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# Pikey Peak Trek

URL: <https://naikenepal.com/package/pikey-peak-trek/>

## Duration

7 Days

## Per Person Cost

USD 550

## Difficulty

Moderate

## Best Seasons

Spring & Autumn

## Transportation

Jeep

## Max Altitude

4065 M

## Trip Type

Trekking

## Meal

Breakfast, Lunch & Dinner

## Accommodation

Local Tea House

## Trip Overview

Have you ever dreamed of seeing Mount Everest without a crowded trail or a very long hike? The Pikey Peak Trek might be just the adventure for you. It's a hidden gem in Nepal's lower Everest region, offering big rewards in a short time. Let's explore this trek together - I'll guide you through its overview, highlights, best seasons, itinerary, and more, in a friendly way as if we're planning it together!

*Dawn view from Pikey Peak Trek: layers of hills and distant Himalayan peaks (including Everest) emerging above the clouds.*

Pikey Peak Trek is a **short and relatively easy trek** in the lower Solu-Khumbu (Everest) region of Nepal. "Pikey Peak" itself is a hilltop at about **4,065 meters (13,337 ft)** above sea level. On a clear morning from the summit, you can enjoy a panorama of many famous Himalayan mountains - in fact, Sir Edmund Hillary (the first Everest climber) **famously claimed the view from Pikey Peak was his favorite view of Everest**. This trek takes you through rolling green hills, rhododendron forests, and Sherpa villages south of Mt. Everest. It's a **less-traveled route** (only a few trekkers venture here compared to the busy Everest Base Camp trail), so you get a peaceful wilderness experience. Yet, the trek is growing in popularity for its **serene trails and stunning scenery** - many say it could become

“the new Poon Hill trek” because it’s easily accessible and offers spectacular mountain views.

Pikey Peak Trek can be completed in **about a week** and is considered **moderate in difficulty**. There are no technical climbs or mountaineering skills needed – just good basic fitness and the ability to walk 5-6 hours a day. The **total walking distance is around 50-60 km (31-37 miles)** over the entire trek. The trail rises gradually, so the risk of altitude sickness is lower than on many high-altitude treks, but you still reach over 4,000 m so acclimatization is very important.

One of the best parts is that **you don’t need to fly to Lukla** – the trek begins with a local jeep drive to the trailhead, making it more affordable and accessible than classic Everest region routes. Along the way, you’ll experience authentic Sherpa culture, visit an ancient monastery, and wake up to golden sunrises over Everest and its neighbouring peaks. It’s like a **Himalayan adventure condensed into a few days**, perfect for trekkers who want great views and witness Sherpa culture without a very long or difficult journey.

## Why Pikey Peak Trek?

*Why choose Pikey Peak Trek out of so many treks?* Let me share a few motivating reasons that might spark your excitement (I’m speaking from both research and a bit of personal insight):

- **Epic Everest Views without the Crowds:** Pikey Peak offers you the sight of Mount Everest and its giant neighbors from a unique vantage point, but *without having to trek for two weeks* or deal with crowded trails. You get a “top of the world” feeling in just a few days. Sir Edmund Hillary loved this view – that’s a big endorsement! If you’ve wanted to see Everest but were nervous about a very long trek or altitude, this is a friendly alternative. It’s like a secret viewing spot only a few know about, so you can quietly enjoy the grandeur of the Himalayas.
- **Authentic Cultural Experience:** The trek goes through villages where people live a traditional mountain life. You’ll stay in local teahouses, eat home-style Sherpa meals, and perhaps join the hosts by the kitchen fire for warm tea in the evening. In Junbesi village, you can visit a famous Tibetan Buddhist monastery (Thupten Chholing) where hundreds of monks and nuns reside. Imagine hearing the hum of their prayers echoing in the hills – it feels peaceful and inspiring. This trek gives you a close look at Sherpa culture and Buddhist spirituality, making it more than just a walk in nature; it’s a cultural journey too.
- **Short, Sweet, and Flexible:** Not everyone has weeks and weeks for trekking. It can be done in about a week’s time, **yet it packs in so much**. In just 6-7 days on the trail, you’ll experience high mountains, deep valleys, monasteries, and forests. It’s ideal if you have limited time or want a shorter adventure. Plus, there are flexible options: you could add an extra day or two to explore more villages or even combine it with other nearby sights (some trekkers extend to visit the sacred Dudh Kunda lake, for example). This trek proves that even a short trip can be incredibly rich in experiences.
- **No Flying Anxiety - Just Drive and Trek:** For those who might be anxious about mountain flights or want to save money then this can be the perfect trek. You can drive from Kathmandu to the starting point. It’s a long drive, but you get to see the countryside and avoid the famously unpredictable Lukla flight. The road journey also means you can start trekking at a lower altitude, which helps your body adjust gradually. Knowing that you can simply take a jeep back at the end (or opt for a short flight from Phaplu if you like) gives peace of mind. It’s adventure on your terms.
- **Great “First Himalayan Trek”:** If you’ve never trekked in Nepal before, This is a friendly introduction. The altitude is high enough to feel *wow, I’m up in the Himalayas!* but not so high that it’s

extremely risky. The trek is considered **moderate** – you will sweat a bit on uphill sections, but you also get plenty of rest and easy portions. Many parts of the trail are gentle and well-trodden. You’ll gain confidence as you go. By the end, you’ll have trekked to 4,065 m, which is higher than the tallest mountain in many countries! Completing this trek can inspire you to do longer treks next time. It’s like a stepping stone to bigger adventures.

- **Personal Fulfilment:** Finally, there’s something magical I want to mention: standing on Pikey Peak at sunrise, with the world’s highest mountains glowing in front of you, gives an *incredible feeling of accomplishment*. I remember feeling very small yet very proud at the same time – I had walked here on my own feet and was rewarded with this jaw-dropping view. You’ll likely feel a deep connection to nature and a peaceful happiness. It’s moments like that which make trekking so special. If you’re looking for an adventure that nourishes the soul and gives you great stories to tell, This trek won’t disappoint.

Did any of those reasons resonate with you? *What excites you the most about this trek?* (I love asking this because everyone finds a different “wow” factor – for some it’s the mountains, for others the culture, or simply the joy of walking.)

