

# Phari Lapcha Peak Climbing

## Standard Itinerary

### Phari Lapcha Peak Climbing Itinerary:

#### Day 01: Kathmandu

Arrive at Tribhuvan International Airport, Kathmandu 1310m welcome by Himalayan Nepal Trek and transfer to hotel on BB plan.

#### Day 02: Phakding

Flight to Lukla 35 min, trek to Phakding 2610m 4 hours. Overnight at Lodge.

#### Day 03: Namche Bazaar

Trek to Namche Bazaar 3440m 5 hours. Overnight at Lodge.

#### Day 04: Namche Bazaar

Rest and acclimatization day at Namche Bazar. Overnight at Lodge.

#### Day 05: Dhole

Trek to Dhole 4200m 6/7 hours. Overnight at Lodge.

#### Day 06: Machhermo

Trek to Machhermo 4470m 6/7 hours. Overnight at Lodge.

#### Day 07: Gokyo Lake

Trek to Gokyo 4790m 5 hours. Overnight at Lodge.

#### Day 08: Gokyo Lake

Ascend to Gokyo Ri 5357m down to Gokyo lakeside 4790m 6/7 hours. Overnight at Lodge.

#### Day 09: Phari Lapcha High Camp

Trek to Phari Lapcha High Camp for 6/7 hours. Overnight at tent.

## **Day 10: Gokyo Lake**

Early morning Phari Lapcha 6017m. Summit north face and decent to Gokyo 8/9 hours. Overnight at Lodge.

## **Day 11: Machhermo**

Trek to Machhermo 4470m 6/7 hours. Overnight at Lodge.

## **Day 12: Namche Bazaar**

Trek to Namche Bazaar 3440m 6/7 hours. Overnight at Lodge.

## **Day 13: Lukla**

Trek to Lukla 2827m 5/6 hours. Overnight at Lodge.

## **Day 14: Kathmandu**

Early morning flight to Kathmandu. Evening farewell dinner with Himalayan Nepal Trek. Overnight at the hotel.

## **Day 15: Departure**

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

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## **Includes and Excludes**

### **Includes**

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Flight fare Kathmandu/Lukla/Kathmandu guest and guide.
- Twin-sharing accommodation during the trek (guest house/tea house and lodge, tented camp).

- Experienced English-speaking trekking and climbing guide (Trained and licensed holder by the government of Nepal).
- Assistance climbing Sherpa 5:1 during the climbing period.
- North face tent for guests, dining tent, kitchen tent, toilet tent, and mattress.
- Climbing equipment's ice screw, rope, ice axe, screw gate, karabiners (2 locks, 2 unlock), and snow bar.
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg.
- All Government and local Taxes.
- Peak climbing permit from Nepal Mountaineering Association (NMA).
- National Park fees (Sagarmatha national park, Monjo).
- Municipality entry fee for participants (Khumbu Pasang Lhamu municipality).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Facilities to store your stuff at a hotel in Kathmandu.
- Duffel bag during the trek, company t-shirt, route map.
- Staffs medical rescue insurance during the trip.

## **Excludes**

- Lunch and dinner in Kathmandu.
  - Participants trekking equipment and any type of personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek)
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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