

Kyazo Ri Expedition (6,186 m) - A True Alpine Climb Above the Khumbu Valley

Overview:

Kyazo Ri (6,186 m / 20,295 ft) is a remote and impressive Himalayan summit located in the Khumbu region of Nepal, offering a challenging alpine climbing experience away from the more crowded routes of the Everest region. Rising above the high valleys near the Nangpa La and the remote landscapes beyond Namche Bazaar, Kyazo Ri combines the adventure of a 6,000-meter peak with the cultural richness and spectacular scenery of the Khumbu Himal.

The mountain presents a true alpine objective with snow slopes, glaciated terrain, and exposed ridgelines requiring careful movement and proper mountaineering skills. While less technically demanding than some of Nepal's higher expedition peaks, Kyazo Ri requires good physical preparation, previous high-altitude experience, and confidence with basic climbing techniques, including crampon use, rope systems, glacier travel, and movement on snow.

The journey begins along the classic Everest approach trail, passing through traditional Sherpa villages, ancient monasteries, and dramatic Himalayan valleys. The itinerary includes important acclimatization stops in the Gokyo Valley, including an ascent of Gokyo Ri (5,357 m / 17,575 ft), one of the finest viewpoints in Nepal, offering spectacular views of Everest, Cho Oyu, Makalu, and the surrounding Himalayan range. The route also crosses the scenic Renjo La Pass (5,360 m / 17,585 ft), providing an unforgettable high-altitude traverse through a landscape of glaciers, alpine lakes, and towering peaks.

Beyond the trekking section, the expedition enters a more isolated alpine environment where base camp is established beneath the slopes of Kyazo Ri. From here, climbers gradually move through higher camps while adapting to the thin air and preparing for the summit attempt. The final ascent involves glacier travel, snow climbing, and exposed mountain terrain where teamwork, patience, and sound judgment are essential.

Standing on the summit of Kyazo Ri offers remarkable views across the Khumbu Himal, surrounded by some of the world's most iconic peaks and glaciers. The achievement represents more than reaching a high point; it reflects the journey through remote valleys, Sherpa culture, and the demanding but rewarding environment of the Nepal Himalaya.

Kyazo Ri Peak is an excellent choice for experienced trekkers and climbers seeking a genuine 6,000-meter Himalayan adventure. Combining the beauty of the Everest region, the solitude of a remote summit, and the challenge of alpine climbing, this expedition delivers a complete Himalayan experience away from the busiest mountain routes.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Gokyo Ri / Renjo La Pass / Summit / Gokyo Ri

Duration: 23 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Strenuous

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 6,186 m

Activities: High-altitude trekking & Alpine peak climbing

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: 8 km | 3 – 4 hours**

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: 9.4km | 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: Acclimatization day**

This day is set aside for acclimatization in Namche Bazaar (3,440 m / 11,286 ft), allowing our bodies to adjust to the higher altitude while remaining gently active. Rather than staying idle, we will take a short hike above the village to support acclimatization and enjoy expansive Himalayan views.

A recommended ascent is toward Tengboche Hill (approximately 3,870 m / 12,697 ft), rising above Namche. The climb is gradual but noticeably more demanding due to the altitude, rewarding us with sweeping panoramas of Ama Dablam, Thamserku, and the surrounding Himalayan peaks. After spending time at the viewpoint, we descend back to the village.

The excursion takes around 3 – 4 hours round trip, covering approximately 3 – 4 km (1.8–2.5 miles). The remainder of the day is free for rest, exploration of Namche Bazaar's shops and monasteries, and preparation for higher elevations. Overnight at a guesthouse in Namche Bazaar.

▮ **Day 6: Trek from Namche Bazaar to Dole (4,040 m) : Walking Distance: 9 – 10 km | 5 – 6 hours**

As we begin the trek from Namche Bazaar to Dole (4,040 m / 13,255 ft), the trail gradually leaves the lively Sherpa hub behind and enters quieter alpine landscapes. The path climbs steadily through pine and rhododendron forests, crossing small streams and yak pastures, with occasional views of Ama Dablam, Thamserku, and Kangtega.

