

Climbing Mt. Phari Lapcha: A Hidden 6,000 m Peak in the Gokyo Valley

Overview:

Phari Lapcha Peak (6,017 m / 19,741 ft) is a striking glaciated summit rising above the upper Gokyo Valley in Nepal's Everest region. Surrounded by some of the Himalaya's most impressive peaks and remote alpine landscapes, it is recognized as a challenging mountaineering objective rather than a conventional trekking peak. The mountain's steep snow and ice slopes, mixed alpine ridges, and complex glaciated terrain make it an attractive goal for experienced climbers seeking a more technical Himalayan ascent.

The expedition combines a scenic approach through the Everest region with a demanding alpine climb. The journey follows trails through traditional Sherpa villages and the spectacular Gokyo Valley, where climbers have the opportunity to hike Gokyo Ri, one of Nepal's finest viewpoints. From this famous ridge, the surrounding panorama includes Everest, Cho Oyu, Makalu, and the dramatic peaks and glaciers of the Khumbu Himal.

From the upper Gokyo Valley, the route continues toward the mountain through increasingly remote terrain. Climbers establish camps on moraine and glaciated ground before attempting the summit. The ascent involves glacier travel, steep snow and ice sections, and mixed alpine terrain. Depending on seasonal conditions, fixed ropes may be required on steeper sections, and climbers must be comfortable with crampons, ice axe techniques, rope systems, and glacier travel.

The summit attempt requires careful planning and strong mountain judgment, as conditions on Phari Lapcha can change rapidly with weather, snow quality, and glacier conditions. Previous high altitude experience and technical climbing skills are essential for a safe and successful ascent.

Standing on the summit, climbers are rewarded with outstanding views across the Khumbu Himal, including surrounding giants, vast glacier systems, and the dramatic valleys that define the Everest region. The remote setting provides a true sense of Himalayan adventure, far away from the busier trekking routes.

Phari Lapcha Peak is an ideal objective for experienced mountaineers looking for a technical and less crowded Himalayan expedition. Combining the beauty of Gokyo Valley, the iconic Gokyo Ri viewpoint, and the challenge of a remote alpine summit, this climb offers a complete mountaineering experience in one of Nepal's most spectacular mountain environments.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Gokyo / Phari Lapcha Base Camp / Summit

Duration: 18 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: 6,017 m

Activities: Technical Alpine Climbing & High-altitude trekking

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 km (6 miles) and takes around 5–6 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 from Gokyo to Mt. Phari Lapcha Base Camp (5,300m): Walking distance: 8 – 10 km | 4 – 6 hours**

We leave the tranquil shores of Gokyo (4,790 m / 15,715 ft) and set out toward Phari Lapcha Base Camp (approximately 5,300 m / 17,388 ft), following a remote and rugged trail deep within the upper Gokyo Valley. The route gradually climbs away from the turquoise lakes into a stark alpine world of moraine ridges, glacial debris, and high-altitude wilderness framed by towering Himalayan peaks.

The path to Phari Lapcha Base Camp involves an elevation gain of roughly 500 m, but the combination of uneven terrain, thin air, and remote conditions makes this a demanding trekking section. The surroundings become increasingly dramatic as we move beneath the steep walls and glaciated flanks of Phari Lapcha Peak.

The trek covers approximately 8 – 10 km (5 – 6.2 miles) and typically takes around 4 – 6 hours, depending on pace, weather, and acclimatization. Along the way, we are treated to sweeping views of Cho Oyu, the vast Ngozumpa Glacier, and the surrounding Himalayan ridgelines that define this hidden corner of the Khumbu region.

Upon reaching Phari Lapcha Base Camp, we settle into the isolated alpine setting surrounded by ice, rock, and silence at high altitude. Overnight at camp near Phari Lapcha Base Camp.

▮ **Day 11: Trek from Base Camp to High Camp (5,700 m): Walking distance: 3 – 4 km | 3 – 5 hours**

We leave the remote alpine setting of Phari Lapcha Base Camp (approximately 5,300 m / 17,388 ft) and begin a steady ascent toward Phari Lapcha High Camp (approximately 5,700 / 18,700 ft), moving deeper into the upper glacial basin beneath the imposing flanks of Phari Lapcha Peak. The landscape quickly transitions into a harsher alpine environment, with steeper slopes, exposed moraine, and increasing glacial terrain.

