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Pikey Peak Trek – Best Everest Region Trek - 7 Days

The **Pikey Peak Trek** is one of the most rewarding short treks in the **Everest region of Nepal**. If you are searching for breathtaking Himalayan views without the long duration and heavy crowd of Everest Base Camp, this trek is the perfect alternative.

Located in the lower Solu-Khumbu region, the Pikey Peak Trek offers a rare combination of panoramic mountain scenery, authentic Sherpa culture, peaceful forest trails, and moderate hiking. The main highlight is the legendary Pikey Peak sunrise view, where Mount Everest, Lhotse, Makalu, Kanchenjunga, and even Annapurna can be seen stretching across the skyline.

Unlike high-altitude expeditions, this trek reaches a comfortable maximum altitude of 4,065 meters, making it ideal for beginners and time-limited travelers.

> ***Book your Pikey Peak Trek with Dolpo Caravan Trek and start your Himalayan journey.***

PIKEY PEAK TREK OVERVIEW

The Pikey Peak Trek is a short Everest region trek made for trekkers who want big mountain views without pushing their limits too hard. It sits in the Solu area of the Khumbu region, south of the busy **Everest Base Camp trail**. So you still get that Everest feeling, just without the heavy traffic.

What really makes this trek stand out is its balance. You get stunning Himalayan views, a comfortable altitude profile, deep Buddhist culture, and a true off-the-beaten-path experience, all packed into a shorter journey.

The Pikey Peak height is 4,065 meters, and from the top, you get one of the widest mountain panoramas in Nepal. The Pikey Peak sunrise view is the real highlight. Many experienced trekkers even say it gives a better skyline than Kala Patthar.

If you want a short Everest adventure that blends culture, comfort, and unforgettable scenery, the Pikey Peak Trek is a solid choice.

TREK AT A GLANCE

- **Trek Name:** Pikey Peak Trek
- **Region:** Solu-Khumbu (Lower Everest Region)
- **Highest Point:** Pikey Peak (4,065 m)
- **Pikey Peak Height:** 4,065 meters
- **Duration:** 6 - 9 Days
- **Difficulty:** Easy to Moderate
- **Accommodation:** Teahouse Lodges
- **Best Time:** Spring and Autumn
- **Access:** Drive from Kathmandu or Flight to Phaplu

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The trek starts either with a scenic drive from Kathmandu or an optional short domestic flight. This flexibility makes the Pikey Peak Trek from Kathmandu accessible and convenient.

WHY CHOOSE PIKEY PEAK TREK?

As one of the Best Everest Panorama Viewpoints, the Pikey Peak Trek attracts both international travelers and local Nepali trekkers. And once you reach the top, it's easy to see why. The summit gives you a full 360-degree Himalayan view. On a clear day, you can spot:

- Mount Everest
- Lhotse
- Makalu
- Kanchenjunga
- Annapurna
- Dhaulagiri

The Pikey Peak sunrise view is really the moment everyone waits for. Watching Everest turn golden as the sun rises is something you don't forget anytime soon. It's quiet. It's powerful. And it feels worth every step.

pikey-peak-summit.jpg

Lower Altitude, Lower Risk

With the Pikey Peak Trek max altitude reaching 4,065 meters, the risk of altitude sickness is lower compared to the Everest Base Camp, which sits at 5,364 meters. That makes this trek a better option for beginners, families, or anyone who wants mountain views without needing to go through extreme altitude gain.

Authentic Sherpa Culture

The trail passes through traditional Sherpa villages like Jhapre and Junbesi. Along the way, you'll see monasteries, prayer wheels, chortens, and simple village life in the Himalayas. It feels real and untouched, not staged for tourists.

Short Duration

The Pikey Peak Trek itinerary usually takes about 6 to 9 days. So if you're short on time but still want those Everest views, this trek fits nicely into your schedule.

Less Crowded Trails

Unlike the busy Everest Base Camp route, the Pikey Peak Trek stays peaceful. The trails are quieter, less commercial, and honestly more relaxing.