The trail is moderately steep, gaining about 600 m in elevation over the day. Along the way, trekkers cross suspension bridges over the roaring Dudh Koshi River and navigate ridges that provide excellent perspectives of the surrounding valleys. The environment becomes noticeably more tranquil as the number of trekkers diminishes, and the high Himalaya begins to feel closer with each step.

After approximately 5 – 6 hours of trekking, covering around 9 – 10 km (5.5–6.2 miles), we arrive at Dole, a small high-altitude settlement perched beneath dramatic cliffs and alpine slopes. Dole is a key acclimatization stop, offering crisp air, quiet mountain surroundings, and stunning views, preparing trekkers for the next stage toward Machhermo and higher elevations. Overnight at a teahouse in Dole.

▣ **Day 7: Trek from Dole to Machhermo (4,470m): Walking distance: 5 – 6 km | 3 – 4 hours**

Setting off from Dole, the trail gradually leads us higher into the serene alpine valleys of the Khumbu region. The landscape opens up to sweeping views of Ama Dablam, Thamserku, and Cho Oyu, with the quiet of the high mountains surrounding the path.

The trail climbs steadily, gaining approximately 430 m in elevation over 7 – 8 km, passing scattered teahouses and yak grazing areas. The terrain becomes rockier and more exposed as we approach Machhermo, highlighting the transition into higher Himalayan wilderness.

After approximately 4 – 5 hours of trekking, we arrive at Machhermo (4,470 m / 14,665 ft), a small settlement of lodges nestled beneath dramatic cliffs and glaciers. Machhermo serves as an important acclimatization point before continuing toward Gokyo or higher passes, offering crisp air, quiet surroundings, and breathtaking mountain vistas. Overnight at a teahouse in Machhermo.

▣ **Day 8: Trek from Machhermo to Gokyo(4,750 m): Walking Distance: 7 – 8 km | 4 – 5 hours**

We will begin our trek from Machhermo (4,470 m / 14,665 ft), gradually ascending along glacial valleys toward the renowned Gokyo Lake region. The trail winds past moraine ridges, scattered teahouses, and yak grazing areas, with panoramic views of towering Himalayan peaks, including Cho Oyu, Everest, and Makalu, unfolding along the way.

The trek covers approximately 7 – 8 km (4.3 – 5 miles) with an elevation gain of around 280 m (920 ft), taking roughly 4 – 5 hours. The trail is mostly moderate, becoming slightly rockier closer to Gokyo, while offering increasingly expansive vistas of turquoise glacial lakes and snow-capped mountains.

We arrive at Gokyo (4,750 m / 15,584 ft), a serene settlement beside the largest of the Gokyo lakes. This high-altitude village is ideal for rest, acclimatization, and photography, with the calm waters reflecting the surrounding peaks. Overnight at a teahouse in Gokyo, enjoying the peaceful alpine setting.

▮ **Day 9: Hike to Gokyo Ri and back to Gokyo (5,357 m): Walking Distance: 6 – 7 km | 5 – 7 hours**

Today we will begin our hike from Gokyo (4,750 m / 15,584 ft), ascending toward Gokyo Ri (5,357 m / 17,572 ft), one of the most spectacular viewpoints in the Khumbu region. The trail climbs steadily along a rocky ridge, passing scattered teahouses and glacial moraines, with the turquoise Gokyo Lakes growing smaller in the valley below. The ascent covers approximately 3–3.5 km (1.9–2.2 miles) with an elevation gain of 607 m (1,988 ft), taking around 3–4 hours.

From the summit of Gokyo Ri, trekkers are rewarded with breathtaking 360° Himalayan panoramas. Looking around, you can see Mount Everest rising majestically above the surrounding peaks, Lhotse just nearby, Makalu and Cho Oyu on the horizon, and the striking pyramid-shaped Ama Dablam, along with numerous other snow-capped ridges and peaks of the Khumbu region.

We will then descend the same trail back to Gokyo, taking about 2–3 hours, making the total round-trip distance approximately 6–7 km (3.7–4.3 miles) and total time around 5–7 hours, depending on pace and time spent at the summit.

