



## Pokalde (5806m) Option A



### 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<
- Duration: 15 days
- Grade: Moderate to Adventurous
- Group: 2-15
- Country: Nepal
- Best Season: April-May and September-October

- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- 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** : Sightseeing and Climbing Preparation at Kathmandu. Included meals:Breakfast Dinner
- **Day 3** : Fly from Kathmandu to Lukla [2,800m/9184 ft] & Trek to Phakding [2640m/8659ft] 35 min Flight & 3-4 hrs Trek Tea House Lodge. Included meals:Breakfast Lunch Dinner
- **Day 4** : Trek from Phakding to Namche Bazaar [3440m/11283 ft] 5-6 hrs Trek Lodge. Included meals:Breakfast Lunch Dinner
- **Day 5** : Acclimatization/ Rest day at Namche Bazaar. Included meals:Breakfast Lunch Dinner
- **Day 6** : Trek from Namche Bazaar to Tyangboche [3,867m/12683ft] 5-6 hrs Trek Lodge. Included meals:Breakfast Lunch Dinner
- **Day 7** : Trek from Tyangboche to Dingboche [4,260m/13972ft] 5-6 hrs Trek Lodge. Included meals:Breakfast Lunch Dinner
- **Day 8** : Trek from Dingboche to Pokalde Peak Base Camp [4,900m/16072ft] 4-5 hrs Trek Tented Camp. Included meals:Breakfast Lunch Dinner
- **Day 9** : Pokalde Peak Base Camp to High Camp [5,400m/17712ft] 4-5 hrs Trek Tented Camp. Included meals:Breakfast Lunch Dinner
- **Day 10** : High Camp to Pokalde Peak Summit [6,006m/19048ft] and Trek to Dingboche. 8-9 hrs climbing Pokalde Peak Lodge. Included meals:Breakfast Lunch Dinner
- **Day 11** : Trek to Phortse [5,200m/12982ft] 4-5 hrs Trek Accommodation: Tea House Lodge. Included meals:Breakfast Lunch Dinner
- **Day 12** : Trek from Phortse to Monjo [5,400m/17712ft] 4-5 hrs Trek Accommodation: Tea House Lodge. Included meals:Breakfast Lunch Dinner
- **Day 13** : Trek from Monjo to Lukla 4 hrs Trek Accommodation: Tea House Lodge. Included meals:Breakfast Lunch Dinner
- **Day 14** : Fly from Lukla to Kathmandu 35 min flight Transfer to Hotel. Included meals:Breakfast Dinner
- **Day 15** : 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

- All airport/hotel transfers
- Three nights in 3-star hotel in Kathmandu
- Flight KTM-Lukla-KTM
- Teahouse/tented accommodation in mountain
- Breakfast in Kathmandu and 3 times meals in mountain as per required.
- Required necessary ground transportation as per the itinerary program by private vehicles
- Required necessary staffs with experienced English speaking climbing Sherpa (guide), cook, assistant climbing leader (4 trekkers: 1 assistant guide) and Porters to carry luggage (2 trekkers:1 porter), other helpers including their wages, insurance, equipment, flight, food and lodging
- Entire necessary paper works, Trekking permits and Pokalde peak, Island Peak and Lobuche peak climbing permits

- Thuraya SAT Phone (Emergency use only)
- Radio Walkie Talki
- Group mountaineering climbing and camping equipment-very high quality VE-25 North-Face or Mountain Hardware as well entire necessary required kitchen, dining, toilet tents, insulation mattresses, and kitchen equipment.
- Travel and rescue arrangements
- Welcome and farewell dinner
- Exclusive Medical Kit Bag
- All government and local taxes

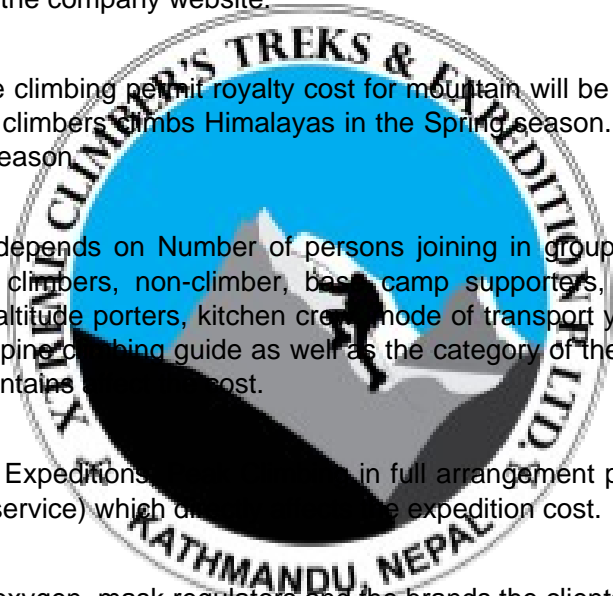
### Cost and payment details

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 in two ways in full arrangement package and basic arrangement service (full board or base camp service) which differ in the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an 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

- Nepal Visa fee (bring accurate USD. 40 cash along with two passport photographs)
- International airfare to and from Kathmandu
- Excess baggage charges (if you have more than 20.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 mountain than the scheduled itinerary)
- Travel and rescue insurance
- Personal climbing equipments
- Personal climbing guide if reque we can arrange
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, drinking water, shower, heater, etc.)
- Optional trips and sightseeing if extended
- Tips for Climbing guides and porters
- Services not listed in the 'What Is Included' section

