Pikey Peak Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**9 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4065m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,250 per person**

Trip overview

The Pikey Peak Trek is one of Nepal's best-kept secrets—an off-the-beaten-path adventure nestled in the scenic lower Solu-Khumbu region. This trek offers spectacular panoramic views of Mount Everest along with several other towering Himalayan peaks, making it a rewarding destination for nature lovers, culture enthusiasts, and adventure seekers alike. Rising just over 4,000 meters, Pikey Peak provides a moderate challenge accessible to trekkers with varying experience levels. The trail meanders through peaceful forests, traditional Sherpa villages, and open ridgelines, creating a perfect blend of natural beauty and cultural richness.

Unlike the bustling Everest Base Camp route, the Pikey Peak Trek provides a serene and tranquil atmosphere, ideal for travelers seeking solitude and a deeper connection to the Himalayas. Beyond stunning landscapes, the journey immerses visitors in authentic Sherpa culture, with opportunities to visit local monasteries, interact with friendly villagers, and learn about their customs and lifestyle. Whether you are a beginner or an experienced trekker, this journey promises breathtaking mountain vistas, cultural insights, and a refreshing escape from the crowds.

Geography and Landscape

Situated in the lower Everest region (Solu), south of the main Everest trail, the Pikey Peak Trek winds through rolling hills, dense forests, yak pastures, and traditional Sherpa villages. The trek gradually ascends through rhododendron and pine forests, open ridgelines, and grassy highlands, making it ideal for slow, scenic walking with ample opportunities for photography, birdwatching, and cultural exploration.

From the summit of Pikey Peak, at 4,065 meters, trekkers are rewarded with breathtaking 360-degree panoramic views. On a clear day, one can see Mount Everest, Lhotse, Makalu, Kanchenjunga, and even the Annapurna range—an awe-inspiring spectacle that ranks among Nepal's best vantage points.

Climate and Best Time to Trek

The best seasons to undertake the Pikey Peak Trek are spring (March–May) and autumn (September–November). During these months, the skies are typically clear, offering ideal visibility for mountain views, and the temperatures are comfortable during the day, ranging from 10°C to 20°C. Nights near Pikey Peak can be cold, often dropping to -5°C or lower, so appropriate warm gear is

necessary.

While the trek can be done during winter, snow at higher elevations can make the trail challenging, making it more suitable for experienced trekkers. The monsoon season (June to August) brings heavy rainfall, which often makes trails slippery and clouds obscure mountain views, so it is generally not recommended.

People and Culture

The Solu region is home to the Sherpa, Tamang, and Rai ethnic communities, each contributing to the rich cultural tapestry of the area. Trekkers experience authentic village life far from the commercialized Everest routes, with traditional stone houses, mani walls, prayer flags fluttering on ridges, and ancient chortens scattered along the trail.

A highlight of the cultural experience is Junbesi village, which, if included in the itinerary, offers a visit to the historic Thupten Chholing Monastery. This important Buddhist monastery is home to hundreds of monks and nuns and preserves traditional Sherpa architecture and religious practices. Interacting with the locals here provides invaluable insight into the spiritual and everyday life of the Himalayan people.

Highlights

- Spectacular sunrise views of Mount Everest and the Himalayan range from Pikey Peak (4,065m).
- Peaceful, off-the-beaten-path trekking in the lower Solu-Khumbu Region.
- Moderate trek suitable for beginners and experienced hikers alike.
- Authentic Sherpa culture with traditional villages and ancient monasteries.
- Diverse scenery featuring rhododendron forests, alpine meadows, and terraced hills.
- Experience rural Nepal away from busy tourist routes.
- Flexible return options via Phaplu by road or flight to Kathmandu.
- A quieter, less commercial alternative to the Everest Base Camp trek.

Day-by-day itinerary

Day 1 : Arrival In Kathmandu (1400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon your arrival in Kathmandu, one of our representatives from Nord Extreme will warmly welcome you at the airport and assist you with your transfer to the hotel. After check-in, you can relax and recover from your journey while preparing for the adventure ahead. In the evening, we will host a welcome dinner where you can enjoy authentic Nepali cuisine and meet your trekking team before beginning the Pikey Peak Trek.

Day 2 : Trek and Permit Preparation (1400m)

Altitude: 1400m

Walk: 2 hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today will be dedicated to trek preparation and completing all necessary permit procedures in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 3 : Drive from Kathmandu to Dhap (2900m)

Altitude: 1400m - 2900m

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

Time - 7-9 hours of drive

Your journey begins with a scenic drive from Kathmandu to Dhap, a beautiful hill village located in the lower Everest region. As you leave the busy city behind, you will experience the peaceful countryside and enjoy stunning views of the Himalayan landscape along the way. Dhap serves as the starting point of the Pikey Peak Trek and offers a quiet atmosphere with local teahouses and mountain scenery.

