

Kwangde Peak (6,011 m): A Steep and Technical Alpine Expedition in Eastern Nepal

Overview:

Kwangde Peak (6,011m / 19,721ft) is a spectacular and technically demanding mountain located in the Khumbu region of eastern Nepal, within the Mahalangur Himal range. Situated west of Namche Bazaar, the Kwangde massif forms an impressive ridge system above the Bhote Koshi Valley and stands as one of the most distinctive peaks visible from the lower Everest trekking routes.

With its steep faces, exposed ridges, and complex alpine terrain, Kwangde is considered a challenging climbing objective requiring strong mountaineering skills and previous high-altitude experience. The ascent involves technical rock sections, mixed snow and ice climbing, and exposed summit ridges, with climbers often requiring advanced rope techniques and the use of fixed lines depending on route conditions.

The approach to Kwangde Base Camp follows the quieter and less-travelled Thame Valley, providing a remote Himalayan experience through traditional Sherpa settlements, ancient monasteries, and beautiful alpine landscapes. Away from the busier Everest routes, the journey to base camp offers a genuine sense of wilderness and allows climbers to gradually acclimatise before attempting the summit.

Standing on the summit of Kwangde offers breathtaking views across the Khumbu Himal, including Mount Everest, Lhotse, Cho Oyu, Ama Dablam, and surrounding Himalayan peaks. The combination of technical climbing, remote approach, and exceptional mountain scenery makes Kwangde Peak a highly respected objective for experienced climbers seeking a serious Himalayan alpine adventure.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Kwangde Base Camp / Summit

Duration: 14 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Very Strenuous

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 6,011 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 8km | 3 – 4hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 8 km (5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

▮ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 10 – 12 km | 5 – 7 hours**

We will start our trek from Phakding (2,610 m / 8,563 ft) and follow the trail along the Dudh Koshi River, passing through traditional Sherpa villages and suspension bridges. The trail gradually ascends through pine and rhododendron forests, offering beautiful views of the surrounding hills and mountains. We will cross several small settlements before reaching Monjo (2,835 m / 9,301 ft), where we may stop for a short break. Continuing uphill, we will climb steeply to Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Khumbu region. The trek covers approximately 10-12 km and takes around 5–7 hours, making it a moderate to challenging day that helps with acclimatization. Along the way, we will enjoy panoramic views of Thamserku and Kongde Ri, and take in the lively atmosphere of Namche Bazaar, surrounded by dramatic Himalayan peaks. Overnight at a guesthouse in Namche Bazaar.

▮ **Day 5: Trek from Namche Bazaar to Thame (3,820 m): Walking distance : 8 – 10 km | 4 – 5 hours**

After breakfast in Namche Bazaar (3,440 m / 11,286 ft), we begin our trek toward the traditional Sherpa village of Thame, following a quieter and less-traveled route in the upper Khumbu. The trail gradually ascends out of Namche before contouring along the hillside, offering scenic views of the Bhote Koshi Valley and surrounding rugged terrain.

As we move away from the main Everest Base Camp trail, the environment becomes more peaceful and culturally rich. Along the way, we pass through the small settlement of Thamo, where traditional stone houses and monasteries reflect the deep-rooted Sherpa heritage of the region. The trail continues along the river valley, with gentle elevation gain and a calm, remote atmosphere.

After approximately 4–5 hours of trekking, covering around 8–10 km (5–6.2 miles), we arrive at Thame (3,820 m / 12,533 ft), a historic Sherpa village known for its monastery and strong mountaineering heritage. Overnight at a guesthouse in Thame.

▮ **Day 6: Trek from Thame to Kwangde Peak Base Camp (4,800 m): Walking distance: 6 – 8 km | 5 – 6 hours**

Beginning the day in Thame (3,820 m / 12,533 ft), we set out toward the remote base camp of Kwangde, following a less-traveled route into the upper Khumbu. The trail gradually ascends out of the village, passing through open yak pastures and traditional grazing lands used by local herders.