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PRICE INCLUDES

- Accommodation in the Lodge (dinner, breakfast and lunch)
- 3 nights of city accommodation (Kathmandu) with breakfast.
- All transportation, including airport pickup and drop-off.
- Trekking permit in the national park and TIMS Card
- Expert trekking leader, assistants guide (1 assis. for 4 guests), Porters (1 porter for 2 customers)
- First aid medical kit (Your guide will carry the medical kit but we also advise you to bring it for your use)
- All government and local taxes.
- Nepalese team insurance
- Farewell dinner

PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuwan International Airport (TIA) (approximately 50 USD) per person per month (For this trek 15 days of visa is enough)
- Trekking equipment such as sleeping bags, down jackets, trekking poles, etc.
- Shower, Wi-Fi, cell phone and device charging
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- Insurance
- International flight

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ITINERARY IN DETAIL

Day 1: Day 01: Arrival in Kathmandu (1,400 m / 4,593 ft)

You land in Kathmandu, and someone from the team picks you up at the airport. After checking into your hotel, there's a short briefing about the Pikey Peak Trek. Nothing overwhelming. Just a simple rundown of what to expect, what to pack for the next morning, and a chance to ask questions. The rest of the day is free.

- **Max altitude:** 1,400 meters / 4,593 feet
- **Meals:** Dinner (Optional)
- **Transportation:** Airport pickup by private vehicle
- **Trek duration:** N/A
- **Accommodation:** Hotel in Kathmandu

Day 2: Day 02: Drive to Dhap (2,850 m / 9,350 ft) or Flight to Phaplu (2,469 m / 8,100 ft)

This is where the journey really begins. If you drive, it's a long but scenic ride through hills, rivers, and small roadside towns. You see rural Nepal every day along the way. If you choose the flight, it's short and saves time. Either way, you reach the lower Everest region by the end of the day.

- **Max altitude:** Dhap 2,850 meters / 9,350 feet or Phaplu 2,413 meters / 7,917 feet
- **Meals:** Breakfast, Lunch, Dinner
- **Transportation:** Private jeep drive or domestic flight
- **Trek duration:** N/A
- **Accommodation:** Teahouse

Day 3: Day 03: Trek to Jhapre (2,920 m / 9,580 ft)

The real walking starts today. The trail moves through terraced farms and pine forests. It's steady but not too hard. As you gain height, distant views of Everest begin to show up. That first sight always hits differently.

- **Max altitude:** 2,920 meters / 9,580 feet
- **Meals:** Breakfast, Lunch, Dinner
- **Transportation:** On foot
- **Trek duration:** 4 to 5 hours
- **Accommodation:** Teahouse

Day 4: Day 04: Trek to Pikey Base Camp (3,640 m / 11,942 ft)

You walk through open hills and alpine meadows. The air feels thinner, but the climb is gradual. By the time you reach Pikey Base Camp, the landscape feels more wild and open. You rest early because the next morning starts before sunrise.

- **Max altitude:** 3,640 meters / 11,942 feet
- **Meals:** Breakfast, Lunch, Dinner
- **Transportation:** On foot

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- **Trek duration:** 5 to 6 hours
- **Accommodation:** Teahouse or basic lodge near base camp

Day 5: Day 05: Summit Pikey Peak (4,065 m / 13,336 ft) and Descend to Junbesi (2,700 m / 8,858 ft)

It's an early start. Still dark. Headlamp on, slow steps, steady breathing. The climb to the top is gradual but exciting because you know what's waiting up there. Reaching the summit at the Pikey Peak height of 4,065 meters / 13,336 feet feels like a real achievement.

Then comes the moment everyone talks about, the Pikey Peak sunrise view. The sky changes color, and the Himalayan range slowly lights up. Everest and the surrounding peaks glow in gold. You stand there quietly for a bit. It's worth it.

After soaking it all in, you begin the long descent toward Junbesi at 2,700 meters / 8,858 feet. The trail drops through open hills and forest sections before reaching the village. By the time you arrive, your legs are tired, but it's the good kind of tired.

- **Max altitude:** 4,065 meters / 13,336 feet
- **Meals:** Breakfast, Lunch, Dinner
- **Transportation:** On foot
- **Trek duration:** 6 to 7 hours, including the summit and descent
- **Accommodation:** Teahouse in Junbesi

Day 6: Day 06: Trek to Phaplu (2,469 m / 8,100 ft)

Today is a steady descent toward Phaplu at 2,469 meters / 8,100 feet. The trail passes through forests, open hillsides, and small Sherpa settlements along the way. You'll cross farmland, see stone houses, and maybe even spot locals working in the fields. It feels calm and grounded, a nice shift after the higher elevations.