Overnight at a teahouse in Gokyo, enjoying the calm alpine environment and reflections of the surrounding peaks in the glacial lakes.

▮ **Day 10: Trek to Lungden (4,380 m) via Renjo La Pass(5,360m): Walking distance: 13 – 16 km | 7 – 11 hours**

We leave the tranquil lakeside village of Gokyo (4,790 m / 15,715 ft) and begin our ascent toward Renjo La Pass (5,360 m / 17,585 ft), following a steep and sustained trail that climbs out of the Gokyo Valley. The route quickly gains altitude over rocky slopes and glacial terrain, with thin air making the ascent physically demanding despite the moderate distance.

The climb to Renjo La Pass covers approximately 4 – 5 km (2.5 – 3.1 miles) and typically takes around 3 – 5 hours, depending on snow conditions, weather, and acclimatization. From the top of the pass, we are rewarded with one of the most spectacular viewpoints in the Everest region, offering panoramic views of Everest, Lhotse, Cho Oyu, and the Gokyo Lakes system far below.

From the pass, we begin a long and steady descent toward Lungden (4,380 m / 14,370 ft), entering the quieter Thame Valley. The trail drops through loose scree and rocky alpine sections before gradually transitioning into yak pastures and more defined paths as we lose altitude.

The descent from Renjo La Pass to Lungden covers approximately 9 – 11 km (5.6 – 6.8 miles) and typically takes around 4 – 6 hours, with a sustained elevation loss of about 980 m. The upper section is steep and demanding on the knees, while the lower section becomes more gradual and scenic.

The full trek from Gokyo to Lungden via Renjo La Pass covers approximately 13 – 16 km (8 – 10 miles) and takes around 7 – 11 hours in total, depending on pace, trail conditions, and acclimatization. Overnight at a teahouse in Lungden.

▣ **Day 11: Trek from Lungden to Thame (3,820 m): Walking distance: 6 – 8 km | 3 – 4 hours**

We leave the peaceful high-altitude settlement of Lungden (4,380 m / 14,370 ft) and begin our descent toward the historic Sherpa village of Thame (3,820 m / 12,533 ft), following a scenic trail through the upper Bhote Koshi Valley. The route gradually loses altitude as it transitions from open alpine terrain into a broader valley landscape.

The trail descends through yak pastures, scattered stone houses, and traditional Sherpa settlements, with increasing signs of agriculture and human habitation. En route, we pass mani walls, prayer flags, and small chortens that reflect the deep Buddhist culture of the region.

The trek from Lungden to Thame covers approximately 6 – 8 km (3.7 – 5 miles) and typically takes around 3 – 4 hours, with a steady descent of roughly 560 m. The path is generally well-defined, though it includes uneven rocky sections and gentle undulations along the valley side.

Upon reaching Thame, we arrive in one of the oldest and most culturally significant Sherpa villages in the Khumbu, known for its monastery and mountaineering heritage.

Overnight at a teahouse in Thame.

▣ **Day 12: Trek from Thame to Mende (3,740 m): Walking Distance: 4 – 5 km | 2 – 3 hours**

We leave the historic Sherpa village of Thame (3,820 m / 12,533 ft) and follow a quiet hillside trail toward Mende (approximately 3,740 m / 12,270 ft), moving through one of the more peaceful side valleys of the upper Bhote Koshi region. The route offers a gradual and relaxed transition away from Thame's main valley corridor into a more secluded alpine setting.

The trail initially winds past stone houses, mani walls, and cultivated fields before contouring along gentle slopes above the river valley. The path includes a mix of mild descents and short undulations rather than a continuous downhill, with open views of surrounding hills and distant Himalayan peaks throughout the walk.

The trek from Thame to Mende covers approximately 4 – 5 km (2.5 – 3.1 miles) and typically takes around 2 – 3 hours, depending on pace and trail conditions. The net elevation loss is minimal, around 70–100 m, making it a comfortable and scenic trekking day.

Upon reaching Mende, we arrive in a quiet hillside settlement surrounded by rolling terrain and expansive valley views, offering a peaceful overnight stop in the lower Khumbu region.