## Best Season for Pikey Peak Trek

You can trek to Pikey Peak almost all year round, but **spring and autumn** are generally the best seasons for pleasant weather and clear mountain views. Here’s a quick look at each season and typical temperatures in the Pikey Trek (Lower Everest Region):

| Season (Months)                 | Average Temperature (°C) at Pikey Region (Daytime)                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Spring</b> (Mar-May)         | ~10°C to 20°C (mild days, cool nights) – Lush greenery and rhododendron flowers bloom in this season. Expect mostly warm, clear days perfect for trekking. Nights can be chilly (near freezing at higher lodges), but not as cold as winter.                                                                                                                                                                                                                                                                             |
| <b>Summer/Monsoon</b> (Jun-Aug) | ~15°C to 25°C (warm days, humid with rain) – Monsoon brings heavy rain and clouds. The hills turn deep green, but trails can be muddy and leeches might appear in lower forests. Mountain views are often obscured by clouds, and there’s risk of landslides on roads. Treks are doable with good rain gear, but this is low season for a reason.                                                                                                                                                                        |
| <b>Autumn</b> (Sep-Nov)         | ~9°C to 17°C (clear days, crisp air) – Arguably the <i>best</i> time. After the monsoon, the air is clean and views crystal clear. Days are comfortable and nights are cold (often dipping to 0°C or below at Pikey Base Camp). The weather is generally stable. This is also festival season in Nepal (with Dashain/Tihar etc.), adding cultural vibrancy.                                                                                                                                                              |
| <b>Winter</b> (Dec-Feb)         | ~5°C to 15°C (cold days; nights can drop to -10°C or lower) – It’s the coldest period. Daytime can be sunny and cool, but once the sun sets it gets <b>very</b> cold at high altitudes. Above 3,000 m, night temperatures can plummet well below freezing (even around -15°C at the highest points). There may be snow on the trail, especially in Dec/Jan. The trek is much quieter in winter and the landscapes become a white wonderland, but you need proper gear to stay warm. Roads can be tricky if there’s snow. |

**So, when should you trek Pikey Peak Trek?** For most people, **spring (March-May)** and **autumn (Sept-Nov)** are the top choices. In spring, you'll enjoy the colourful National Flower of Nepal Rhododendron flowers and a lively environment (plus baby animals like calf in villages, as it's birthing season for livestock).

In autumn, you get the clearest mountain views and stable weather – many would argue it's the perfect trekking weather in Nepal. If you prefer solitude and don't mind cold, winter can offer empty trails and amazing views too (just short daylight hours and need warm clothes).

Monsoon is least recommended due to rain and leeches, but some adventurers still go then to enjoy the absolute quiet and lush green forests. Each season has its own charm, as the locals say!

## How difficult is the Pikey Peak Trek?

**This trek is considered a moderate trek** in terms of difficulty. This means it's not the easiest walk in the park, but it's very achievable with some preparation and does not require any climbing experience. Here's what to expect:

- **Trail and Terrain:** The paths are well-trodden and mostly gently rolling, with a few steep sections. There is **one big climb** – the ascent to Pikey Peak summit itself – which is a steep uphill (about 2 hours of huffing and puffing to reach the top on summit day). The rest of the trek involves a mix of ups and downs through hills, forests, and ridge lines. You'll be walking on dirt trails, some rocky steps, and through rhododendron forests. There are no technical sections where you'd need ropes or any climbing gear. If you can walk 5-6 hours a day with a light backpack, you can do this trek.
- **Altitude:** The highest point is 4,065 m at Pikey Peak. At this altitude, the air is thinner, but since you sleep lower (around 3,640 m at base camp and 2,680 m in Junbesi after the Pikey Trek), the risk of severe altitude sickness is relatively low. We still take it seriously: once you go above ~3,000 m, you should ascend gradually and stay hydrated. The trek's itinerary is designed so that you acclimatize naturally (you don't go from sea level to 4,000 m in a day – it's over several days). Many beginners handle it fine, but you should listen to your body. Some people might feel mild AMS symptoms (headache, short breath) at high camp. The key is *not to rush* – walk at a comfortable pace. If you feel unwell, tell your guide or companion. But overall, compared to treks like Everest Base Camp (which goes above 5,000 m), Pikey Peak's altitude is modest, and trekkers rarely encounter serious altitude problems if they follow the recommended pace.
- **Physical Endurance:** You will be trekking for around **4-6 hours each day** on average. This could be 8-13 km of walking per day, depending on the section. It's a good idea to do some hiking or cardio exercises before the trip to build stamina. The trek is shorter than many, but there is still a cumulative ascent/descent that will work your legs. By the end of the trek you'll have walked roughly 50+ kilometers total. That's like doing a 10 km walk several days in a row – tiring but definitely doable if you are reasonably fit. Take your time on the trail; it's not a race. Even if one day you arrive at the destination in early afternoon, that's great – more time to rest and explore the village.
- **Logistics and Support:** You can do this trek with a guide/porter or even independently. If you have a guide (which many choose for convenience), they will set a comfortable pace and ensure you don't get lost or overexert. If you go **without a guide**, know that the local community has put up signposts on the main route, and the trail is generally easy to follow. However, in fog or if you take a wrong turn, it can get tricky – so a map (or GPS app) and asking locals is important. One tricky aspect can be the **drive**: the jeep roads to Dhap or back from Phaplu are bumpy, which isn't "difficult" per se but can be

tiring (imagine 7-9 hours on a rough mountain road). It's more of an endurance challenge for your patience.

- **Challenges:** Besides the physical aspect, the other difficulties on Pikey Peak Trek can be the cold (if trekking in winter, you'll need to brave chilly nights) and possibly some basic facilities (you might not get a hot shower every day, and toilets in some teahouses are squat style and unheated). But those are part of the adventure! One thing to be cautious about: **weather**. If you trek in peak monsoon or winter, weather can make things harder (rain, snow, or cloud cover). In bad weather, even finding the trail can be harder (which is why sticking with a guide or group is wise in off-season). Always check the weather forecast if possible and be ready to adjust plans (for example, if heavy snow falls, you might wait an extra day or turn back if necessary).
- **Preparation:** Even though Pikey Peak Trek is on the easier side of Himalayan treks, don't underestimate it. It's wise to do some training: jogging, climbing stairs, or long walks, in the weeks before coming, will help your body handle consecutive trekking days. Also make sure you have a comfortable trekking boots and appropriate clothing (more on packing later). Mentally, come with a positive attitude and flexible mindset - trekking is about enjoying the journey, not just the summit. If you come prepared, you'll likely be pleasantly surprised at how enjoyable the Pikey Peak Trek is.

**In summary**, if you're reasonably fit and up for an adventure, Pikey Peak Trek's difficulty should be very manageable. Many travelers rate it as "moderate" - a great first Himalayan trek. You get the feeling of a high mountain expedition, but in a safer and shorter package. By the end, you'll be proud of yourself for reaching 4,065 m, and your legs will definitely have earned a good rest!

## Food Options available in the Pikey Peak Trek

One of the joys of trekking in Nepal is the **food** - it's simple but hearty and made with love by the local teahouse owners. On this trek, you'll eat most of your meals at teahouses along the route. Don't expect fancy restaurants; instead, think of cozy kitchens where a Sherpa grandma or a friendly dai/daju (brother) cooks for you.