The walk is not too demanding, but it's long enough to feel like you've earned your dinner. As you get closer to Phaplu, the landscape slowly opens up, and the air feels thicker again.

- **Max altitude:** 2,700 meters / 8,858 feet
- **Meals:** Breakfast, Lunch, Dinner
- **Transportation:** On foot
- **Trek duration:** 5 to 6 hours
- **Accommodation:** Teahouse in Phaplu

Day 7: Day 07: Return to Kathmandu (1,400 m / 4,593 ft)

This is the wrap-up day of your Pikey Peak Trek. The morning starts easily with a short walk around Phaplu, just enough to stretch your legs one last time. No big climbs. No pressure. Just a calm finish.

After reaching Phaplu at 2,413 meters / 7,917 feet, you switch from trekking boots to travel mode. You either catch a flight or hop into a private jeep for the drive back. The hills slowly fade behind you as you return to Kathmandu at 1,400 meters / 4,593 feet.

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By evening, you're back in the city. Traffic, noise, warm showers. It feels different after days in the mountains. And yeah, your body might be tired, but it's the kind of tired that comes with good memories.

- **Max altitude:** 2,413 meters / 7,917 feet
- **Meals:** Breakfast, Lunch
- **Transportation:** On foot, then flight or private jeep
- **Trek duration:** 3 to 4 hours walking
- **Accommodation:** Hotel in Kathmandu

This flexible Pikey Peak Trek itinerary can be adjusted into 6-day, 7-day, 8-day, or 9-day options, depending on your pace and how much time you want to spend in the mountains.

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FAQ

1. What mountains can you see from Pikey Peak?

The summit of Pikey Peak is at an altitude of 4,065m. This is an incredible panoramic viewpoint of the Himalayan range. From the summit, you can see Mount Everest, Mount Numbur, and Mount Lhotse. The late Sir Edmund Hillary once said "Pikey Peak is the most astounding place to gaze at Mt.

2. How do I get to Pikey Peak?

Pikey Peak trekking route lies in the mesmerizing Lower Khumbu region of Nepal, in Solukhumbu District. The trekking route starts from Dhap, which is only a 6-7 hour drive away from Kathmandu. You can also reach the trekking destination by a 30-minute flight to Phalpu from Kathmandu.

3. Are there teahouses or lodges along the trail?

Yes, there are teahouses and lodges available throughout the Pikey Peak Trek route, providing accommodation and meals. You don't need to carry a tent or cooking equipment.

4. Is altitude sickness a concern on this trek?

Pikey Peak's altitude is relatively moderate, making it less prone to altitude sickness. However, it's still crucial to acclimatize properly, stay hydrated, and be aware of the symptoms of altitude-related issues.

5. How difficult is the Pikey Peak Trek?

The Pikey Peak Trek is considered to be of moderate difficulty. It involves daily walks of 5-7 hours over varied terrain, including some steep ascents and descents. While it doesn’t require prior trekking experience, excellent physical fitness is necessary to enjoy the trek. The altitude is also manageable, with the highest point being Pikey Peak itself at 4,065 meters (13,336 feet), which reduces the risk of altitude sickness compared to higher treks in Nepal.

6. What is the best time to trek to Pikey Peak?

The best time to trek to Pikey Peak is during the spring (March to May) and autumn (September to November). During these seasons, the weather is stable with clear skies, offering the best conditions for viewing the Himalayan panorama. The spring season is terrific as the rhododendron forests are in full bloom, adding vibrant colors to the trek.

7. How high is Pikey Peak?

The Pikey Peak height is 4,065 meters. High enough for big mountain views, but not as intense as some higher Everest region treks.

8. Do I need a permit for Pikey Peak Trek?

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Yes. For the Pikey Peak Trek permit, you need a TIMS card and local area permits. These are standard requirements for trekking in this region.

9. Can beginners do Pikey Peak Trek?

Yes, beginners with good physical fitness can complete this trek. You don’t need past trekking experience, just stamina and preparation.

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