Overnight stay at a teahouse.

▣ **Day 13: Trek from Mende to Kyazo Ri Base Camp (4,550m): Walking Distance: 8 – 11 km | 5 – 7 hours**

We leave the quiet settlement of Mende (3,740 m / 12,270 ft) and begin a steady ascent toward Kyazo Ri Base Camp (4,550 m / 14,928 ft), following a remote trail that climbs gradually into the upper valleys beneath Kyazo Ri (6,186 m / 20,295 ft).

The route initially passes through open hillside terrain and yak grazing areas before entering more rugged alpine ground. As we gain altitude, the landscape becomes increasingly barren, with rocky slopes, moraine sections, and wide views of the surrounding Himalayan peaks replacing the lower valley scenery.

The trek from Mende to Kyazo Ri Base Camp covers approximately 8 – 11 km (5 – 6.8 miles) and typically takes around 5 – 7 hours, depending on pace, weather, and acclimatization. The sustained elevation gain of roughly 800 m makes this a moderate but continuous climbing day.

We arrive at Kyazo Ri Base Camp (4,550 m) in a quiet alpine basin surrounded by steep ridges and glacial terrain, marking the final staging point before higher camp rotations on Kyazo Ri. Overnight stay at a tented camp at Base Camp.

▯ **Day 14: Acclimatization day**

Today is an acclimatization and preparation day at Kyazo Ri Base Camp (4,550 / 14,928 ftm), allowing the body to adjust to the high-altitude environment before moving higher on Kyazo Ri (6,186 m / 20,295 ft).

The day is used for light acclimatization walks around the surrounding slopes, helping improve adaptation to thinner air while also assessing route conditions for the upper mountain. Alongside this, the team carries out gear checks, rope preparation, and final expedition planning for the next stage.

Only short walks of around 1 – 3 km (0.6 – 1.9 miles) are undertaken, with the focus remaining on rest, hydration, and recovery at altitude. Overnight stay at a tented camp in Kyazo Ri Base Camp.

▯ **Day 15: Climb from Base Camp to Camp I (5,200 m): Walking Distance: 2 – 3 km | 4 – 6 hours**

We leave Kyazo Ri Base Camp (4,550 m / 14,928 ft) and begin a steady climb toward Camp I on Kyazo Ri, moving into increasingly steep alpine terrain above the valley floor. The route gradually transitions from rocky moraine into snow and mixed ice slopes as we gain elevation.

The ascent becomes more technical as we climb higher, with sections that may require fixed ropes depending on conditions. Climbers use crampons for stability on firm snow and ice, maintaining careful pacing due to thinning air and sustained gradient. Exposure increases in the upper section, where the route narrows and the terrain becomes more glaciated.

The trek from Base Camp (4,550 m) to Camp I (approximately 5,200 m / 17,060 ft) covers around 2 – 3 km (1.2 – 1.9 miles) and typically takes 4 – 6 hours. The elevation gain of roughly 650 m makes this a short but physically demanding alpine climb.

We arrive at Camp I in a remote high-altitude setting surrounded by ice, rock, and expansive Himalayan views, marking the first major staging point on the route toward higher camps. Overnight stay at a tented camp.

▮ **Day 16: Ascend from Camp I to Camp II (5,700 m): Walking distance: 1.5 – 2.5 km | 4 – 6 hours**

We move out of Camp I on Kyajo Ri and continue our ascent toward Camp II, entering steeper and more technical alpine terrain as the route rises above the glacier basin. The path quickly shifts from compact snow slopes into more sustained ice sections, where movement becomes slower and more deliberate.

This section typically involves fixed rope climbing on steeper pitches, with climbers using crampons and ice tools for secure footing on mixed snow and ice. Exposure increases as the route narrows along the upper slopes, requiring careful rope handling, steady pacing, and efficient movement in thin air.

The ascent from Camp I to Camp II (Kyajo Ri) covers approximately 1.5 – 2.5 km (0.9 – 1.6 miles) and takes around 3 – 5 hours, with an elevation gain of roughly 500–600 m. Despite the short distance, the technical nature of the terrain makes this a demanding climbing section.