The menus are often surprisingly extensive, offering a mix of Nepali, Sherpa and even some Western dishes. Both **vegan (or vegetarian)** and **non-vegan** options are available. Let's break down some common foods you can enjoy on this trek:

- **Vegan / Vegetarian Options:** Good news - it's quite easy to eat vegetarian in the Himalayas and many dishes are vegan or can be made vegan. The staple trekker meal is **dal bhat**, which is rice with lentil soup and vegetable curry. Dal bhat is naturally vegetarian and often vegan (just check if the lentils were tempered with ghee - you can ask to omit ghee if strictly vegan). It's super energizing and *you usually get free refills!*. Other vegan-friendly picks: **Tibetan bread** (a puffy fried bread, kind of like a donut without sugar) usually made without eggs - delicious with peanut butter or jam for breakfast.

**Vegetable momos** (dumplings stuffed with cabbage, potato, or greens) - these are local favorites and are steamed or fried; just ensure no animal fat is used (usually it's fine). **Thukpa** is a hearty noodle soup that can be made with vegetables only - perfect on a cold day. **Chowmein** (stir-fried noodles) with vegetables is tasty and filling.

In the mornings, you can have **porridge (oatmeal)** or **muesli** with hot soy milk (some places might have soy milk, but if not, you can have it with hot water or black tea). **Pancakes** (like banana or apple pancakes) are an option – though note pancakes might contain eggs/milk, so not strictly vegan unless made without them, but vegetarians will enjoy them. Also, you'll find **potato dishes** like fried potatoes with veggies or **rosti** (Swiss-influenced potato pancake) in some lodges. For drinks, you can have **black tea**, **lemon tea**, or **black coffee**. Sherpa tea (salt-butter tea) is not vegan because of yak butter, but you might try it if you're curious and not vegan. Overall, there are plenty of plant-based foods – and since many locals themselves often eat vegetarian (meat can be scarce up high), you'll be well catered for. Just communicate your dietary needs; Nepali hosts are very accommodating.

- **Non-Vegetarian Options:** If you enjoy meat and dairy, you'll find some options too, though note that meat is not super common in remote teahouses (because of lack of refrigeration – any meat is usually dried or carried from lower areas). Common non-veg items include **eggs** – you can have boiled eggs, omelets, or fried eggs for breakfast, which are a great protein source. Many trekkers start their day with a **cheese omelet** or **egg fried rice**.

**Chicken curries** or **buff (buffalo) curries** might be on the menu at some places (especially in Phaplu, Jhapre, or Junbesi which are larger villages). These curries come with rice or roti. **Sherpa stew** (also called "Thenduk" in some menus) is a thick soup with vegetables and options to add meat – it can come with pieces of meat in it, which is hearty on a cold night.

If you're adventurous, you might find **yak cheese** for sale, especially in Junbesi or if you visit the cheese factory. Yak cheese is flavourful and similar to a hard cheddar – great in a toasted sandwich or with crackers. Some teahouses (particularly in Junbesi or Phaplu which are more developed) may offer *creative treats* like **yak cheese pizza** or **yak steak**! Yes, even pizza and burgers appear on menus.

For example, a teahouse might make a simple pizza base topped with yak cheese and tomato – it tastes amazing after days of walking. **Mo:Mo dumplings** also come in meat versions (buff or chicken momos) if you crave those. And of course, you can always get a steaming bowl of **noodle soup with meat** or **fried noodles/rice with chicken**. One thing to remember: meat is a luxury in these areas, and if it's available, it might not be as fresh as you're used to (since it had to be carried up). Many trekkers actually go vegetarian during the trek for that reason. But if you do eat meat, stick to places that have higher turnover for meat dishes (busy lodges) and preferably opt for **chicken or eggs** as they are safer than red meat in these conditions.

Regardless of vegan or not, a few **universals**: **garlic soup** – said to help with altitude – you'll find it on every menu. It's basically a mild garlic broth; give it a try, it's comforting. **Tea** – you'll drink a lot of tea: masala tea (spiced tea without milk for vegans), ginger lemon honey tea (great for colds), etc. And **snacks**: along the way, you could carry peanuts, chocolate, or energy bars. Teahouses also sell candy bars, biscuits, and sometimes homemade baked goods (apple pie in Junbesi is a known treat!).

One more important thing: **Dal Bhat Power, 24 Hour!** This is a popular saying in Nepal. Dal bhat (the rice and lentils) is an unlimited refill meal – the hosts will happily serve you more rice, curry, or lentils until you are full. It's the fuel that keeps guides and porters going, and it can do the same for you. Don't be shy to ask for seconds; they'll be delighted that you enjoyed their food. In summary, you won't go hungry on the Pikey Peak Trek. The food is home-style, filling, and satisfying after a long day's walk. Whether you are vegan or an omnivore, you can find plenty of tasty options: from vegetable curries and

momos to egg fried rice and maybe a slice of yak cheese. It's all part of the trekking experience to sit in the teahouse dining room, often heated by a wood stove, and enjoy a warm meal while chatting with fellow trekkers. Bon appétit – or as we say here, “**Khanu hos!**” (Please eat!).

Do you want more thrills? Check our [Mardi Himal Trekking](#) – A short nice and well kept secret in Annapurna region with quiet trails, authentic village experience, and spectacular Himalayan scenery.

## Accommodation Options available in the Pikey Peak Trek

Most of the time you will be staying in **teahouses** along the route. A teahouse is essentially a simple mountain lodge, run by a local family, that offers basic rooms and home-cooked meals for trekkers. Don't expect luxury, but you can expect a cozy place to rest and genuine hospitality.

Here's what accommodation is like on this trek:

**Teahouse Rooms on Pikey Peak Trek:** Most teahouses have small guest rooms, usually with **two or three single beds** in each. The beds have a mattress, a pillow, and blankets. Rooms are unheated (nights at higher altitudes will be cold, so that's why a good sleeping bag is important). The construction is often thin wood paneling – so you can sometimes hear your neighbors snoring. It's all part of the adventure! In a standard trekking package, you'll spend about 6 nights in these mountain lodges.

**Privacy:** The rooms usually have a simple latch on the door. You might be the only one in your room, or if you're solo and it's crowded season, you might share with another same-gender trekker. But on a quieter trek like Pikey, you often get a private room by default or just share with your own group.

**Facilities:** Bathrooms in teahouses are often shared. This means there will be a common toilet, which could be either a squat toilet or occasionally a Western-style toilet. In newer/larger teahouses (like in Junbesi or Phaplu), you might find an attached bathroom or private toilet for some rooms, but most places on this route are basic so plan on shared toilets.

At Pikey Base Camp or smaller stops, the toilet might be an outhouse a few steps outside. Bring a headlamp for nighttime bathroom trips!

**Showers :** Some teahouses, especially at lower elevation (below 3000 m), offer hot showers for an extra fee. This could be a gas-heated shower or a big thermos of hot water you can mix with cold which is called bucket shower.

At higher places, many people skip showers because it's too cold and facilities are minimal. You can do a quick wipe-down instead. In Junbesi and Phaplu, you should be able to get a hot shower.

**Electricity :** Most villages have electricity (often solar or micro-hydro power).

You can usually charge your phone/camera in the dining room for a small fee (a couple of hundred Nepali rupees) if there are plug points. Some teahouses have solar charging only. Note that at Pikey Base Camp (very high up), there may be *no electricity for charging* – so it's wise to carry a power bank for that night.