The route involves a gradual but sustained climb across rocky ridges and snow-covered sections depending on conditions. While the distance remains relatively short, the combination of altitude gain, unstable ground, and thin air makes this a demanding and technical trekking segment.

The trek from Phari Lapcha Base Camp to High Camp covers approximately 3 – 4 km (1.9 – 2.5 miles) and typically takes around 3 – 5 hours, depending on weather, snow conditions, and acclimatization pace. The elevation gain of roughly 400–550 m adds to the difficulty as we enter a more exposed alpine zone.

Upon reaching High Camp, we are surrounded by a stark high-altitude environment of ice, rock, and sweeping Himalayan views, offering a remote and dramatic setting for overnight stay in expedition-style camp.

▮ **Day 12: Summit Mt. Phari Lapcha (6,017 m) and return back to Base Camp: Walking distance: 5.5 – 7.5 km | 8 – 12 hours**

We leave the high camp of Phari Lapcha High Camp (5,700 m / 18,70 ft) in the early hours for the summit push to Phari Lapcha Peak (6,017 m / 19,741 ft). The climb begins in cold pre-dawn conditions, immediately ascending steep snow slopes that transition into more technical alpine terrain as we gain height.

The route involves sustained steep snow and ice climbing, often with fixed rope sections for protection on exposed pitches. Crampon use and front-pointing are required on firmer ice sections, while narrow ridgelines near the upper mountain demand careful balance, rope management, and steady pacing in thin air. Exposure increases significantly closer to the summit, with wind-exposed traverses and steep drop-offs on either side.

The ascent from high camp to the summit typically takes around 4 – 7 hours, depending on snow conditions and technical difficulty on the day. After reaching the summit, we pause briefly for views of the surrounding Khumbu Himal before beginning a controlled descent.

We carefully descend back to high camp using fixed ropes and down-climbing techniques on steep snow and ice. From there, we continue the descent to Phari Lapcha Base Camp (5,300 m / 17,388 ft), moving across moraine and mixed glacial terrain with increasing fatigue and concentration on footing.

The full round trip from high camp to summit and back to base camp covers approximately 5.5 – 7.5 km (3.4 – 4.7 miles) and takes around 8 – 12 hours in total. Despite the relatively short distance, the combination of steep ice, fixed rope climbing, and high exposure makes this a serious and demanding alpine summit day. Overnight stay at a tented camp in Base Camp.

□ **Day 13: Contingency Day:**

Today is reserved as a contingency (buffer) day in the itinerary, providing flexibility in case of unfavorable weather, high winds, snowfall, or delayed progress on higher sections of the route. If the previous summit attempt to Phari Lapcha Peak (6,017 m / 19,741 ft) was not possible, this day may be used for a renewed summit push from Phari Lapcha High Camp or even from Phari Lapcha Base Camp (5,300 m / 17,388 ft), depending on conditions and team readiness.

Alternatively, if the summit has already been completed, this day serves as a recovery and weather buffer, allowing rest, rehydration, and gradual descent progress. Short acclimatization walks around base camp may also be included if needed, helping the body recover from high-altitude exertion.

Distance and timing on a contingency day are variable, typically ranging from 0 – 5 km (0 – 3.1 miles) with 2 – 6 hours of light activity if used for acclimatization or repositioning. Otherwise, it may be a full rest day at base camp depending on expedition requirements. Overnight stay at Phari Lapcha Base Camp.

□ **Day 14: Trek from Phari Lapcha Base Camp to Machermo: Walking** **Distance: 13 – 16 km | 8 – 11 hours**

We leave the remote high-altitude setting of Phari Lapcha Base Camp (approximately 5,300 m / 17,388 ft) and begin a long descent toward Machermo (4,470 m / 14,665 ft), gradually moving out of the upper alpine basin into the broader Gokyo Valley. The trail initially traverses rocky moraine and glacial remnants before easing into more defined yak trails as elevation is lost.

