



Pokalde 5806m, Island 6189m & Lobuche 6119m



Introduction

Three Peaks of Nepal program provides the best possible introduction to Himalayan climbing - we ascend three beautiful 20,000-foot (6000+ meter) peaks in a relatively short time and in one of the most spectacular settings in the world.

The Three Peaks of Nepal Himalayas Expedition is comprised of moderately technical climbing, do-able for anyone in good shape and with a desire for high adventure. This program provides the best possible introduction to Himalayan climbing - we ascend three beautiful (6000+ meter) peaks in a relatively short time and in one of the most spectacular settings in the world. Apart from the thrilling and exciting adventurous the trip also includes an excursion to Everest Base Camp. And hike up to Kala Patthar for magnificent views of world's towering **Mt. Everest 8,848 m, Mt. Cho Oyu 8,201m, Mt. Nuptse 7,861m, Lhotse 8,516m, Mt. Pumori 7,161m, Mt. Makalu 8,481 m. and many more...** , The majestic **Ama Dablam 6,812m** and other peaks in the Everest Region. We make this fantastic journey through five different valleys in a rewarding month of high Himalayan climbing.

Facts

- Altitude: 6,189m<
- Duration: 24 days
- Grade: Moderate to Strenuous
- Group: 2 - 15

- Country: Nepal
- Best Season: Apr-May to Oct-Nov Spring/Autumn
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Highlights

- Three Peaks Climbing: Pokalde, Island & Lobuche offers three peaks summit in the Everest Region. Pokalde Peak 5806 meters, Island Peak 6189 meters and Lobuche Peak 6119 meters.
- Ultimate peak climbing experience easy to technical peak simultaneously in one trip
- Explore the authentic Sherpa culture and experience their way of living in the midst of the world's towering mountains
- Magnificent views of the world's towering mountains. Mt Everest, Mt Cho Oyu, Mt Lhotse, Mt Makalu, Lhotse Middle Peak, Lhotse Shar, Mt Nuptse, Mt Baruntse. Likewise, the majestic Ama Dablam and other surrounding peaks in Everest Region.
- The three peaks our return journey is also made through Pangboche and Namche Bazaar to arrive at Lukla. Our memorable and ultimate adventure of Three Peaks Climbing Pokalde, Island & Lobuche with Peak Climbing Nepal Guide Treks and Expedition ends with a sweeping flight from Lukla back to Kathmandu