**Wi-Fi/Network :** Surprisingly, some lodges may have Wi-Fi (for a fee) and there is cell phone coverage (NTC and Ncell networks) at various points on the trek. Don't count on it 100% in every spot, but in Jhapre, Junbesi, Phaplu you'll likely catch a signal or find Wi-Fi. Still, internet might be slow and it's nice to disconnect and enjoy the mountains.

**Common Areas:** Every teahouse has a **dining hall / common room**. This is the heart of the teahouse – usually a cozy area with tables and benches around a central stove. In the evenings, they burn wood or yak dung in the stove to warm the room. Trekkers, guides, and locals all gather here to eat, drink tea, and chat. It's a wonderful atmosphere – you might play cards, read a book, or simply share stories with others. The walls are often decorated with posters of mountains or prayer flags, and dim lights powered by solar batteries give a warm glow. This is where you will spend your time after the day's trek, since in your bedroom it will likely be cold – everyone prefers to hang out in the heated dining room until it's time to sleep.

**Quality and Comfort:** The teahouses on the Pikey Peak route are generally **clean and comfortable, but basic**. Places like Junbesi and Phaplu have more established guesthouses – some even advertise hot showers and attached bathrooms. For example, in Junbesi you might stay at a lodge that feels like a small countryside inn, with maybe a solar hot shower and charging available. In contrast, at Pikey Peak Base Camp, the lodge will be very basic – perhaps only a few rooms, limited menu, and if many people are there, it might be a bit crowded. Yet, it will feel like a little haven at 3,600 m! Typically, the higher/remote the place, the more basic the lodge.

**Cleanliness:** The owners do their best to keep things clean. Bedding is usually aired out in the sun when possible. Still, it's a good idea to use your sleeping bag and maybe a sleeping bag liner for extra warmth and hygiene.

**Noise:** As mentioned, thin walls mean you should bring earplugs if you're a light sleeper. Also, mornings can start early with porters packing up or roosters crowing in villages

## Highlights of Pikey Peak Trek

- **H3 360° Himalayan Panorama:** From Pikey Peak's summit (4,065 m) you get an *all-around view* of towering peaks, including Mount Everest, Lhotse, Makalu, Kanchenjunga, and many more on the horizon. The wide panorama of snow-capped mountains is truly awe-inspiring in clear weather.
- **Stunning Sunrises and Sunsets:** Pikey Peak is famous as one of the *best sunrise viewpoints* in Nepal. Watching the sunrise paint Everest and the surrounding peaks gold is an unforgettable experience. Sunsets are magical too, with layers of hills fading into the evening light.
- **Off the Beaten Path:** This is a *fresh, less-crowded trek* – a new adventure destination seldom visited by large crowds. You'll often have the peaceful trails to yourself, enjoying nature and quiet villages without the hustle of busier treks.
- **Rich Sherpa Culture:** The trek passes through traditional Sherpa villages where you can experience local life. You'll see *colorful prayer flags, mani stone walls, and ancient monasteries* along the way, which reflect the deep Buddhist culture of the region. Friendly locals in teahouses will welcome you, and you can taste Sherpa specialties and hear their stories.
- **No Lukla Flight Needed:** Unlike the Everest Base Camp trek, you can reach Pikey Peak by road. This means *easier access and lower cost* – no worries about flight delays or scary airstrips! You drive to the trailhead and can even drive back or take a short flight from Phaplu at the end if available.
- **Short & Beginner-Friendly:** The Pikey Peak trek is *short (about 6-8 days)* and of moderate difficulty, so it's suitable for first-time trekkers and families with older kids. There is one steep climb up to the peak, but overall the paths are well-marked and not very hard to walk. With basic fitness and a positive attitude, even beginners can complete this trek and feel a great sense of achievement.



**H3 Flora & Fauna:** In spring, the trail is surrounded by blooming **rhododendron forests** (Nepal's national flower) and other wildflowers. You trek through lush forests of pine and rhododendron alive with birdsong, and you might spot wildlife like Himalayan birds or even occasional musk deer. The natural beauty makes each day's walk enjoyable.

## Trip Itinerary

Here's a **7-day itinerary** outline for the Pikey Peak Trek. Each day I'll describe what you do, see, and how it feels. This itinerary assumes you start and end in Kathmandu. (Note: Times and distances are approximate; they can vary with pace and route, but I'll use common estimates.)

### Day 01 Drive from Kathmandu to Dhap Bazaar (2,850 m), then hike to Changesthan

Your journey begins with an early morning drive out of Kathmandu. You hop into a local jeep (private or shared) and head eastwards. It's a long drive – about **7-8 hours by road, roughly 240-250 km** to reach a village called **Dhap Bazaar**. The road winds along rivers and hills; you'll pass small towns, terraced farms, and enjoy distant mountain views on clear days. The latter part of the drive (from Okhaldhunga to Dhap) is on rough mountain roads, so be ready for some bumps.

By the time you reach Dhap (around mid-afternoon if you started early), you'll feel the cooler mountain air. Dhap Bazaar is a roadside settlement with a few lodges and shops. From Dhap, to warm up your legs after the long drive, you take a **short hike (about 1 hour)** up to a small village or viewpoint called **Changesthan**. This is just to stretch and also to reach a nicer spot to stay overnight (Changesthan is slightly higher than Dhap, offering better views and a quiet atmosphere).

You'll spend the night in a simple teahouse – likely your first night ever in a Nepali mountain lodge. In the evening, you might take a short walk to see the sunset or just enjoy a hot meal by the fire. It's the first day, so take it easy and get a good sleep. Tomorrow, the trekking truly begins!

#### Destination:

Dhap (2,850m)

#### Accommodation

Lodge

#### Transportation:

Jeep

#### Duration:

7-8 Hours

#### Food:

B,L,D

### Day 02 Trek from Dhap/Changesthan to Jhapre (2,815 m) - ~13 km

Time to start trekking! After breakfast, you set out on foot. The trail leads along gentle hills and ridges. You'll pass through a pretty Sherpa village called **Sigane**, basically a small settlement or junction on the

ridge.

As you walk, look to the north: if the weather is clear, you'll catch your first distant views of snow peaks, including the **Numbur Himal range** (a beautiful local peak) and maybe the Mount Everest far away. The hike is not too strenuous today - a few ups and downs but nothing extreme. The environment feels remote; there aren't many tourists.

You might encounter local villagers (Mostly Sherpa and Magar) herding and caring yaks, cow and buffalos. By around midday or early afternoon, you arrive at **Jhapre**. Jhapre is a picturesque village on the Pikey Peak Trek route known for it's serene Buddhist monastery and stunning Himalayan Views.

After you reach Jhapre, you'll be greeted by a pretty scene: a *small Buddhist monastery with fluttering prayer flags*, and maybe some villagers herding cow and goats. **Mount Everest becomes visible from Jhapre on a clear day**, along with other giant peaks.