The route descends steadily through high-altitude wilderness, passing glacial streams, open valleys, and scattered summer grazing areas. As we drop lower, the landscape gradually softens, with more vegetation appearing and the air becoming noticeably richer compared to the upper base camp region.

The trek from Phari Lapcha Base Camp to Machermo covers approximately 10 – 12 km (6.2 – 7.5 miles) and typically takes around 5 – 7 hours, depending on trail conditions, weather, and pace. The descent of roughly 800–900 m makes it a sustained downhill journey, requiring careful footing on rocky and uneven sections in the upper part of the route.

Upon reaching Machermo, we arrive in a more established settlement within the Gokyo Valley, offering teahouse comfort after time spent in remote alpine terrain. Overnight stay at teahouse.

□ **Day 15: Trek from Machermo to Namche Bazaar (3,440 m): Walking** **Distance: 13 – 15 km | 6 – 8 hours**

We leave the peaceful settlement of Machermo and begin a long descent through the Gokyo Valley toward Namche Bazaar (3,440 m / 11,286 ft), the vibrant trading hub of the Khumbu region. The trail initially follows a gentle downhill path along yak pastures and glacial-fed streams before gradually entering steeper forested sections.

The route descends steadily through Dole and Luza, with expansive views of surrounding Himalayan peaks slowly giving way to rhododendron and juniper forests as we lose altitude. The change in landscape becomes more noticeable as oxygen levels improve and the terrain transitions from alpine wilderness to lush hillside trails.

The trek from Machermo to Namche Bazaar covers approximately 13 – 15 km (8 – 9.3 miles) and typically takes around 6 – 8 hours, depending on pace and trail conditions. The descent of roughly 1,000 m makes it a long but rewarding day on well-defined trekking paths, with occasional steep sections requiring careful footing.

Upon arrival in Namche Bazaar, we return to a lively mountain town filled with teahouses, bakeries, and shops a welcome contrast after days in high alpine terrain. Overnight stay at a teahouse.

▮ **Day 16: Trek from Namche Bazaar to Lukla (2,860 m): Walking Distance: 18 – 19 km | 6 – 7 hours**

We will begin the trek from Namche Bazaar (3,440 m / 11,286 ft), gradually descending out of the main trading hub of the Khumbu. The trail initially follows familiar ridgelines before dropping steadily toward Monjo, where the landscape transitions into forested river valleys and lower Himalayan terrain.

As we continue, the route follows the Dudh Koshi River, passing through settlements such as Benkar and Phakding, with a series of suspension bridges and gradual elevation loss defining the journey. The environment steadily becomes warmer and greener as we move away from the high alpine zone.

From Phakding, the final section continues along the river before a gradual approach brings us back to Lukla (2,860 m / 9,383 ft), the gateway town of the Everest region.

The trek covers approximately 18 – 19 km (11.2–11.8 miles) with an elevation loss of about 580 m (1,903 ft). The journey typically takes around 6 – 7 hours, depending on pace, stops, and trail conditions.

We arrive in Lukla by late afternoon, marking the completion of the trekking route. Overnight at a teahouse in Lukla.

▮ **Day 17: 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. Overnight stay at a Hotel.

▮ **Day 18: Departure day:**

Today marks the end of your Phari Lapcha Peak (6,017 m / 19,741 ft) expedition. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward journey.

This is a meaningful moment to reflect on the journey that led from the lower Khumbu Valley and remote alpine settlements of the Gokyo region to the high-altitude wilderness beneath Phari Lapcha Peak. The expedition has taken you through dramatic landscapes including Gokyo, Machermo, Phari Lapcha Base Camp, and High Camp, culminating in the challenging summit of Phari Lapcha (6,017 m).

From steep glacier approaches and technical alpine climbing sections to panoramic Himalayan views and remote mountain camps, the journey has offered a powerful combination of adventure, endurance, and raw Himalayan beauty.

As you depart from Nepal, the memories of glaciated peaks, silent high-altitude landscapes, and the spirit of the Himalayas remain with you, marking the completion of an unforgettable expedition. Safe travels onward.

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 / camp)
- ☒ 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
- ☒ Phari Lapcha Peak Climbing and Royalty fee
- ☒ Garbage Deposit Fee
- ☒ Sagarmatha National Park Entry Permit and Climbing 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.