



## **Pokalde (5806m)**



### **Introduction**

Pokalde Peak, Standing in Khumbu region at some 14 kilometers southwestern direction from Mount Everest, Pokalde, It is one of the commercial popular tourist peak of Nepal which can be trekked without the aid of ice axes and crampons. Which is also known as Dolma Ri and it was first climbing in 1953 by a route from the 'Khongma-La' pass which lies at an elevation of 5,535m. along its North-ridge. Despite its relatively low altitude the mountain's first successful climbers were giants of the mountaineering world, a fact that is true of many of the Trekking peaks. Pokalde Peak is an insignificant-looking mountain when seen from Pheriche, from where it appears as a rocky ridge dominated by the vast bulk of Nuptse. Seen from the Labuche or Gorak Shep the peak looks more interesting. Raising to the south of the Khongma-La 5,535m. an infrequently traversed pass that leads into the Chukhung Valley. The northern side of the mountain has a small hanging glacier that is best reached along the ridge rising from the Khongma-La.

### **Facts**

- Altitude: 5806m<
- Grade: Easy, F (per the: French Adjectival System, IFAS)
- Group: 2 - 15
- Country: Nepal
- Best Season: April-May and September-October
- Start/Ends: Kathmandu (Capital of Nepal)

- Accommodation: Lodges and Camping
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

## Highlights

- Picturesque villages, turbulent river gorges, Ascending the khumbu valley
- Visit old Buddhist Tengboche monasteries, typical sherpa villages such as Thame and Khumjung.
- Most beautiful mountain of Nepal offers awesome view of whole Khumbu Himalaya within 360 deg angle.
- Experience the Sherpa and other ethnic groups and their lifestyles.
- An excellent combination of challenging trekking through a series of Everest Himalayan Peaks

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft]
- **Day 2** : Kathmandu: Trip preparation and sightseeing. Included meals:Breakfast Dinner
- **Day 3** : Fly from Kathmandu to Lukla (2,886m.) and Trek to Phakding village. Included meals:Breakfast Lunch Dinner
- **Day 4** : Trek from Phakding to Namche Bazaar (3,440 m.), 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 5** : Rest day at Namche Bazaar (3,440 m.) for acclimatization then to Khumjung (3,780 m). Included meals:Breakfast Lunch Dinner
- **Day 6** : Trek from Khumjung to Tengboche (3,867 m.), 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 7** : Trek from Tengboche to Pheriche (4,260 m.), 4-5 hrs. Included meals:Breakfast Lunch Dinner
- **Day 8** : Pheriche to Lobuche (4,930m.), 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 9** : Trek from Lobuche to Everest Base Camp 5,380m. via Gorakshep 5,164m. 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 10** : Trek Gorakshep to Kala Patthar (5,545m.) & cross Kongma la Pass, to Chhukung village. 8-9 hrs. Included meals:Breakfast Lunch Dinner
- **Day 11** : Trek to Pokalde Base Camp, and climbing training. Included meals:Breakfast Lunch Dinner
- **Day 12** : High Camp – Summit day 5,806m and descend down to Base Camp and trek down to Dingboche. 9-10 hrs. Included meals:Breakfast Lunch Dinner
- **Day 13** : Trek to Tengboche. Included meals:Breakfast Lunch Dinner
- **Day 14** : Trek from Tengboche to Namche Bazaar (3,440 m). 4-5 hrs. Included meals:Breakfast Lunch Dinner
- **Day 15** : Trek from Namche Bazaar to Lukla (2,886 m). 6-7 hrs. Included meals:Breakfast Lunch Dinner
- **Day 16** : 35 minutes flight to Kathmandu and transfer to Hotel. Included meals:Breakfast Dinner
- **Day 17** : Final Departure

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- High quality VE-25 North Face Tented accommodation during the climb and Camp.
- Entire necessary required high quality tents and kitchen equipments for B.C
- All meals (breakfast, lunch and dinner) during the trek and climb
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- English speaking, trained and experienced trekking guide(leader), climbing guide (Everest Summitter leader) and assistant guides as per required.
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- All necessary paperwork; trekking permits
- Thuraya SAT Phone (For emergency use only)
- Radio Walki Talki

- Medical kit
- All government and local taxes
- Well Come /Farewell Dinners

## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing, full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, food, medicines and the brands the clients require
5. The itinerary may be changed after reaching the understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in \_\_\_\_\_ or login to \_\_\_\_\_ for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- All ground transportation on a comfortable private vehicle as per the itinerary

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges (if you have more than 15 kg luggage, cargo charge is around \$1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Altitude chamber (PAC) or oxygen
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Personal climbing equipment
- Personal climbing guide if requested
- Optional trips and sightseeing if extended
- Tips for guides and porters
- Services not listed in the 'What Is Included' section

