Kyajo Ri Peak Climbing

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**19 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**6186m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,990 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Time: 1–2 hrs transfer

Arrival at Tribhuvan International Airport, meet the trekking team, and transfer to the hotel. Evening briefing about the expedition, route overview, safety rules, and gear preparation.

Day 2 : Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Time: 6–8 hrs preparation work

Full day for permit processing (NMA and Sagarmatha National Park), equipment check, gear rental or purchase, and final expedition briefing with guide and Sherpa team.

Day 3 : Fly to Lukla (2,840m) and Trek to Phakding (2,652m)

Altitude: 2,652m – 2,840m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 30–40 min flight + 3–4 hrs walking

Early morning scenic flight to Lukla, followed by a trek to Phakding through the Dudh Koshi River valley, suspension bridges, and small Sherpa villages.

Day 4 : Trek to Namche Bazaar (3,440m)

Altitude: 2,652m – 3,440m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 5–6 hrs walking

A steady uphill trek entering Sagarmatha National Park, crossing Hillary Suspension Bridge, and climbing steep sections to reach Namche Bazaar.

Day 5 : Acclimatization in Namche Bazaar (3,440m)

Altitude: 3,440m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 3–5 hrs walking + rest

Rest and acclimatization day with a hike to Everest View Hotel (3,880m) or Khumjung village.

Day 6 : Trek to Thame Village (3,800m)

Altitude: 3,440m – 3,800m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 5–6 hrs walking

A quiet route leaves the main Everest trail and heads toward the peaceful Thame Valley.

Day 7 : Acclimatization in Thame (3,800m)

Altitude: 3,800m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 2–4 hrs walking + training

Rest day with short hikes and visit to Thame Monastery. Basic rope and safety training with climbing team.

Day 8 : Trek to Kyajo Kharka (3,900m)

Altitude: 3,800m – 3,900m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 5–6 hrs walking

Trek through alpine landscapes, yak pastures, and remote valleys.

Day 9 : Trek to Kyajo Ri Base Camp (4,550m)

Altitude: 3,900m – 4,550m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 4–6 hrs walking

Enter glacial moraine terrain and reach Base Camp.

Day 10 : Acclimatization and Training at Base Camp (4,550m)

Altitude: 4,550m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 4–6 hrs training

Rest day with technical training including rope fixing, crampon walking, ice axe use, and crevasse rescue practice.

Day 11 : Trek/Climb to High Camp (5,300–5,400m)

Altitude: 4,550m – 5,300–5,400m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 4–6 hrs climbing

Climb over rocky moraine and glacier terrain with fixed rope sections to reach High Camp.

Day 12 : Acclimatization at High Camp (5,300–5,400m)

Altitude: 5,300–5,400m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 2–3 hrs walking + rest

Rest day with short climbs above camp and summit briefing.

Day 13 : Summit Preparation Day

Altitude: 5,300–5,400m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 1–2 hrs activity + rest

Final preparation for summit push including rest, hydration, and equipment checks.

Day 14 : Summit Kyajo Ri (6,186m) and Return to High Camp

Altitude: 5,300–6,186m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 10–14 hrs climbing

Midnight summit attempt via steep snow, ice slopes, fixed ropes, and exposed ridges. Return to High Camp after summit.

Day 15 : Descend to Base Camp (4,550m)

Altitude: 5,300–4,550m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 3–5 hrs walking

Careful descent from High Camp to Base Camp.

Day 16 : Trek to Namche Bazaar (3,440m)

Altitude: 4,550m – 3,440m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 6–7 hrs walking

Long descent through Thame Valley back to Namche Bazaar.

Day 17 : Trek to Lukla (2,840m)

Altitude: 3,440m – 2,840m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 6–7 hrs walking

Final trekking day back to Lukla via the Everest trail.

Day 18 : Fly back to Kathmandu (1,400m)

Altitude: 2,840m – 1,400m

Stay: Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Time: 30–40 min flight + 1–2 hrs transfer

Morning flight to Kathmandu and transfer to hotel. End of expedition.

