

Pikey Dudhkunda Trek – A Journey Beyond Crowds

Overview:

The Pikey Dudhkunda Trek is one of the Solu region's finest hidden adventures, taking you from the panoramic summit of Pikey Peak to the sacred waters of Dudhkunda Lake. While many trekkers head straight for the Everest region, this lesser known trail offers something equally rewarding: spectacular Himalayan scenery, authentic Sherpa culture, ancient monasteries, and peaceful mountain trails that remain refreshingly uncrowded.

The journey begins among rolling hills and traditional villages before climbing to Pikey Peak (4,070 m), where one of Nepal's most breathtaking sunrises unfolds across the Himalayan range. On a clear morning, the views stretch from Everest, Lhotse, and Makalu to Kanchenjunga, with countless snow capped peaks filling the horizon. As the trail continues, you'll pass through welcoming Sherpa settlements, quiet forests, and the historic village of Junbesi, home to the renowned Thupten Chholing Monastery.

The final ascent leads to Dudhkunda Lake (4,560 m), a sacred alpine lake nestled beneath the towering slopes of Numbur Himal. Revered by both Hindus and Buddhists, Dudhkunda is an important pilgrimage destination, where the peaceful surroundings and crystal clear waters create an unforgettable atmosphere unlike anywhere else in the Himalayas.

The 15 day Pikey Dudhkunda Trek is ideal for trekkers seeking a genuine Himalayan experience beyond Nepal's busiest trails. Blending breathtaking mountain landscapes, rich cultural heritage, and the timeless hospitality of the Sherpa people, this journey offers an authentic adventure that stays with you long after you've returned home.

Quick facts:

Cost: USD per Person

Destinations: Patale/ Pikey Peak / Thupten Chholing Monastery / Dudhkunda / Kathmandu

Duration: 15 Days

Trek starting point: Patale

Trek ending point: Phaplu

Grade: Moderate

Transportation: Tourist coach / Domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,560m

Activities: Hiking & trekking, cultural tour, 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
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

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

Upon arrival at Tribhuvan International Airport, our team will greet you and transfer you to your hotel. You can relax and settle in, or take a leisurely walk to explore the lively streets of Kathmandu. Overnight stay will be at your hotel.
Overnight stay at a 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 stay at a hotel.

□ **Day 3: Drive from Kathmandu to Patale (2,840m) : 240 – 250 km | 8 – 9 hours drive**

We begin our journey early from Kathmandu, travelling by private vehicle towards Patale (2,840 m / 9,317 ft), a beautiful mountain village in the Solu region and the starting point for our Pikey Dudhkunda Trek. The scenic drive takes us through the countryside of Nepal, passing winding mountain roads, terraced farmlands, rivers, forests, and traditional villages along the way. As we gradually gain altitude, the landscape transforms from green hills to pine covered slopes, offering our first glimpses of the peaceful Himalayan environment.

The journey covers approximately 240–250 km (149–155 miles) and takes around 8–9 hours, depending on road conditions, traffic, and stops along the way. Upon arrival in Patale, we check into a local guesthouse where you can relax, enjoy the fresh mountain air, and take in the beautiful surroundings before beginning our trek towards Pikey Peak and Dudhkunda Lake. Overnight at a guesthouse in Patale.

□ **Day 4: Trek from Patale to Jhapre (2,820m): Walk Distance: 8 – 10 km | 5 – 6 hours**

After breakfast, we begin our trek from Patale towards the charming Sherpa village of Jhapre (2,820 m). The trail takes us through peaceful mountain landscapes, passing pine and rhododendron forests, open hillsides, and traditional settlements of the Solu region. Along the way, we enjoy beautiful views of the surrounding hills and Himalayan peaks while getting our first taste of the culture and lifestyle of the local mountain communities.

The trek covers approximately 8–10 km (5–6 miles) and takes around 5–6 hours, depending on trail conditions and walking pace. Upon reaching Jhapre, we settle into a local teahouse and enjoy the warm hospitality of the Sherpa people. The village, with its monastery, traditional houses, and peaceful surroundings, provides a perfect introduction to the Himalayan journey ahead. Overnight at a teahouse in Jhapre.

□ **Day 5: Trek from Jhapre to Pikey Peak Base Camp(3,640m): Walking Distance: 10 – 12 km | 5 – 6 hours**

We begin our trek from Jhapre (2,820 m / 9,252 ft), gradually ascending through forests of pine and rhododendron, passing terraced fields and small Sherpa settlements. The trail winds upward, offering increasingly panoramic views of the surrounding valleys and distant Himalayan peaks, including glimpses of Kangchenjunga to the east on clear days. The trek covers approximately 10–12 km (6–7.5 miles) and takes about 5–6 hours, depending on pace and breaks. Along the way, we pass through traditional villages where locals welcome trekkers with friendly smiles, and cross small streams and ridges that showcase the dramatic terrain of the region. We reach Pikey Peak Base Camp (~3,640 m / 11,942 ft) in the afternoon. Here, you can enjoy sweeping views of the surrounding mountains and valleys, and rest at a guesthouse or lodge while preparing for the summit climb of Pikey Peak (~4,065 m / 13,333 ft) the next day. The serene environment and crisp mountain air make this a memorable stop on the trek. Overnight at a guesthouse at Pikey Peak Base Camp.