We arrive at Camp II (approximately 5,700 m / 18,700 ft) in a stark, high-altitude setting surrounded by ice, rock, and wide Himalayan views, marking a key staging point closer to the summit. Overnight stay at a tented camp.

▮ **Day 17: Summit Kyajo Ri (6,186 m) and Descend to Camp II (3,440 m): Walking distance: 4 – 6 km: 8 – 12 hours**

We leave Camp II of Kyazo Ri (5,700 m / 18,701 ft) in the early hours for the summit push to Kyazo Ri (6,186 m / 20,295 ft). The climb begins in freezing pre-dawn conditions, ascending steep snow slopes above camp before gradually transitioning onto more technical alpine terrain with sections of hard snow, ice, and exposed mixed ground.

The route involves sustained climbing on steep snow and ice slopes, often requiring the use of fixed ropes for security on exposed sections. Crampons and ice axes are essential throughout the ascent, with several pitches demanding careful front-pointing and efficient rope management on firmer ice. Higher on the mountain, the terrain narrows into exposed ridgelines and wind-affected traverses where concentration and steady pacing become critical in the thin air.

The ascent from Camp II to the summit generally takes around 5 – 8 hours depending on weather, snow stability, and route conditions. From the summit, climbers are rewarded with expansive views of the surrounding Khumbu and Rolwaling Himal, including Everest, Lhotse, Makalu, and neighboring alpine peaks.

After a brief stay on the summit, we begin a careful descent back toward Camp II using fixed ropes and controlled down-climbing techniques on the steeper sections. Fatigue and changing snow conditions require continued focus during the descent, particularly on exposed traverses and icy slopes above camp.

The full round trip from Camp II to the summit and back covers approximately 4 – 6 km (2.5 – 3.7 miles) and typically takes around 8 – 12 hours in total. Although relatively short in distance, the combination of altitude, steep alpine terrain, fixed rope climbing, and exposure makes this a demanding and serious summit day. Overnight stay at a tented camp in Camp II.

□ **Day 18: Contingency day:**

This day is reserved as a contingency or weather buffer for the summit attempt on Kyazo Ri (6,186 m / 20,295 ft). In high-altitude alpine environments, weather and snow conditions can change rapidly, and maintaining flexibility within the itinerary is essential for both safety and summit success.

The contingency day may be used in the event of unfavorable weather, high winds, poor visibility, heavy snowfall, or unstable route conditions that could affect the safety of the climb. It may also serve as an additional acclimatization and recovery day if required by the team or expedition leader.

If conditions are favorable and the summit has already been completed, the day can be used for rest and recovery at camp, equipment organization, or as a reserve day to accommodate any delays during the expedition. This flexible schedule helps maximize the chances of a safe and successful ascent while allowing adequate time for proper decision-making in the mountains. Overnight stay at a tented camp.

□ **Day 19: Descend to Base Camp (4,550 m): Walking Distance: 7 – 9 km | 5 – 7 hours**

After completing the summit phase on Kyazo Ri, we begin the descent from Camp II (5,700 m / 18,701 ft) back to Base Camp (4,550 m / 14,928 ft). The route retraces our ascent line across glaciated terrain, descending gradually over snow slopes, rocky moraine, and sections of mixed alpine ground.

The descent requires careful footing, particularly on steeper snow and loose moraine sections where fatigue can increase the risk of slips. Depending on route conditions, fixed ropes may still be used on exposed or icy sections above camp. As we lose elevation, breathing becomes easier and the rugged alpine landscape gradually transitions into broader glacial valleys beneath the surrounding Himalayan peaks.

The trek from Camp II to Base Camp typically takes around 5 – 7 hours, covering approximately 7 – 9 km (4.3 – 5.6 miles). While technically less demanding than summit day, the long descent still requires steady pacing and continued concentration over uneven and variable terrain.

Upon arrival at Base Camp, there is time to rest, reorganize equipment, and recover after the climb in a more comfortable camp setting. Overnight stay at a tented camp in Base Camp.