Day 19 : Final Departure

Visit: Nepal · Meals: Breakfast

Today marks the end of your journey in Kathmandu. After breakfast, our team from Nord Extreme will transfer you to Tribhuvan International Airport for your final departure.

We hope you had a wonderful trekking experience in Nepal and wish you a safe journey ahead.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Preparation in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 3 · Fly to Lukla and Trek to Phakding · 2,652 m · day 19°C / night 0°C
- Day 4 · Trek to Namche Bazaar · 2,652 m · day 19°C / night 0°C
- Day 5 · Acclimatization in Namche Bazaar · 3,440 m · day 15°C / night -5°C
- Day 6 · Trek to Thame Village · 3,440 m · day 15°C / night -5°C
- Day 7 · Acclimatization in Thame · 3,800 m · day 13°C / night -7°C
- Day 8 · Trek to Kyajo Kharka · 3,800 m · day 13°C / night -7°C
- Day 9 · Trek to Kyajo Ri Base Camp · 3,900 m · day 12°C / night -8°C
- Day 10 · Acclimatization and Training at Base Camp · 4,550 m · day 9°C / night -12°C
- Day 11 · Trek/Climb to High Camp · 4,550 m · day 9°C / night -12°C
- Day 12 · Acclimatization at High Camp · 5,300 m · day 5°C / night -17°C
- Day 13 · Summit Preparation Day · 5,300 m · day 5°C / night -17°C
- Day 14 · Summit Kyajo Ri and Return to High Camp · 5,300 m · day 5°C / night -17°C
- Day 15 · Descend to Base Camp · 5,300 m · day 5°C / night -17°C
- Day 16 · Trek to Namche Bazaar · 4,550 m · day 9°C / night -12°C
- Day 17 · Trek to Lukla · 3,440 m · day 15°C / night -5°C
- Day 18 · Fly back to Kathmandu · 2,840 m · day 18°C / night -1°C

What’s included

Transportation

- Airport pickup and drop Kathmandu (arrival & departure)
- Domestic flight: Kathmandu <-> Lukla (round trip)
- All necessary ground transfers in Kathmandu

Accommodation

- 3-star hotel in Kathmandu (usually 2–3 nights)
- Teahouse/lodge accommodation during trekking
- Camping accommodation at Base Camp, High Camp

Meals

- Full board meals during trek (breakfast, lunch, dinner)
- Base Camp and High Camp meals (expedition kitchen service)
- Hot drinks (tea/coffee) during trekking & camping

Expedition Staff

- Licensed climbing guide (UIAGM/IFMGA or NMA certified)
- Experienced Sherpa support team
- Porters for luggage (trekking section)
- Base Camp cook and kitchen crew

Permits & Fees

- Kyajo Ri climbing permit (NMA fee)
- Sagarmatha National Park entry permit
- TIMS card (if required)

Expedition Equipment

- Base Camp tents (sleeping tents, dining tent, kitchen tent)
- High Camp tents
- Cooking gas, utensils, kitchen equipment
- Ropes, ice protection, fixed rope setup

Safety & Support

- First aid kit and oxygen (emergency use)
- Radio communication between camps
- Basic rescue coordination support

Not included

Travel & Logistics

- International flight to/from Nepal
- Nepal visa fees
- Extra hotel nights in Kathmandu (early arrival/late departure)

Personal Gear

Personal climbing equipment:

- Boots, crampons, harness, helmet, down suit
- Sleeping bag (high altitude rated)
- Trekking clothing and personal gear

Food & Drink (Outside Package)

- Meals in Kathmandu (except breakfast if included)
- Alcoholic drinks, bottled drinks, snacks

Personal Services

- Personal porter (if extra baggage needed)
- Private guide (optional upgrade)

Insurance

- Travel insurance (mandatory)
- High altitude evacuation & helicopter rescue coverage

Other Expenses

- Tips for guides, porters, and Sherpas
- Personal expenses (WiFi, charging, laundry)
- Extra summit bonus for Sherpa team (recommended)

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/kyajo-ri-peak-climbing/

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