The atmosphere here is peaceful and away from any busy roads. In the evening, you can walk around the village, maybe spin the prayer wheels at the monastery, and watch a gorgeous sunset over the Himalayan range. You stay at a local **teahouse in Jhapre**, enjoying a warm Sherpa dinner. Many trekkers say Jhapre's serene vibe and *panoramic view of Everest* from the ridge make it a surprising highlight - and you're only on day 2.

**Destination:**

Jhapre (2,815m)

**Accommodation**

Lodge

**Transportation:**

None

**Duration:**

4-5 hours

**Food:**

B,L,D

## Day 03 Trek from Jhapre to Pikey Base Camp (3,640 m) - ~15 km, 5 hours

Today is an exciting day as you make your way closer to the Pikey Peak. After a hearty breakfast may be some Tibetan bread, porridge or local sherpa food you start trekking northward. The trail first ascends through grassy ridges and patches of forest. You'll pass **Bhulbhule**, a small stop on a ridge (not to be confused with Bulbule in Annapurna region). At Bhulbhule ridge, there's actually a lone teahouse where many trekkers stop for tea.

From here, you already get a **clear view of the Everest range** again, which is motivating - the peaks look closer and more imposing. As you continue, the landscape becomes more alpine. You'll likely see **yak herders' cottages and grazing yaks** on open green meadows.

This area is also marked by Buddhist prayer flags and mani stones - you'll hike past some *mani walls* (*stone walls with prayers engraved*) and perhaps a small chorten (stupa) or two, indicating this trail's spiritual significance.

The air gets cooler and thinner as you gain altitude. The last part to **Pikey Peak Base Camp** is a bit uphill but not too long. Pikey Base Camp isn't a town - it's basically a small area near the foot of Pikey

Peak with a couple of very simple lodges (often just called “Pikey Peak Lodge” etc.).

You reach base camp by early afternoon. It sits around **3,640 m**, above the tree line, so you have expansive views and a true mountain feel. There might be a few other trekking groups or local pilgrims here, but it’s generally quiet. After lunch, you have time to rest. **Important:** Stay warm and hydrated, since you’re sleeping at high elevation tonight.

In the evening, step outside to see the stars – on a clear night, the Milky Way over the Himalayas is breathtaking. Tomorrow is the big summit day, so you tuck in early. (Some trekkers choose to hike up Pikey for sunset today as well, but the usual plan is to go for sunrise tomorrow.)

**Destination:**

Pikey Peak Base Camp

**Accommodation**

Lodge

**Transportation:**

None

**Duration:**

6-7 Hours

**Food:**

B,L,D

## **Day 04 Early Morning Trek to Pikey Peak Summit (4,065 m), then trek down to Junbesi(2,700m) ~22 km**

Today is the most **exciting** day of the trek! It’s a long and rewarding day. You’ll wake up very early, likely before dawn (around 4:30-5:00 am). Stepping out into the cold, starry night, you’ll start the **ascent to Pikey Peak** by flashlight. It’s a steep climb but only about 1 to 1.5 hours from base camp to the summit.

As you climb, you might feel the altitude – take it slow and steady. Reaching the top of **Pikey Peak (4,065 m)** at sunrise is magical. Suddenly the world opens up around you. The first rays of sun light up one peak after another: you’ll see Everest, and also other giants like Kanchenjunga far to the east and maybe Dhaulagiri to the west on a clear day.

The view is **360 degrees of Himalayan glory** – it’s like a who’s who of mountains in Nepal! You’ll also notice layers of rolling hills and valleys below, with tiny villages you passed earlier now barely visible. The summit of Pikey has a heap of stones with prayer flags everywhere, placed by locals to honor the mountain deity.

*Colorful prayer flags adorn the summit of Pikey Peak (4,065 m), with the Numbur Himal and other snowy peaks standing tall on the horizon.*

At the top, you take photos, enjoy the stunning panorama, and probably feel a mix of joy and peacefulness. It’s tradition for Sherpas to plant prayer flags here – you might tie one too if you brought it, as an offering for safe travels. Take a moment to let it sink in: *You are higher than anyone in your home country right now (unless you’re from Nepal or Tibet ).*

Trekkers often have a small thermos of tea or something to sip as they marvel at the view. After spending

some time (usually 30 minutes or so, depending on how cold or windy it is), you'll start descending back to the base camp. The descent is much easier! Back at base camp, you'll have breakfast and perhaps a rest.

The journey isn't over – now you trek **all the way down to Junbesi**. It's mostly downhill or flat, but it's a fairly long walk, so we take our time. You leave the high alpine zone and descend through *picturesque landscapes*: ridges, pastureland, and then forests. On the way, about an hour or two down, you might come across a unique site: a **yak cheese factory** (established with Swiss help decades ago).

If it's open, you can sample fresh yak cheese – a delight for cheese lovers! Continuing on, you re-enter lush forests of pine and rhododendron. Eventually, by late afternoon, you arrive at **Junbesi** (2,680 m). Junbesi is one of the most charming Sherpa villages in the lower Everest region.

It has a sweeping valley setting with green pastures and wooden houses. You'll cross a stream and see kids playing, yak bells ringing, and an old monastery at the edge of the village. After the wilderness of the past couple of days, Junbesi feels lively and welcoming. Many trekkers love this village for its friendly vibe and cultural richness. You'll check into a **teahouse in Junbesi** – likely a slightly more well-equipped one since Junbesi is on the classic route to Everest for those coming via Jiri.

That means maybe a hot shower or bakery items are available! In the evening, you can relax, talk with other trekkers or locals (many Sherpas here have been guides or climbers), and perhaps enjoy a celebratory drink. You've achieved the main goal of the trek today, so well done!

**Destination:**

Junbesi (2,700m)

**Accommodation**

Lodge

**Transportation:**

None

**Duration:**

6–7 hours

**Food:**

B,LD

## **Day 05 Exploration Day - Hike to Thupten Chholing Gompa (3,020 m) and return to Junbesi**

After several days of moving to a new place each day, today you stay a second night in Junbesi. It's a lighter day for exploration and cultural immersion. In the morning, you'll make a side trip to **Thupten Chholing Monastery** (also spelled Thubten Choling). This is a famous Tibetan Buddhist monastery about 4–5 km from Junbesi, up a side valley.

It's roughly a **2 hour hike uphill** to reach the monastery, which sits at about 3,000 m on a mountainside. The walk is lovely – you follow a trail along Junbesi Khola (river), cross a suspension bridge, and then climb through pine forests to the monastery. As you approach, you'll see a grand golden-roofed stupa and rows of white buildings clinging to the hillside. Thupten Chholing was founded in the 1960s by Trulshik Rinpoche, a high lama who fled Tibet.

It became a place of refuge for monks and nuns. Today, **several hundred monks and nuns live here**,

studying and meditating. The monastery complex is like a small village of its own – you’ll see young monks (in red robes) carrying water, elders spinning prayer wheels, and the calm routine of monastic life.