Itinerary

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- **Day 1** : Arrive at Tribhuvan International Airport (TM), Kathmandu: Arrival in Kathmandu [1300 m/4264 ft]
 - **Day 2** : Sightseeing and Climbing Preparation at Kathmandu. Included meals: Breakfast Dinner
 - **Day 3** : Fly from Kathmandu to Lukla [2,800m/9184 ft] & Trek to Phakding [2640m/8659ft] 35 min Flight & 3-4 hrs Trek Tea House Lodge. Included meals: Breakfast Lunch Dinner
 - **Day 4** : Trek from Phakding to Namche Bazaar [3440m/11287 ft] 5-6 hrs Trek Lodge. Included meals: Breakfast Lunch Dinner
 - **Day 5** : Acclimatization/ Rest day at Namche Bazaar. Included meals: Breakfast Lunch Dinner
 - **Day 6** : Trek from Namche Bazaar to Tyangboche [3,867m/12683ft] 5-6 hrs Trek Lodge. Included meals: Breakfast Lunch Dinner
 - **Day 7** : Trek from Tyangboche to Dingboche [4,200m/13972ft] 5-6 hrs Trek Lodge. Included meals: Breakfast Lunch Dinner
 - **Day 8** : Trek from Dingboche to Island Peak Base Camp [4,900m/16072ft] 4-5 hrs Trek Tented Camp. Included meals: Breakfast Lunch Dinner
 - **Day 9** : Pokalde Peak Base Camp [5,400m/17712ft] 4-5 hrs Trek Tented Camp. Included meals: Breakfast Lunch Dinner
 - **Day 10** : High Camp to Pokalde Peak Summit [5,806m/19048ft] and Trek to Chhukung [4,730m/15518ft] 8-9 hrs climbing Pokalde Peak Lodge. Included meals: Breakfast Pack Lunch Dinner
 - **Day 11** : Trek from Chhukung to Island Peak Base Camp [5,087m/16685ft] 3-4 hrs Trek Tented Camp. Included meals: Breakfast Lunch Dinner
 - **Day 12** : Island Peak summit [6,189m/20299ft] & Back to Base Camp 9-10 hrs climbing Island Peak & back Tented Camp. Included meals: Breakfast Pack Lunch Dinner
 - **Day 13** : Trek from Island Peak Base Camp to Dingboche 5-6 hrs Trek Lodge Included meals: Breakfast Lunch Dinner
 - **Day 14** : Trek from Dingboche to Lobuche [4,930m/16170 ft] 5-6 hrs Trek. Included meals: Breakfast Lunch Dinner
 - **Day 15** : Trek from Lobuche to Gorakshep [5,180m/16990 ft] then trek to Everest Base Camp [5,380m/17646 ft] and back to Gorakshep 7-8 hrs Trek Lodge. Included meals: Breakfast Lunch Dinner
 - **Day 16** : Trek from Gorakshep to Kala Patthar (5545m/18187ft) and then Trek to Lobuche [4940m/16207ft] 6-7 hrs Trek Lodge. Included meals: Breakfast Lunch Dinner
 - **Day 17** : Trek from Lobuche to Lobuche Peak Base Camp [4,950m/16240ft] 1-2 hrs Trek Tented Camp. Included meals: Breakfast Lunch Dinner
 - **Day 18** : Trek from Lobuche Base Camp to High Camp [5,400m/17712ft] 3-4 hrs Trek Tented Camp. Included meals: Breakfast Lunch Dinner
 - **Day 19** : Summit Lobuche Peak [6,119m/20070 ft] and back to High Camp 8-9 hrs climbing Lobuche Peak Tented Camp. Included meals: Breakfast Pack Lunch Dinner
 - **Day 20** : Trek to Phortse [3,985m/12982ft] 4-5 hrs Trek Accommodation: Tea House Lodge. Included meals: Breakfast Lunch Dinner
 - **Day 21** : Trek from Phortse to Monjo 7 hrs Trek Accommodation: Tea House Lodge. Included meals: Breakfast Lunch

Dinner

- **Day 22** : Trek from Monjo to Lukla 4 hrs Trek. Included meals:Breakfast Lunch Dinner
- **Day 23** : Fly from Lukla to Kathmandu 35 min flight Hotel. Included meals:Breakfast Lunch Dinner
- **Day 24** : Final Departure

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- All airport/hotel transfers
- Three nights in 3-star hotel in Kathmandu
- Flight KTM-Lukla-KTM
- Teahouse/tented accommodation in mountain
- Breakfast in Kathmandu and 3 times meals in mountain as per required.
- Required necessary ground transportation as per the itinerary program by private vehicles
- Required necessary staffs with experienced English speaking climbing Sherpa (guide), cook, assistant climbing leader (4 trekkers: 1 assistant guide) and Porters to carry luggage (2 trekkers:1 porter), other helpers including their wages, insurance, equipment, flight, food and lodging
- Entire necessary paper works, Trekking permits and Pokalde, Island Peak and Lobuche peak climbing permits
- Thuraya SAT Phone (Emergency use only)
- Radio Walkie Talki
- Group mountaineering climbing and camping equipment-very high quality VE-25 North-Face or Mountain Hardware as well entire necessary required kitchen, dining, toilet tents, insulation mattresses, and kitchen equipment.
- Travel and rescue arrangements
- Welcome and farewell dinner
- Exclusive Medical Kit Bag
- All government and local taxes



Cost and payment details

The cost is depending on group size, which depends on the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The cost is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the program is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Trip cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.

3.

We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.

4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in info@xtremeclimbers.com or login to www.xtremeclimbers.com for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Nepal Visa fee (bring accurate USD. 40 cash along with two passport photographs)
- International airfare to and from Kathmandu
- Excess baggage charges (if you have more than 20.kg luggage, cargo charge is around \$1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Altitude chamber (PAC) or oxygen
- Lunch and evening meals in Kathmandu in the case of early return from mountain than the scheduled itinerary)
- Travel and rescue insurance
- Personal climbing equipments
- Personal climbing guide if require we can arrange
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, drinking water, shower, heater, etc.)
- Optional trips and sightseeing if extended
- Tips for Climbing guides and porters
- Services not listed in the 'What Is Included' section

