

# Everest Basecamp & Nirekha Peak



## Trip Overview

Nirekha Peak climbing is a pronounced summit that lies on the border of the Himalayan range in the Khumbu region. Nirekha Peak is moderately situated in the range of Lobuche Peak and to the east of Cho-La Col quite a distance high from the Cho-La Pass. The peak was recently opened by the Nepal Mountaineering Association and categorized in the list of grade “A” among the trekking peaks. The peak summit needs some technical skills in mount climbing. Only the experienced climber should attempt to conquer this peak. Nirekha Peak offers two routes. One route leads from Kanchung Base Camp and others from the Lake Base Camp. The Khanchung route is short and easier. Our itinerary is based on the Khanchung trail. We trace via Glacier to the Cho La Col which is quite normal, easy, and has few gorges.

The scale of our trail is mostly ice and snow. The trail despite having small altitude differences requires good acclimatization. The summit appeals to one of the best views of the Himalayan region. The top of the peak grants the outstanding opportunity to view several top mountains like Mt. Everest (8848 meters), Mt. Nuptse (7,861 meters), Mt. Lhotse(8,516 meters / 27,940 ft), Mt. Cho Oyu (8,188 meters/ 26,864 ft.) above sea level., and much other adjoining Himalayan ranges. Nirekha Peak at the elevation of 6159 meters lies in the Mahalangur region in the deep of the Himalayas. It is close to the Tibetan border and concealed among the famous gigantic mountains like Everest, Cholatse, and Cho Oyu.

The western climbers were recently permitted to climb this peak. The design of this

peak is straightforward. We require equipment like ice-ax, fixed rope sections, and crampons. This peak is favorable to trekkers or climbers who have a good physical conditions with some experience in climbing peaks. The ideal period for the Nirekha peak climb is Autumn and Spring.

## **Trip Itinerary**

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Trek preparation and Kathmandu valley sightseeing over the leisure period.
- Day 3 - Take a flight to Lukla and march to Phakding (2620 meters)
- Day 4 - Trek to Namche (3440 Mtr/11283 Ft)
- Day 5 - Acclimatization at Namche, hiking to Khumjung and fall back to Namche.
- Day 6 - Trek to Dole (4090 Mtr/13415 Ft)
- Day 7 - Trek to Machhermo (4410 Mtr/14465 Ft)
- Day 8 - Trek to Gokyo (4790 Mtr/15711 Ft)
- Day 9 - Rest Day in Gokyo and Gokyo Ri (5360 Mtr/17580 Ft)
- Day 10 - Trek to Dragnag(4700 Mtr/15416 Ft)
- Day 11 - Trek to Nirekha Base Camp (5340 Mtr/17515 Ft)
- Day 12 - Acclimatization day at Nirekha Base Camp
- Day 13 - March from Nirekha Base Camp to High Camp.
- Day 14 - March to the Summit of Nirekha Peak (6159 Mtr/20201 Ft) and fall back to the Base Camp.
- Day 15 - Trace back from Base Camp to Dzongla (4830 Mtr/15842 Ft) through Cho-La Passes (5467 Mtr/17931 Ft).
- Day 16 - Trek to Gorakshep (5160 Mtr/16925 Ft)
- Day 17 - Trek to EBC (5364 Mtr/17594 Ft) and Back to Gorakshep
- Day 18 - Trek to Kalapathar(5545 Mtr/18187 Ft) and back to Dingboche (4410 Mtr/14465 Ft)
- Day 19 - Trek to Tyangboche (3860 Mtr/12660 Ft)
- Day 20 - Trek to Monjo (2835 Mtr/9298 Ft)meters
- Day 21 - Trek to Lukla (2840 Mtr/9315 Ft)
- Day 22 - Flight to Kathmandu from Lukla. 30 minutes

- Day 23 - Relaxation, exploration day at Kathmandu.
- Day 24 - Farewell moment and fly back to your destination.