As we gain elevation, the path becomes steeper and more rugged, traversing grassy slopes and rocky sections with increasingly expansive views of the surrounding Himalayan landscape. The terrain grows more alpine and exposed, with the valley opening below and distant peaks forming a dramatic backdrop.

Continuing steadily upward, we leave behind any signs of settlement, entering a quiet and isolated high-altitude environment. The final approach to base camp involves a sustained climb over rough terrain, requiring careful pacing in the thin air.

After approximately 5 – 6 hours of trekking, covering around 6 – 8 km (3.7–5 miles), we reach Kwangde Peak Base Camp (approx. 4,800–5,000 m / 15,748 – 16,404 ft), situated in a remote alpine basin beneath the mountain. Overnight at tented camp in Base Camp.

▣ **Day 7: Acclimatization and Training Day:**

At Kwangde Base Camp, we dedicate the day to acclimatisation and technical training in preparation for higher camps and the summit attempt.

The morning begins with a gradual acclimatisation hike above base camp, gaining a few hundred meters in elevation before returning, following the principle of “climb high, sleep low.” This helps the body adapt to the altitude while also providing an opportunity to explore the surrounding alpine terrain and assess route conditions.

In the afternoon, we focus on mountaineering training, including the use of essential climbing equipment such as crampons, ice axe, harness, and ropes. Team members practice basic techniques like fixed rope ascent and descent, movement on snow and mixed terrain, and safety procedures required for the climb ahead.

The remainder of the day is reserved for rest, hydration, and final gear checks. This preparation day is crucial for building confidence, ensuring safety, and improving overall performance during the upcoming climbing stages. Overnight at tented camp in Base Camp.

▣ **Day 8: Trek from Base Camp to High Camp (5,400 m): Walking distance: 2 – 3 km | 3 – 4 hours**

Advancing from Kwangde Base Camp (approx. 4,800 – 5,000 m / 15,748–16,404 ft), we begin our ascent toward High Camp, moving into steeper and more technical alpine terrain. The route initially follows rocky moraine and grassy slopes before transitioning onto more rugged sections with loose scree and exposed ridgelines.

As we gain elevation, the terrain becomes increasingly challenging, with sections of mixed rock and possible snow depending on seasonal conditions. The air is thinner, and progress is steady and controlled, requiring careful pacing and efficient movement.

The surrounding views open up dramatically, offering expansive panoramas of the Khumbu region and distant Himalayan peaks. The route remains remote and exposed, with no permanent shelters along the way, reinforcing the expedition nature of the climb.

After approximately 3 – 4 hours of ascent, covering around 2 – 3 km (1.2–1.8 miles), we reach High Camp (approx. 5,400–5,600 m / 17,716 – 18,373 ft), situated on a protected section of the mountain. Overnight at tented High Camp.

▯ **Day 9: Summit Day: Summit Kwangde Peak (6,011 m) and back to Base**

Camp: Walking distance: 8 – 10 km | 8 – 11 hours

From Kwangde High Camp (approx. 5,400 – 5,600 m / 17,716–18,373 ft), we begin the summit push in the early hours of the morning under cold and often windy conditions. The ascent follows steep alpine terrain, combining sections of rock, snow, and ice depending on the season. Fixed ropes may be used on exposed sections, and careful movement is required throughout.

As we climb higher, the ridge narrows and the views expand dramatically across the Khumbu region. The final section to the summit involves sustained effort in thin air, but rewards us with an outstanding panorama of surrounding Himalayan peaks and deep valleys.

After several hours of climbing, we reach the summit of Kwangde (6,011 m / 19,721 ft). Following a short rest and time to take in the views, we begin a careful descent, retracing our route back down to High Camp and continuing further to Base Camp.

The full round trip typically covers approximately 8 – 10 km (5 – 6.2 miles) and takes around 8 – 11 hours, depending on conditions and team pace. Overnight at tented Base Camp.

▯ **Day 10: Reserve Day**

A reserve day is allocated within the expedition schedule at Kwangde Base Camp to allow flexibility for unforeseen circumstances. In high-altitude environments, weather conditions, route challenges, and individual acclimatization can vary, making such buffer days essential for a safe and successful climb.