Visitors are usually welcome to quietly observe the main prayer hall. If you arrive in the late morning, you might hear the monks chanting prayers or playing traditional instruments – it’s a haunting, beautiful sound.

The monastery has simple guesthouses too (some trekkers do overnight here), but since we’re doing a day trip, we’ll likely have some tea or a snack here, soak in the spiritual atmosphere, and then head back down. The view from the monastery is also wonderful: you can look down the valley and see Junbesi and surrounding hills.

After returning to **Junbesi by afternoon**, the rest of the day is free. You can wash your cloths, rest your feet, or explore Junbesi village. Junbesi has an old monastery of its own and a school built by Sir Edmund Hillary in the 1960s – evidence of how Hillary’s legacy lives on in this region.

You might find a local bakery for some dessert (apple pie, anyone?). This relaxed day not only helps your legs recover but also deepens your appreciation of Sherpa culture and religion. By evening, you prepare your bags – tomorrow you’ll trek to the roadhead for the journey back to Kathmandu.

**Destination:**

Junbesi (2,700m)

**Accommodation**

Lodge

**Transportation:**

None

**Duration:**

2-3

**Food:**

B,L,D

## **Day 06 Trek from Junbesi to Phaplu (2,380 m) - ~11 km**

It’s your last day of trekking, and it’s mostly downhill or gentle up and down. After breakfast in Junbesi, you bid farewell to the lovely village and start walking south-west toward **Phaplu**. The trail initially goes through forests and across streams.

You’ll pass small villages and perhaps meet locals on the way to market. Eventually, you might join a dirt road for part of the route (as Phaplu is connected by a road now), but often there are walking shortcuts that avoid the road.

The distance isn’t too far, so in around 4 hours you arrive at **Phaplu**, typically by lunchtime. Phaplu is a small town that’s notable for having an airstrip (Phaplu Airport) and being a hub for the region. There are a few shops, lodges, and even an hospital nearby in Salleri (the district headquarters, which is just next door).

It feels like returning to civilization after the quiet trails – you might see jeeps, motorbikes, and more people around. Take a moment to pat yourself on the back – you’ve completed the Pikey Peak trail! In Phaplu, you can relax at your teahouse or wander around.

There's a famous monastery on a hill above Phaplu (The Chiwong Monastery, known for its Mani Rimdu festival) – if you have energy, you could hike up there for views. Otherwise, enjoy a hot meal and perhaps celebrate with your guide/porter (if you hired one) in the evening. This is your last night in the mountains. The stars will still be brilliant, and the memories of the trek will already start to sink in. Get a good rest, as a long drive awaits tomorrow.

**Destination:**

Salleri (2,390m)

**Accommodation**

Lodge

**Transportation:**

None

**Duration:**

5-6 hours

**Food:**

B,L,D

## Day 07 Drive from Phaplu back to Kathmandu

Time to return to the capital. You'll leave early in the morning by jeep or bus from Phaplu. The drive is about **240-280 km and can take 9-10 hours** to Kathmandu, so it's another long haul. The road retraces a similar route as you took to get here – winding mountain roads, descending to rivers and climbing over ridges.

You might feel every bump a bit more now that your legs are tired, but it's a great chance to sit back and observe Nepali life out the window. You pass by villages, terraced fields, and maybe get a last glimpse of the mountains in the rearview mirror.

By late afternoon or evening, you arrive in **Kathmandu**, with all the noise and hustle that feels a world away from the peaceful trek. Yet, you carry with you wonderful memories (and a camera full of photos!). Back at your Kathmandu hotel, a hot shower and perhaps a steak dinner (or veggie feast) might be on the menu to celebrate. **Trip complete!** You did it.

*(Optional variations: Some trekkers choose to fly from Phaplu to Kathmandu instead of driving – it's a short flight, about 30 minutes, on a small plane. If available, that can be a quick way back, though the flight can be weather-dependent. Another variation is doing the route in reverse or adding days to visit Dudh Kunda lake as mentioned earlier. But the 7-day itinerary above is a common and satisfying way to experience Pikey Peak.)*

Throughout the trek, each day offered something unique: from the first view of Everest at Jhapre, the adventurous pre-dawn climb to Pikey summit, to the spiritual calm of Thupten Chholing monastery. By following this itinerary, you get a balanced experience of adventure, culture, and natural beauty. And best of all, it's all done in a week's time!

**Destination:**

Kathmandu (1324m)

**Accommodation**

Hotel

**Transportation:**

Jeep

**Duration:**

9 hours

## Food:

B,L,D

## Trip Includes

- Your daily meal main course (Breakfast, Lunch and Dinner) for your 4 nights/5 days trip and accommodation as mentioned in the itinerary; teahouses run by Nepalese local families with outside toilet.
- Transportation trekking start point Dhap by private/ Local transport and trek end point Phaplu to Kathmandu by local jeep.
- One experienced first aid trained English speaking trekking guide.
- If you are a solo traveler porter is not included. It is available in additional cost USD 150.
- Necessary permits
- Pikey Trekking Map

## Trip Excludes

- Airport pick up and departure transfer in Kathmandu.
- Personal equipment for Trekking. (sleeping Bag, down jacket, sun glass, sunscreen, trekking shoes, trekking stick, gloves, some pair t-shirt and socks, Medicenes for stomach ache, headache and diahorrea)
- Personal insurance for travel to Nepal.
- Your lunch and dinner in Kathmandu
- Tipping (Tips) for guide & porter according to your interest.
- All the alcoholic and non-alcoholic drinks. (Note: It will be suitable for you if you get your water yourself, you can either buy the bottled water on the way easily or fill the tap water in your water bottle and use the water purifying tablet)
- Sweet things like chocolate and desert. (Tea, Coffee, Mineral Water, hot water, soup, hot chocolate and deserts) Hot shower and laundry during the trekking.
- Internet call and Laundry service. Wi-Fi, internet, phone calls, battery charging. International air fare.

## Frequently Asked Questions

### What exactly is the Pikey Peak Trek and how long does it take?

Pikey Peak Trek is a **7 to 8-day hiking journey** (round trip from Kathmandu) in the lower Everest

region of Nepal, where you trek to the summit of Pikey Peak (4,065 m) and visit local Sherpa villages and monasteries. In terms of distance, you'll be walking roughly **50-60 km in total over the trek**. The trek can be done in as few as 5 days or stretched to 9+ days if you include extra side trips or rest days, but one week is a common duration.

## How difficult is the Pikey Peak Trek? Is it okay for beginners?

Pikey Peak Trek is rated as **moderate difficulty**. It's actually known as one of the **easier short treks** in the Himalayas. This means you don't need mountaineering skills or super endurance, but you should be reasonably fit and able to walk 5-6 hours a day.

## How high is Pikey Peak, and will I get altitude sickness?

Pikey Peak stands at **4,065 meters (13,337 feet)** high. That's roughly the height of Mt. Fuji or Mount Rainier's Camp Muir, to give perspective. At that altitude, the oxygen level is lower (about 60% of sea level's oxygen).

