

# Nirekha



## Introduction

Nirekha (6,159 m) is located in the Khumbu region close to well known Cho La crossing between [Gokyo](#) Lobuche. Nirekha peak lies just west of Lobuche west. It's a great route for experienced alpine climbers. The ascent is mostly on ice and snow but demands good fitness and acclimatization as most of the difficult climbing is above 5,800 m. Though the peak can be reached via the valley above Dragnag on the route to Cho La pass, it is easier and safer to start at Kanchung Base Camp (5,250) near the Gaunara Glacier. The summit is reachable in nine hours from there in good conditions. Both routes converge on the Cho La Col (5,690 m) and continue along the West-Ridge that consist of snow and loose rocks getting continually steeper towards the [summit](#). There are two distinct summits of near equal height and the South Summit is easier to reach. **Peak Facts Permit group: A Height:** 6159 m - 20206 ft **Latitude:** 27.95950000 **Longitude:** 86.78994400 **Location:** Khumbu **Duration:** 21Days

## Trip Facts

Trip Duration	21 Days
Trip Grade:	Challenging
Best Season	Oct/Nov/Mar/Apr/May
Accommodation	Tea House/Lodge/Tent
Transportation	Flight

## Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Accommodation as per itinerary in Kathmandu with breakfast.
- Welcome and farewell dinner with the Nepalese cultural program.
- Guided Kathmandu city sightseeing tour including entrance fees.
- Require paper document and Peak climbing permit.
- Food & Fuel during the trek and base camp during the climbing period.
- Staff: Base camp 1 Guide, 1 Cook, 1 Kitchen boy with a helper.
- To and from transportation for members and staff.
- Equipment allowance, daily allowance for climbing staff.
- Expedition insurance for Nepalese staff.
- Expedition equipment Tent, Mattresses during the climbing period.
- Three meals a day (Breakfast/ Lunch/ Dinner) tea/ coffee during the trek.
- Teahouse/ Lodge accommodation during the trek.
- An experienced English speaking trekking guide including his flight, salary, A first Aid.
- Medical kit box and route map.
- All government tax and local taxes.

## Itinerary Details

### 1. Arrived to Kathmandu (1300 meter)

Upon arrival at Tribhuvan international airport in Kathmandu, you will be greeted by our representatives, who will bring you to your hotel. After you have been settled in at your hotel, our representative will brief you in detail about your travel itinerary. After this, you will be taken on a stroll of the local market. In the evening, we offer you a welcome dinner at a Nepalese restaurant with Nepalese traditional cultural programs.

### 2. Kathmandu City Tour (1300 meter)

Today, you will be taken on an interesting guided tour of Kathmandu city, you will visit historical monuments and religious holy places like temples, Stupas, and durbar squares. The rest of the time, we will spend in preparation for trek.

### 3. Kathmandu to Lukla and Monju

Pass directly through the village of Lukla and follow the path to Namache. The first village after Lukla is Chhpelung, and further down the trail, you will pass through Ghat and Phakding. Both these villages have a good selection for food & accommodations and are conveniently located for a lunch break. However, if you still have the stamina, it is advisable to walk on to Monju to spend the night as this will give you a good start for the steep ascent to Namache the following morning.

### 4. Trek to Namache Bazaar

After passing through the Sagarmatha National park entrance, the trail passes through the village of Jorsale and then along the river. You will cross two bridges before beginning the steep ascent to Namache, which can take up to three hour to complete. Be aware that there are no teahouses or

lodges on this path, so ensure that you have ample water to get you to the top. You are now heading into a high altitude area and take it easy. Even the fittest people are prone to altitude sickness.

#### **5. Rest day in Namache Bazaar:**

Today is a rest day in Namache Bazaar for altitude acclimatization in Namache. During the rest day of acclimatization, we will visit a few nearest villages for a cultural experience. Khumjung village (3790m) is over the hill behind the Namache bazaar and takes about 2 hours to reach. There are several sites in the village. Khunde is a short walk from Khumjung. After a steep climb, we will arrive at an airstrip. Cross this and rejoin the path on the other side. After a short distance, we will pass a stupa. Thame (3750m) is a more traditional next village on the trail and a good place to take lunch. Thame is home to one of Khumbu's oldest monasteries.

#### **6. Namche Bazaar to Phortse Tanga (3680m)**

From Namche climb the hill to Khumjung and descend west of the village down the broad valley leading to the Dudh Koshi. Here there is a choice of routes, the Yak trail which climbs gently, but traverses a long distance around the ridge, or the steep staircase-like trail made of rocks embedded in the narrow cleft of a large boulder. The two trails soon rejoin and continue towards a large chorten on the ridge top at 3973m. This ridge descends from Khumbila. From the ridge at Mong the trail descends in a series of steep switchbacks down a sandy slope to the Dudhkoshi. After crossing the bridge you will reach Phortse, a small Sherpa village.

#### **7. Phortse Tanga to Dole**

The trail climbs steeply out of the valley through rhododendron forest, which gives way to fragrant stands of Juniper and large conifers at higher elevations. The route passes through the settlements of Tonga and Gyele (3960m) to Dole (pronounced doe-lay). The views of Khumbila and Tawachee (6542m) are tremendous throughout the day.

#### **8. Dole to Machhermo (4470m)**

From Dole, the trail climbs via Lhabarma at 4220m to Luza at 4360m. The path is steep in most places as it climbs through the scrub to Lhabarma. The track continues to climb along the side of the valley high above the river, crossing sandy spurs to reach Machhermo at 4410m. It was in Machhermo in 1974 that one of the first Yeti sightings was reported in Khumbu. There are three hotels and good mountain views in Machhermo

#### **9. Machhermo to Gokyo (4790m)**

Beyond Machhermo the trail climbs a ridge for an excellent view both down the valley to Kantega and up towards Cho-Oyu (8153m). Beyond the ridge, the valley widens as the trail passes through Pangram at 4390m. We descend to the river bank before beginning the climb up to the terminal moraine of the Ngozumpa glacier. It is a steep climb on the moraine. Afterward the trail levels out as it follows the valley past a second lake, known as Longponga at 4690m, then finally up a

boulder-strewn path to Gokyo at 4,750m.

**10. Rest day at Gokyo**

Early mornings climb Gokyo-Ri 5340m and return to Gokyo.

**11. Gokyo to Thangna (4700m) (3 hours).**

**12. Thangna to Nirekha Base Camp**

**13. Climbing Prepration in Base Camp**

**14. Base Camp to High Camp**

**15. High Camp to Summit (6169m), Retun to Base Camp**

**16. Trek to Dole (4200m)**

**17. Trek to Namache Bazzar**

**18. Trek to Lukla**

**19. Flight from Lukla to Kathmandu**

Fly back to Kathmandu with a scenic flight of 45 minutes then transfer to hotel and rest at the hotel or free day.

**20. Free day in Kathmandu**

After breakfast visit around Thamel (shopping area) where the locals shop so busy and fascinating. In the evening, participate in farewell dinner. Stay overnight at a hotel on B.B basis  
Stay overnight at a hotel on B.B basis.

**21. Departure or farewell**

Today ends your Everest panorama trekking trip in Nepal. Our representative will take you to the airport 3 hour before than your departure scheduled. If you have more time you can utilize that on your choice for shopping or sightseeing. On your way home, you will have plenty of time to plan your next wonderful trip to Nepal.