□ **Day 20: Trek from Base Camp to Namche Bazaar (3,440 m): Walking distance: 14 – 18 km | 6 – 8 hours**

Leaving the Base Camp of Kyazo Ri (4,550 m / 14,928 ft), we begin the long descent toward Namche Bazaar (3,440 m), following alpine trails that gradually lead out of the remote high mountain terrain and back into the Khumbu Valley.

The route descends across glacial moraine, rocky paths, and high yak grazing areas before joining the established trekking trails through scattered Sherpa settlements and rhododendron forests. As altitude decreases, the landscape becomes greener and oxygen levels noticeably improve, allowing for a more comfortable pace after the physically demanding climbing days.

Along the way, there are expansive views of surrounding Himalayan peaks, deep valleys, and traditional mountain villages characteristic of the Everest region. The trail includes several gradual ascents and descents, requiring continued endurance despite the overall loss in elevation.

The trek from Base Camp to Namche Bazaar typically takes around 6 – 8 hours, covering approximately 14 – 18 km (8.7 – 11.2 miles), depending on trail conditions and pace. Upon arrival in Namche Bazaar, there is an opportunity to enjoy the comforts of the bustling Sherpa town, including lodges, bakeries, and shops after time spent in remote alpine camps. Overnight stay at a lodge in Namche Bazaar.

▮ **Day 21: Trek from Namche Bazaar to Lukla (2,860 m): Walking Distance: 18 – 20 km | 6 – 8 hours**

Today we leave Namche Bazaar (3,440 m / 11,286 ft) and continue down the Dudh Koshi Valley toward Lukla (2,860 m / 9,383 ft). The trail descends steadily through pine and rhododendron forests, crossing several suspension bridges and passing through traditional Sherpa villages along the way.

After the high alpine environment of the previous days, the warmer air and thicker vegetation make for a more relaxed day on the trail. We follow the familiar route through Monjo and Phakding, with a few short uphill sections before the final climb back to Lukla.

The walk takes around 6 – 8 hours and covers approximately 18 – 20 km (11.2 – 12.4 miles). Although the day is mostly downhill, the distance can still feel long on tired legs after the expedition.

Once in Lukla, there is time to rest, enjoy a proper meal, and celebrate the completion of the climb with the team. Overnight stay at a lodge in Lukla.

▮ **Day 22: Fly back to Kathmandu: 30 – 35 minutes**

We will begin the day with an early morning transfer to Tenzing-Hillary Airport, Lukla (2,860 m / 9,383 ft), where the short but scenic mountain flight back to Kathmandu awaits. Weather conditions in Lukla can change quickly, so departures are typically scheduled in the morning for better visibility and safer flying conditions.

The flight offers a final aerial perspective of the Khumbu region, with views of deep valleys, winding rivers, and the distant Himalayan peaks gradually fading into the horizon. As the aircraft descends toward the capital, the rugged alpine landscape transitions into the green hills and urban expanse of the Kathmandu Valley.

After approximately 30 – 35 minutes of flight time, we arrive at Tribhuvan International Airport, Kathmandu (1,400 m / 4,593 ft). From here, a short transfer takes us to the hotel, marking the return from the high Himalayas to the capital city.

□ **Day 23: Departure day:**

Today marks the final day of the Kyazo Ri expedition. After days spent trekking through the Khumbu Valley, establishing high camps, and climbing in a demanding alpine environment, the journey comes to an end in Kathmandu.

The day is free for rest, last-minute shopping, or exploring the city at your own pace before departure. Depending on flight schedules, airport transfers will be arranged for your onward international journey.

Our team will gather for a final farewell and expedition debrief, sharing memories from the climb and celebrating the successful completion of Kyazo Ri (6,186 m / 20,295 ft). We hope the experience leaves you with lasting memories of the Himalayas, the Sherpa culture, and the adventure of climbing in one of the world's most remarkable mountain regions.

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
- ☒ Sagarmatha National Park Entry Permit
- ☒ Kyazo Ri Climbing Permit and Royalty Fee
- ☒ Garbage Deposit Fee
- ☒ 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.