## When is the best time of year to trek to Pikey Peak?

The best times are **Spring (March to May)** and **Autumn (September to November)**. During these months, the weather in the mountains is most stable and views are usually clear. In spring, you get the bonus of blooming rhododendrons and other wildflowers – the hills are covered in red, pink, and white blossoms. If you trek in monsoon, plan some buffer days in case of delays and enjoy the greenery (and carry a big umbrella). So, in a nutshell: **March-May and Sept-Nov are prime time** for Pikey Peak trek for the best combination of weather and scenery.

## Do I need a guide or porter for this trek, or can I do it independently?

This trek can be done **either with a guide or on your own**. If you have never trekked in Nepal and want a hassle-free experience, hiring a **licensed guide** can be very helpful. They'll navigate the route, help arrange lodges, explain local culture, and assist if any problems arise. A **porter** can carry your heavy bag so you can just enjoy the walk with a light daypack – a great option if you're not used to carrying weight at altitude. However, Pikey Peak is considered a relatively **independent-friendly trek**.

## What permits do I need for the Pikey Peak Trek?

Trekking in Nepal usually requires some permits. For Pikey Peak Trek, you will need **Trekkers' Information Management System (TIMS) card** and certain area permits. Specifically:

- **TIMS Card:** This is a general trekking registration (costs around \$20 USD). It's obtainable in Kathmandu at the Tourism Board or through a trekking agency.
- **Gaurishankar Conservation Area Permit (GCAP):** Parts of the Pikey Peak trail fall near the Gaurishankar Conservation Area if you start from Jiri/Shivalaya side. However, if you are only doing the route from Dhap to Phaplu, you might not enter that conservation area (routes vary). To be safe, many do take this permit. It costs around NPR 3000 (about \$30) for foreigners.
- **Sagarmatha National Park Permit:** If your trek route entered Sagarmatha National Park (which covers the higher Everest region), you'd need this (also NPR 3000 for foreigners). However, the Pikey Peak trek, staying in lower Solu region, does *not* actually enter Sagarmatha National Park boundaries.



if you stick to Pikey and then Junbesi/Phaplu. It's mainly below the park area (Sagarmatha NP starts above Junbesi on way to Namche). So this one is a bit of a question mark. Some sources say no Sagarmatha permit needed if you don't go beyond certain point. But some itineraries might route near the boundary.

**Local Permit:** There is a local rural municipality fee or **Khumbu Pasang Lhamu Rural Municipality fee** for trekkers entering the general Everest region (which is different from park fee). Again, if not going to the main Everest trail, this may not apply. However, to avoid any issues, trekkers often secure whatever permits a local official might ask for.

As of the latest info from a local outfitter: They mentioned **three permits** – Sagarmatha National Park, Gaurishankar Conservation, and a local permit. These total around \$50-\$60.

## What kind of accommodation and food can I expect on this trek?

Accommodation is in **teahouses** (mountain lodges/guesthouses). These are family-run basic hotels in each village or stop. Expect a simple room with two or three beds (or a dorm in some cases), a common dining area, and shared bathrooms. The teahouses on Pikey Peak route are modest but cozy. For example, in Jhapre or Junbesi, your room will have a bed with a mattress, pillow, and blanket. You should use your sleeping bag as well since it gets cold.

## Is there electricity and mobile network on the trek? Can I charge my devices and contact home?

Yes, in most places there is electricity (either mains or solar) and you will find mobile network coverage at various points on the trek. **Electricity:** The lower villages like Dhap, Jhapre, Junbesi, Phaplu are connected to either the local grid or have solar panels/generators. You can typically **charge your phone/camera at the teahouses** in the dining area, often for a fee of a few hundred Nepali rupees per hour/device.

## Why is it called “Pikey Peak”? What’s the story behind the name?

The name “Pikey” has an interesting origin in the Sherpa language and culture. **Pikey (pronounced pee-kay)** is said to derive from the name of a local *Sherpa deity*. Specifically, Sherpas of this region worship a deity called **“Pikey Hlapchen Karbu”**, who is believed to be the protector of this area.

## Do I need to bring a tent or any camping gear? Are there enough places to stay?

No need to bring a tent – **camping is not required** on the Pikey Peak trek (unless you specifically want to). There are sufficient **teahouses (lodges)** at every stop where trekkers normally halt.

## Essential Information

Packing smart is important for any trek. You'll want to carry enough to be comfortable and safe in the mountains, but not so much that your backpack becomes too heavy. Here's a **comprehensive packing**

**list** for the Pikey Peak Trek, breaking down the essentials you should bring:

▪ **Clothing (Layers are key):**

- *Base Layer:* **Thermal underwear** (top and bottom) - 1 or 2 pairs. These are worn at night or on very cold days for warmth.
- *Trekking Shirts:* **T-shirts or long-sleeve shirts** - preferably moisture-wicking (not cotton). You can have a mix of short and long sleeve. Bring 3-4 so you can rotate (you can re-wear since you won't shower daily).
- *Insulating Layer:* **Fleece jacket or sweater** - lightweight, warm, and quick-drying. This will be your friend in the evenings and during colder parts of the day.
- *Outer Warmth Layer:* **Down jacket** - a packable down (or synthetic down) jacket is fantastic for cold nights and the Pikey Peak sunrise morning. It gets very cold at 4,000 m before the sun comes up, so you'll want this! You can rent one in Kathmandu if you don't have one.
- *Wind/Waterproof Layer:* **Waterproof jacket (rain jacket)** with a hood, and **waterproof pants**. Even if you don't trek in monsoon, these are good as windbreakers or in case of sudden rain. Pikey Peak can be windy, so a windproof shell is helpful.
- *Trekking Pants:* **Comfortable hiking pants** - 2 pairs. One can be lighter and one warmer. Some prefer convertible pants (zip-off into shorts). Also pack **hiking shorts** or 3/4 pants if you like (especially for lower altitudes or daytime if it's hot).
- *Underwear and Socks:* **Underwear** - enough for the trip (you can wash along the way if needed). **Trekking socks** - 3 to 4 pairs of good, cushioned socks. It's important to have spare dry socks. For cold nights, **woolen socks** are great.
- *Head and Hands:* **Sun hat or cap** - a must for daytime sun protection. The sun at altitude is strong. **Warm hat (beanie)** - for cold mornings and nights, cover that head!. It can be wool or fleece. **Gloves** - a pair of warm gloves, and if you have space, a lightweight pair as well for cool mornings when heavy gloves are too much.

▪ **Footwear:**

- **Trekking Boots:** Perhaps the most important item. Sturdy, comfortable boots that are broken-in (don't bring brand new boots to the trek, ouch!). Ankle support is recommended because trails can be uneven. Waterproof boots are ideal because there might be dew or a little snow.
- **Camp Shoes/Sandals:** After a day of hiking, you'll want to get out of your boots. Bring a pair of **flip-flops or crocs or lightweight sandals** to wear at the teahouse or for bathroom runs at night. This also lets your feet air out.
- (Optional) **Gaiters:** Not usually needed unless you expect snow or a lot of mud, but gaiters (covers for your boots to calf) can keep mud/snow out of your boots.

