In this region, we offer the best whitewater rafting experiences globally. Within a short driving distance, there are two rivers ideal for one or two-day rafting trips, featuring 3 to 5 exhilarating rapids. If you have one or two extra days, don't miss this once-in-a-lifetime opportunity for an unforgettable adventure. Bookings are available every day except January and February. Please state any food allergies and medical conditions; no prior experience or equipment is necessary. For further information and pricing, we will provide the latest details upon receiving your enquiries.

## **CHITWAN JUNGLE SAFARI, “GET CLOSE TO WILDLIFE”**

Chitwan National Park in Nepal is home to a diverse range of wildlife such as elephants, one-horned rhinos, Bengal tiger, and many more. The park spans an area of 952.63 square kilometres (367.81 square miles) in the subtropical inner Terai lowlands, just a short distance from Kathmandu. During your visit, you can observe from a close distance the wildlife of Chitwan, and enjoy the unique culture of the Tharu ethnic group. If you have specific research interests or want to experience the park's offerings, this is a fantastic opportunity. We typically offer 2-night and 3-day package activities, these can include: an elephant or jeep safari, Jungle Walk, canoe safari, visit to the elephant breeding centre, bird watching, village tour and Tharu culture program. For further information and pricing, we will provide the latest details upon receiving your enquiries.

## **DAY HIKE**

A popular activity is our one-day walking hikes through the countryside, offering a unique travel experience. These 6 to 7 hours walk helps achieve a sense of adventure and exploration. If you have an extra day in the city, we recommend escaping the crowds and noise to enjoy a variety of scenic views. Walking in the nature of Nepal can help invigorate and re-energise your senses as you become one with nature. There are several day-hike destinations on offer near Kathmandu, such as the Hidden Monastery or the Nagarkot to Changunarayan walk. For further information and pricing, we will provide the latest details upon receiving your enquiries.

## Sightseeing in Kathmandu World Heritage Site:

Come with us for this unmissable experience of visiting extraordinary World Heritage recognised sites of Nepal. These sites are host to a wealth of historical significance relating to Nepalese culture, politics, religion, and of course, architecture. These areas are specifically divided into three categories: ancient palaces, Hindu temples, and Buddhist monasteries or stupas. The most popular among them are Kathmandu Durbar Square, Patan Durbar Square, and Bhaktapur Durbar Square, known collectively as the palaces. Key religious sites include the Hindu temple Pashupatinath, the Buddhist stupa Buddha, and the Swayambhu Nath temple, which is sacred to both Hindus and Buddhists and offers some of the greatest views of Kathmandu. For further information and pricing, we will provide the latest details upon receiving your enquiries.

### Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused every day to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele Trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.