Day 4 : Trek from Dhap to Jhapre (2920m)

Altitude: 2900 -2920m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trek from Dhap to Jhapre begins with a pleasant walk through scenic hills, traditional villages, and peaceful forest trails. Along the route, you will experience the local culture of the lower Everest region while enjoying beautiful landscapes, terraced farmland, and distant Himalayan views. The trail gradually ascends through rhododendron and pine forests, offering a quiet and refreshing trekking experience. Upon reaching Jhapre, you can enjoy stunning mountain panoramas, including views of Everest and nearby Himalayan peaks, along with the warm hospitality of the local teahouses.

Day 5 : Trek from Jhapre to Pikey Base Camp (3640m)

Altitude: 2920 -3640m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trek from Jhapre to Pikey Base Camp takes you through beautiful alpine landscapes, dense rhododendron forests, and open grassy ridges with breathtaking mountain scenery. As the trail gradually climbs higher, you will pass small yak pastures, prayer flags, and peaceful Buddhist surroundings that reflect the unique culture of the region. Along the route, trekkers can enjoy stunning panoramic views of Himalayan peaks, including Everest, Makalu, and Kanchenjunga on clear days. Reaching Pikey Base Camp offers a serene atmosphere surrounded by high hills and dramatic mountain vistas, making it a perfect place to prepare for the sunrise hike to Pikey Peak.

Day 6 : Early Morning Hike to Pikey Peak (4065) for Sunrise, Then Trek Down to Loding (2530m)

Altitude: 3640- 4065 - 2530m

Walk: 7-8 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The day begins with an early morning hike to Pikey Peak, one of the best viewpoints in the Everest region, famous for its breathtaking sunrise over the Himalayas. From the summit, trekkers can enjoy spectacular panoramic views of Mount Everest, Makalu, Kanchenjunga, Annapurna, and several other snow-capped peaks glowing in the morning light. After spending time at the viewpoint, the trail descends through scenic ridges, alpine meadows, and peaceful forests toward Loding. Along the way, you will pass traditional villages, grazing fields, and beautiful mountain landscapes, offering a memorable trekking experience filled with natural beauty and cultural charm.

Day 7 : Trek to Phaplu (2469m)

Altitude: 2530m - 2469m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trek to Phaplu is a pleasant downhill journey through beautiful forests, traditional Sherpa villages, and terraced farmland. Along the trail, you will experience the peaceful rural lifestyle of the Everest region while enjoying scenic mountain views and fresh Himalayan air. The route passes through charming settlements, monasteries, and grazing fields, offering a wonderful opportunity to observe local culture and daily life. Upon reaching Phaplu, trekkers can relax in this vibrant mountain town known for its friendly atmosphere, beautiful landscapes, and gateway connection to the Solu region.

Day 8 : Drive or Fly Back to Kathmandu (1400m)

Altitude: 2469 -1400m

Walk: 35 minutes flight / 8-9 hours drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

The final day of the journey takes you back to Kathmandu either by a scenic mountain flight or a picturesque drive through the hills and countryside of Nepal. During the journey, you can enjoy beautiful landscapes, traditional villages, rivers, and terraced farmland while reflecting on the unforgettable experiences of the Pikey Peak Trek. Upon arriving in Kathmandu, you will return to the vibrant city atmosphere, marking the end of an incredible adventure filled with Himalayan views, cultural encounters, and memorable trekking experiences.

Day 9 : 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 · Trek and Permit Preparation · 1,400 m · day 25°C / night 9°C
- Day 3 · Drive from Kathmandu to Dhap · 1,400 m · day 25°C / night 9°C
- Day 4 · Trek from Dhap to Jhapre · 2,900 m · day 17°C / night -1°C
- Day 5 · Trek from Jhapre to Pikey Base Camp · 2,920 m · day 17°C / night -1°C
- Day 6 · Early Morning Hike to Pikey Peak for Sunrise, Then Trek Down to Loding · 3,640 m · day 14°C / night -6°C
- Day 7 · Trek to Phaplu · 2,530 m · day 19°C / night 1°C
- Day 8 · Drive or Fly Back to Kathmandu · 2,469 m · day 19°C / night 2°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.

- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Nights 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Local Government Entry Permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment’s & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipments and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 10 Mar 2027 · USD 1,250 · Available
- 16 Mar 2027 – 24 Mar 2027 · USD 1,250 · Available
- 06 Apr 2027 – 14 Apr 2027 · USD 1,250 · Available

- 20 Apr 2027 – 28 Apr 2027 · USD 1,250 · Available
- 04 May 2027 – 12 May 2027 · USD 1,250 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in simple yet welcoming teahouses and locally operated guesthouses along the route. Facilities are basic but comfortable, offering twin-sharing rooms and warm hospitality.

In villages such as Dhap, Jhapre, Lhamuje, and Pikey Base Camp areas, lodging is modest due to remoteness. However, the cultural warmth and traditional mountain lifestyle compensate for the limited infrastructure.

Meals

A standard full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek. Meals are freshly prepared using local ingredients where possible.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and seasonal vegetables
- Eggs, pancakes, and bread
- Tea, coffee, and local herbal drinks

Food variety is simple but sufficient for moderate trekking needs.

Difficulty & Physical Requirements

The Pikey Peak Trek is classified as easy to moderate, making it suitable for beginners, families, and trekkers seeking a short Himalayan experience.

Daily trekking duration typically ranges from 4 to 6 hours, with gradual ascents and forested ridge walking. The highest point is Pikey Peak at 4,065 meters, which is usually reached via a short early morning summit hike.

A basic level of fitness is sufficient.

Permits

Required permits include:

- Sagarmatha National Park Entry Permit (if extending into protected areas)
- Local rural municipality entry permit
- TIMS Card (Trekkers' Information Management System)

All permits are typically arranged by the trekking agency.

Best Season

- Spring (March–May): Clear views, rhododendron forests in bloom
- Autumn (September–November): Best visibility and stable weather
- Winter (December–February): Cold but crystal-clear mountain panoramas
- Monsoon (June–August): Not recommended due to rain and reduced visibility

Transportation & Access

The trek is accessed by road from Kathmandu to Dhap or Phaplu, followed by trekking through scenic mid-hill villages and forested ridges.

Optional domestic flights to Phaplu Airport may be used depending on itinerary and weather conditions.

The route gradually ascends through traditional settlements and alpine landscapes toward Pikey Peak.

Safety & Acclimatization

Although the altitude is moderate compared to major Everest expeditions, proper pacing is important during ascent to Pikey Peak (4,065m).

The risk of altitude sickness is low, but gradual acclimatization through the itinerary is recommended. Guides ensure safe pacing and monitor trekkers' comfort throughout the journey.

Travel Insurance

Recommended travel insurance should include:

- Medical coverage for trekking activities
- Emergency evacuation (including helicopter rescue if required)
- Accident and injury coverage
- Trip cancellation or interruption protection

Additional information

Guide & Porter Services

Professional local guides lead the trek, offering navigation support and cultural interpretation of Sherpa and Rai communities. Porter services are available to carry luggage for added comfort.

Guides also provide insights into local traditions, mountain lifestyles, and Himalayan biodiversity.

Cultural & Natural Highlights

The Pikey Peak Trek is known for its exceptional cultural and natural diversity:

- Sunrise panorama from Pikey Peak
- Authentic Sherpa and Rai village culture
- Buddhist monasteries, prayer flags, and rural heritage
- Views of Everest, Makalu, Kanchenjunga, and Annapurna ranges
- Peaceful, less-crowded trekking trails
- Rhododendron forests and alpine landscapes

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots
- Layered clothing for changing weather conditions
- Warm jacket (light down recommended)
- Waterproof jacket and trousers
- Gloves, hat, sunglasses, and sunscreen

- Small daypack (20–30L)
- Personal toiletries and basic first aid kit

Heavy mountaineering equipment is not required.

Communication & Connectivity

Mobile network coverage is available in lower villages but becomes limited in higher areas.

Wi-Fi access is minimal, and trekkers should not rely on stable connectivity during the journey.

Why Choose the Pikey Peak Trek?

This trek is ideal for travelers seeking a short, scenic, and culturally immersive Himalayan experience:

- One of the best sunrise viewpoints of Everest from Pikey Peak
- Panoramic views of multiple Himalayan ranges
- Authentic Sherpa and Rai cultural experience
- Less crowded and peaceful trails
- Suitable for beginners and families
- Short duration with high scenic reward
- Easy-to-moderate difficulty level
- Strong combination of nature, culture, and mountain landscapes

Frequently asked questions

How difficult is the Pikey Peak Trek?

The Pikey Peak Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Pikey Peak Trek?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Pikey Peak Trek?

You need entry tickets for the heritage sites you visit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Pikey Peak Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Pikey Peak Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Pikey Peak Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Pikey Peak Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/pikey-peak-trek/

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