▪ **Backpack and Storage:**

- **Backpack:** A good backpack (say 40-50 liters for a trek without a porter) to carry your stuff. If you have a porter, you might put things in a duffel bag for them and carry a small daypack yourself. For independent trekkers, a 50L pack can hold sleeping bag plus gear. Make sure it has a rain cover or line it with plastic in case of rain.
- **Daypack:** If a porter carries the main load, you'll still have a daypack (15-25L) for water, camera, jacket, snacks, etc.
- **Dry bags or Ziplocks:** It's handy to organize gear in waterproof bags inside your pack (for clothes, electronics, etc.), especially to keep things dry if it rains.

▪ **Sleeping:**

- **Sleeping Bag:** Teahouses provide blankets, but at high altitudes they may not be enough. A sleeping bag rated to around -10°C (14°F) comfort is recommended for this trek, especially for

spring or autumn nights. You can layer blankets on top. In lower villages, you can sleep with it open if it's warm.

- (Optional) **Sleeping bag liner:** adds warmth and keeps your bag clean. Also nice to use alone if it's warm in lower elevations.

- **Trekking Gear:**

- **Trekking Poles:** Highly recommended. They save your knees on descents and give stability on rough terrain. You can bring collapsible ones or buy/rent in Kathmandu.
- **Headlamp (with spare batteries):** Absolutely bring this. There will be no street lights on trek. You'll need it for that early climb to Pikey Peak in the dark, midnight bathroom trips, or if you end up walking after dusk (try not to, but just in case).
- **Sunglasses:** UV is strong at altitude. A pair of good sunglasses (with UV protection, category 3 or 4 ideally) is necessary to protect your eyes from sun and the intense glare, especially if there's snow.
- **Water bottles or Hydration Bladder:** You should have capacity to carry at least 1.5 to 2 liters of water. Reusable water bottles (like Nalgene) or a hydration camelback in your pack – whatever you prefer. There are safe water stations or you'll treat water (see next item).
- **Water purification:** Some people bring purification tablets (iodine or chlorine) or drops. You can also use a UV SteriPen or a filter. This allows you to refill from taps or streams and treat water, instead of buying a lot of plastic bottles (which is expensive and creates waste).
- **First Aid Kit:** A personal small first aid kit with basics: band-aids (plasters), antiseptic wipes, any personal medications, blister care (like Compeed or moleskin), pain relievers, Diamox (for altitude, if you have doctor's advice for using it), anti-diarrhea pills, etc. The nearest pharmacy is far once you're trekking, so carry what you might need.
- **Sun Protection:** Apart from the hat and sunglasses, **sunblock cream** (high SPF 30+ or 50+) for your face and neck. Also **lip balm with SPF** – your lips can get sunburned and chapped by dry cold wind.
- **Toiletries:** Toothbrush and toothpaste, a small soap or hand sanitizer, a quick-dry towel (small trekking towel), tissues or toilet paper (the lodges sometimes provide TP for a charge or you bring your own), wet wipes (useful for cleaning up on days you don't shower). If you use menstrual products, bring supplies (and a way to pack out used ones, as you can't throw them in nature). A roll of toilet paper in your pack is very handy because not all toilets along the way have it.
- **Hand sanitizer:** Keeping hands clean is key to avoid getting sick. Use before eating, etc.
- **Miscellaneous:**
  - **Camera/Phone:** Of course, you'll want to take photos! Ensure you have a protective case (dust, occasional bumps) and maybe a spare battery or power bank. Cold drains batteries fast, so keep electronics warm in inner pockets. A power bank is great for multiple charges (some teahouses charge \$2-5 per device charge).
  - **Power Bank and Chargers:** As mentioned, a power bank (maybe 10,000 mAh or more) so you don't have to depend entirely on electricity availability. Plus your phone/camera chargers. Don't forget plug adapter for Nepal (although many lodges have the universal outlets).
  - **Map and GPS:** It's good to have a paper trekking map of the area (available in Thamel, Kathmandu). Also you can download an offline map (like Maps.me or Gaia GPS) for the region. Even though the trail has signposts, it's wise to have a map in case.
  - **Cash and Documents:** Bring enough Nepali cash for the trek (there are **no ATMs on the trail** except possibly in Phaplu/Salleri, but better not to count on those). You'll need to pay for meals, lodging, and any extra snacks or services. How much depends on your style, but maybe around \$20-30 per day is a safe budget for food and lodging. Also carry your **permit papers** (if any

needed) and a copy of your passport. It's smart to have a passport photocopy and some passport photos in case needed for permits.

- **Snacks:** Though you can buy along the way, you might bring some of your favorite **energy bars, chocolates, or trail mix** from home or Kathmandu. They'll be pricier up in the villages. It's nice to have a stash for long days or as a reward on the summit morning.
- **Ear Plugs:** If you're a light sleeper, ear plugs can help in teahouses where walls are thin.
- **Travel Adapter and Charging Kit:** A universal adapter to plug your devices, and maybe a multi-USB charger if you have several devices (so you can charge phone + camera together when you get the chance).
- **Trekking permits/ID:** Don't forget to carry your TIMS card or any permit that was issued for the trek, plus some form of ID. Usually passport copy is fine, but carrying passport is also okay (just keep it safe from moisture).
- **Small mirror** (optional): could be handy if you wear contacts or just for grooming. But not really a must.
- **Notepad/pen:** Nice for journaling your experience or exchanging contacts with people you meet.
- **Personal entertainment:** a book, Kindle, cards, or downloaded music/podcasts on your phone for the evenings. Remember, nights can be long (it gets dark early), and while chatting with fellow trekkers is fun, you might also enjoy reading or writing in your journal by the stove.

That seems like a lot, but remember, many of these items are small. The heaviest stuff is your clothing layers and maybe your boots. Try to **pack light** and only take what you need. A good way is to lay everything out before the trek and eliminate extras. You can leave spare city clothes or any non-trek items at your hotel in Kathmandu. While trekking, you'll appreciate a lighter backpack!

Lastly, if you hire a porter, the weight limit they carry is usually around 15 kg of your stuff. If you carry yourself, try to keep it under 10-12 kg for comfort. Wear your hiking boots on the plane to save luggage weight, and fill your daypack with heavier small items – just kidding (sort of)!

One more tip: **pack for layers and unpredictability** – mountain weather can change quickly, so have that rain jacket accessible and a warm layer handy even if the morning is hot. Conversely, you might start a day bundled up and then be in just a t-shirt by late morning when the sun is out.

With this packing list, you'll be well-prepared to handle the variety of conditions on the Pikey Peak trek, from sunny days to frosty nights. Being well-equipped means you can focus on the trekking experience itself, rather than worrying about discomfort. Happy packing!

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