□ **Day 6: Hike to Pikey Peak (4,065m) and trek to Lamjure Danda(3,736m): Walking Distance: 12 – 14 km | 6 – 7 hours**

We start the day with an early morning hike from Pikey Peak Base Camp (~3,640 m / 11,942 ft) to the summit of Pikey Peak (4,065 m / 13,333 ft) to witness a spectacular Himalayan sunrise. The ascent is moderately steep, but each step rewards us with breathtaking panoramic views of Kanchenjunga, Makalu, and the eastern Everest range, as the first rays of sunlight illuminate the peaks in golden hues. After spending time at the summit to take in the scenery and capture photographs, we descend back to the base camp for a short rest. From there, we continue our trek toward Lamjure Danda (3,736 m / 12,253 ft). The trail gradually ascends through alpine meadows, rhododendron forests, and small Sherpa settlements. Along the way, we encounter terraced fields and stone houses, offering insight into the local lifestyle and culture. The trek for the day covers approximately 12–14 km (7–9 miles) and takes about 6–7 hours, including the sunrise hike and breaks. We arrive at Lamjure Danda, a scenic ridge with panoramic views of the eastern Himalayas, where guesthouses provide comfortable accommodation and a chance to enjoy the crisp mountain air. Overnight at a guesthouse in Lamjure Danda.

□ **Day 7: Trek from Lamjure Danda to Junbesi (2,700m): Walking distance: 8 – 10 km | 3 – 5 hours**

We begin our trek from Lamjure Danda (3,736 m / 12,253 ft), descending along a scenic ridge through dense forests of rhododendron, pine, and fir. The trail winds through peaceful woodland and small settlements, offering beautiful views of the surrounding hills and distant Himalayan peaks. As we continue downhill, the landscape gradually changes from alpine terrain to greener valleys dotted with traditional Sherpa homes and farmland. After trekking for approximately 8–10 km (5–6 miles) over 3–5 hours, we reach the charming Sherpa village of Junbesi (2,700 m / 8,858 ft). Known for its monasteries and rich Sherpa culture, Junbesi is one of the most picturesque villages in the Solukhumbu region. Here we rest at a local guesthouse and enjoy the peaceful mountain atmosphere. Overnight at a guesthouse in Junbesi.

▣ **Day 8:Acclimatization Day in Junbesi – Explore Thupten Chholing Monastery**

Today is reserved for acclimatization in Junbesi (2,700 m / 8,858 ft) to help our bodies adjust to the increasing altitude. Instead of complete rest, we take a short hike to the nearby Thupten Chholing Monastery (2,920 m / 9,580 ft), one of the most important Tibetan Buddhist monasteries in the Solukhumbu region. The trail gently ascends through forests and traditional Sherpa villages, offering beautiful views of the surrounding valleys and hills. After about 2–3 hours of hiking, we reach the monastery, home to a large community of monks and nuns. Visitors can observe the peaceful monastic life, colorful prayer flags, and the spiritual atmosphere of this sacred place. After spending time exploring the monastery and enjoying the scenery, we return to Junbesi for the afternoon to rest and prepare for the next stage of the trek. Overnight at a guesthouse in Junbesi.

▣ **Day 9: Trek from Junbesi to Shengeephuk (3,940m): Walking distance: 12 – 14km: 5 – 7 hours**

The trek from Junbesi to Shengeephuk (3,940m) is a scenic and steadily ascending section of the Pikey Peak trekking route. The trail covers a walking distance of about 12–14 kilometers and typically takes 5–7 hours to complete, depending on trekking pace and weather conditions. The route gradually climbs through beautiful landscapes of rhododendron and pine forests, traditional Sherpa settlements, and open grazing areas used by yaks. As trekkers gain elevation along the trail, the surrounding scenery becomes increasingly alpine, with wider views of the hills and Himalayan ranges. The path eventually reaches Shengeephuk, a small high-altitude settlement located just below Pikey Peak. This location serves as a common overnight stop for trekkers before continuing toward the summit viewpoint the following morning, offering a quiet mountain environment and impressive panoramic views of the surrounding region. Overnight stay at teahouse lodge.