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for both way (KTM-LUA-KTM)
- All trekking permits and Climbing Permits
- All Meals (Breakfast , Lunch and Dinner ) During the trek and Climbing period
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide and Climbing guides
- Porter Services(2 Trekkers : 1 Porter)
- All Camping Equipment for Base Camp during Climbing
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag for the trek
- Staffs Cost including their Salary, food , accomodation and equipments

### **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itinerary
- International Flight fare
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance

- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head

Warm Hat  
Cap  
Face Mask / Muffler

- Upper Body

Wind stopper/Waterproof Jacket  
Down Jacket  
Fleece Jacket/ trousers  
Thermol  
T-shirts  
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
wind stopper/waterproof Pant  
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks  
Sandals  
Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack

Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

- Additional required Equipment for Climbing

Snow Goggles  
Thick Socks  
Gloves Water/wind proof  
Gaiters  
Wind Stopper Jacket and Trousers  
Big Rucksack (Minimum 40 Ltr )

## Faqs

### 1. Why to go trekking in Everest Basecamp ?

*When you think Nepal, you will definitely think of world's highest mountain of the world. Trekking to everest basecamp is one of the most popular and adventures trip in the world. Every year thousands of trekkers come to see Mount Everest and to get to basecamp of Mount Everest which is life time experience trip. Once in your life time, one should visit Everest basecamp and see th Mount Everest.*

### 2. What is the best seasons to trekking in Everest Basecamp?

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.*

### 3. What permit do I need for the Everest basecamp trek?

*For trekking in the Everest Region, you need the following permits:  
Local Governments Entry fee instead of TIMS ( Trekking information management system): The local government is charging Rs 2000 per person in*

*Lukla in the entrance of Everest Basecamp Trek.*

*Sagarmatha National Park Entry Permit: To entry in the Sagarmatha National Park, One has to obtain the permit which cost Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.*

#### **4. How safe is Everest basecamp trek?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency.*

#### **5. How is the lodging and fooding facilities in EBC trek?**

*Along the trail to Everest basecamp, there are well facilitated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. Rooms are very nice and attached toilet until Dingboche. if you buy single supplementary package you will get single room.*

#### **6. What about the flight from Kathmandu-Lukla and vice versa?**

*Just about 25 minutes flight from Kathmandu takes us to Tenzing Hillary airstrip in Lukla but the due to some circumstances, these days the flight to Lukla are operated from Ramechhap, which is 4 hours drive from Kathmandu and 15 min by flight to lukla. There are options to fly by helicopter directly from Kathmandu to Lukla as well, which is bit expensive than regular flight. Sometimes the weather doesn't permits for the regular flight, then we should be compulsion to hire the helicopter. The airlines companies has operated the first flight to Lukla directly from Kathmandu, so if you book your trip with us prior to 3 months , we can book the seat for direct flight.*

#### **7. Is there any internet wifi facility on the way?**

*After your arrival in Kathmandu airport, we recommand to buy One ncell sim card. In everest region until panboche Ncell 4G works very well. Above Panboche there is good internet facility of Everest link. There are varieties of data cards as 10 GB, 20 GB. If you purchased bigger one it works all over the khumbu and if you purchase 20 GB one it it enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one.*

**8. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?**

*You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take Nepalese Rupees. In mostly lodges they accept the credit cards but sometime due to internet problem it will not be 100% guarantee.*

**9. What is the normal temperature in spring and Autumn season?**

*Spring season starts from March, but until third week of March temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.*

**10. How difficult Nirekha peak climbing?**

*It is quite difficult and distance wise it is long. But there will be fixed rope all the way to summit and our expert guide will always be there to assist you.*

**11. How is lodging and fooding during the climbing period?**

*We have climbing crew and kitchen crew in Basecamp and Highcamp with well facilities of foods, drink. We have a single tent for each climber. We will spent maximum 2 night in highcamp, but we we summited, got back to highcamp early and if still have energy and time we try to descend down.*

**12. Do we need to give the tips for climbing guide and staff?**

*Tips is not mandatory but it is appreciation for the efforts they did for your achievement.*

**13. How long does it take for summit peaks ? How long the distance of climbing?**

*Actually it depends on how speed is your pace. For normal walker it takes 6-7 hours just to climb and takes another 3 hours to descend down. Distance wise it is about 5 KM from Basecamp.*