This day may be utilized in case of delays due to poor weather, difficult route conditions, or to allow additional rest and recovery before or after the summit attempt. It also provides an opportunity for extra acclimatization hikes or final equipment checks if required.

If the reserve day is not needed, it can be spent resting, organizing gear, or simply enjoying the remote alpine surroundings. Including a reserve day ensures that the expedition maintains both safety and adaptability. Overnight at tented camp at Base Camp.

▯ **Day 11: Trek from Base Camp to Namche Bazaar (3,440m): Walking distance: 10 – 12 km | 6 – 7 hours**

Setting out from Kwangde Base Camp (approx. 4,800 – 5,000 m / 15,748–16,404 ft), we begin our long descent back toward the main Khumbu trail and Namche Bazaar. The route initially follows alpine slopes and rocky terrain, gradually losing elevation as we move away from the isolated high mountain environment.

As we descend, the landscape slowly transitions from rugged moraine and high alpine terrain into greener hillsides and yak grazing areas. The air becomes noticeably thicker and warmer as we drop in altitude, offering a welcome change after the demanding expedition days.

The trail continues steadily downward, eventually reconnecting with the main trekking route of the Khumbu region. From here, we pass through familiar valleys and suspension bridges, with increasingly open views of the surrounding peaks as we approach the busier sections of the trail.

After approximately 6 – 7 hours of trekking, covering around 10 – 12 km (6.2 – 7.5 miles), we arrive at Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Everest region. Overnight at a guesthouse in Namche Bazaar.

▮ **Day 12: Trek from Namche Bazaar to Lukla (2,860m): Walking distance: 17 – 19 km: 6 – 7 hours**

We will begin our final trekking day from Namche Bazaar (3,440 m / 11,286 ft), leaving behind the bustling heart of the Khumbu region. The trail starts with a steep descent on stone steps, dropping quickly into the Dudh Koshi valley, where suspension bridges stretch across the river and prayer flags mark the way forward.

From here, we continue through familiar villages like Monjo and Phakding, walking along a well-established riverside trail. The forest grows denser again in the lower sections, and the air becomes noticeably warmer and heavier as we lose altitude.

The final stretch includes a gradual climb back up to Lukla (2,860 m / 9,383 ft), where the landscape opens and the familiar airstrip town comes into view. It feels like a full circle moment, returning to where the journey first began. After approximately 6 – 7 hours of trekking, covering around 17 – 19 km, we arrive in Lukla. Overnight at a guesthouse in Lukla.

▮ **Day 13: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

We begin our return journey from Lukla (2,860 m / 9,383 ft), where the final moments in the Khumbu region feel calm and reflective. After completing the Kwangde expedition, this departure marks the conclusion of a demanding alpine journey through remote valleys, technical climbing terrain, and high Himalayan landscapes.

The short flight from Lukla to Kathmandu (1,400 m / 4,593 ft) lifts us away from the mountains for the final time. As the aircraft climbs above the valley, the rugged peaks gradually recede into the distance, replaced by rolling hills, river systems, and scattered settlements far below.

The flight takes approximately 30 – 40 minutes, depending on weather conditions, offering one last aerial view of the Himalayas before descending into the Kathmandu Valley.

Upon arrival in Kathmandu, you will be transferred to your hotel. Overnight stay at hotel.

▮ **Day 14: Departure day:**

Today marks the conclusion of your Kwangde expedition. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu to Tribhuvan International Airport for your onward journey.

This final day offers a moment to reflect on the experience of the expedition, remote alpine approaches, technical climbing sections, and the challenging high-altitude environment of the Kwangde region. The journey has combined physical endurance, mountaineering skill, and the raw beauty of the eastern Himalayas.

As you depart from Nepal, you carry with you the memories of the mountains, the landscapes, and the spirit of the Himalayas. Safe travels and we hope to welcome you again for future adventures.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Kwangde Peak Climbing permit and Royalty Fee
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.