▣ **Day 10: Trek from Shengeephuk to Saharsbeni (3,835m) : Walking distance: 8 – 10km: 5 – 6 hours**

We begin our trek from Shengeephuk (3,940 m / 12,927 ft), gradually descending along alpine ridges and meadows toward Saharsbeni (3,835 m / 12,572 ft). The trail winds through rhododendron groves, open pastures, and scattered rock formations, offering panoramic views of surrounding peaks and valleys along the way. The trek covers approximately 8–10 km (5–6 miles) and takes about 5–6 hours, depending on pace and breaks. Along the route, we pass through quiet grazing areas and small herder settlements, experiencing the serene high-altitude environment of the Solukhumbu highlands. Upon reaching Saharsbeni, trekkers can rest and enjoy the calm mountain scenery, preparing for the next stage toward Dudh Kunda or Pikey Peak. Overnight stay at teahouse lodge.

▣ **Day 11: Trek from Saharsbeni to Dudhkunda (4,600m): Walking distance: 10 – 12km: 6 – 7hours**

We set out from Saharsbeni (3,835 m / 12,572 ft), gradually ascending through alpine meadows, rocky ridges, and sparse high-altitude vegetation toward Dudhkunda Lake (4,600 m / 14,960 ft). The trail winds upward, offering panoramic views of surrounding snow-capped peaks and deep Himalayan valleys, with occasional glimpses of glaciers and distant ridges. The trek covers approximately 10–12 km (6–7.5 miles) and takes about 6–7 hours, depending on pace and breaks. Along the way, we cross open slopes and small ridges, feeling the crisp mountain air and the quiet stillness of the high Himalayas. Upon reaching DudhKunda, the milky glacial lake reflects the surrounding peaks, offering a serene and awe-inspiring setting for rest and reflection before beginning the return journey to Saharsbeni. Overnight stay at teahouse lodge.

▣ **Day 12: Trek from Dudhkunda to Sarkaripati(3,503m): Walking distance: 10 – 12km: 6 – 7hours**

Departing from Dudh Kunda Lake (4,560 m / 14,960 ft), we begin our descent along high-alpine ridges and open slopes toward Sarkaripati (3,503 m / 11,499 ft), watching the scenery shift from stark glacial landscapes to gentler, grassy hillsides. The trail winds downward over a distance of approximately 8–10 km (5–6 miles) and typically takes about 5–6 hours of steady walking, depending on pace and breaks. Along the way, panoramic views of snow-capped peaks gradually give way to the quieter beauty of rhododendron groves and pastoral valleys. As the path softens and the air feels warmer, we reach Sarkaripati, a peaceful highland settlement nestled amid rolling hills, where the contrast between the dramatic heights of Dudh Kunda and the serene countryside below becomes a memorable part of the journey. Overnight stay at teahouse.

▣ **Day 13: Trek to Phaplu (2,470m): Walking distance: 15 – 18km: 6 – 7hours**

From Sarkaripati (3,503 m / 11,499 ft), we descend gradually through terraced fields, small villages, and patches of pine and rhododendron forest toward Phaplu (2,470m). The trail spans approximately 15–18 km (9–11 miles) and generally takes 6–7 hours of steady walking, depending on pace and breaks. As we descend, the landscape transforms from high-altitude pastures and ridges into more cultivated valleys, with glimpses of local settlements and the rhythm of daily life. The crisp mountain air softens, and the views of distant Himalayan peaks remain a constant reminder of the grandeur of the region. Approaching Phaplu, the trail enters the lush lower hills of Solukhumbu, dotted with traditional tea houses and small communities. The town, perched at 2,470 m, serves as a convenient endpoint for the trek or a connecting point for onward flights or journeys toward Ramechhap or Jiri. Arriving in Phaplu provides a satisfying conclusion to the high-altitude trekking sections, where travelers can rest, enjoy local hospitality, and reflect on the breathtaking landscapes they have passed.

▯ **Day 14: Fly back to Kathmandu: 30 – 40 minutes**

After completing the trek, we board a small aircraft at Phaplu Airport (2,413 m / 7,917 ft) for a scenic flight back to Kathmandu (1,400 m / 4,593 ft). The flight typically takes 30–40 minutes, offering breathtaking aerial views of the eastern Himalayas, including glimpses of Everest, Lhotse, and surrounding peaks. As the plane descends into the Kathmandu Valley, the contrast between the towering mountains and the bustling city below becomes striking. This final leg provides a peaceful and convenient end to the journey, allowing travelers to reflect on the spectacular landscapes, high-altitude villages, and unforgettable experiences of the Pikey Peak trek while returning safely to the comforts of the capital.

▯ **Day 15: Departure day**

After breakfast, depending on your flight schedule, our team will transfer you to Tribhuvan International Airport for your departure. As your journey in Nepal comes to an end, we hope you leave with unforgettable memories of the mountains, culture, and warm hospitality experienced throughout your trek. We wish you a safe journey home and hope to welcome you again for another adventure in the Himalayas.

What's Included:

- ☐ Airport Pick-up and drop Service
- ☐ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☐ Private vehicle from Kathmandu to Dhap
- ☐ Domestic flight from Phaplu to Kathmandu
- ☐ 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
- ☐ 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
- ☐ Lunch and dinner in Kathmandu
- ☐ Extra night accommodation in Kathmandu in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☐ 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 Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.