

01_PIKE AND DAMAR SHERPA TREK






Kathmandu (1200 m) by bus to Bhandar-Pike-Damar-Dhikure to Phaplu and by flight back to Kathmandu


Price for Group of 10 – 16 people (5-8 tents): **EUR 1500 / PP**









Days on Trek: 21

Days in Damar: 10 (elevation 2700m)







Lowest Elevation: Bhandar – 2190m, Highest Point: Pikey Peak – 4065 m

DAY	PLACE/DESTINATION	PROGRAM/VENUES DESCRIPTION	APP. HOURS ON TREK	MAX ELEVATION
01	Arriving Kathmandu	Pick up at the airport, transfer to hotel, rest. Common dinner/individual payment, meeting with group leader and guiding sherpa. Final details about trek.	0	1285 m / Kathmandu
02	02 Dpt. by bus to Bhandar  <i>Views of Bhandar</i>	8:00/morning tourist bus to Bhandar / app. 6-7 hours (refreshment on the board). Arriving Bhandar, in the village, dinner around 19:00.  <i>Bhandar Stupa</i> BHANDAR Small town with varied communities of Sherpas, Tamangs, Brahmins and Newars. There is Bhandar Gumpa (monastery with stupas). Nice views of mountain Dudh Kunda (5400 m). soirrounded by fields, with farmworks.	0	2200 m/Bhandar  <i>Bhandar Gumba</i>
03	Bhandar-Namkheli Village  <i>Rhododendrons</i>	7:00 am / breakfast, 8:30 am / departure, woak from camp to Namkheli. At 12:00 on trek/lunch, and short pause. Arriving Namkheli village around 15:30 pm. Camping near the village. Dinner around 19:00. NAMKHELI A small Sherpa village (app. 7 houses). Visiting selected Sherpa households. Views of mountain Dudh Kunda (5400 m) and other Himalayan views. The village is surrounded by rhododenron's forest and there is a lots of fields with daphne's flowers . These are used for hand-made paper.	5	2550 m / Namkheli  <i>Daphne flower</i>



04	<p>Namkheli-Naur Gompa</p>   <p><i>View of Dudh Kunda</i></p>	<p>7:00 am /breakfast, 8:30 am / departure. Walk from Namkheli to GOLI GUMBA VILLAGE, app. 1½ hour. Great scenery of Dudh Kunda (5400 m), valley of Bhandar and Bamti. Visit of local monastery and school. Gumba is purely Sherpa village, with app. 20 houses. At 12:00 / Lunch on trail in KOSINASA, near to the local tea shop. The area is a port of preserved Mature Pine Forest. Arriving village and gompa of Naur around 16:00. Camping close to gompa, dinner around 19:00.</p> <p>NAUR A small Sherpa village (app. 7 houses), with cheese factory and active monastery (gompa). The village is surrounded by rhododendron's forest.</p>	5½	<p>3350 m/ Naur</p>  <p><i>Juniper Tree needle-like leaves, and adult scale leaves</i></p>
05	<p>Naur Gompa Pike Base Camp</p>  <p><i>Pike Base Camp</i></p>	<p>8:00 am / breakfast, 9/visiting monks and monastery of Naur and yak cheese factory keepers {demonstration of cheese production} on the way to pike Base Camp .The pine forest is used by locals for firewood, making furniture and the needles are burnt as incense .At 13:00 / arriving pike Base Camp ,lunch and camping .Views of valleys and Himalayan ridge .Acclimatization for the next day climb up to the Pike Peak. In a case of bad weather, staying at the local tea house opened fire.</p> <p>PIKE BASE CAMP walk to pike BC is through rhododendron 's forest and large pine 's bush, with water steams on path decorated by praying flags walking up, the forest opens to dwarf rhododendron and juniper trees, with views of the snow capped peaks to the north.</p>	2	<p>3640 m / Pike BC</p>  <p><i>Prayering Flags at water Stream on the way of Pike BC</i></p>
06	<p>Pike BC-Pike Peak-Tholu Gumba</p>  <p><i>View from Pike Peak</i></p>	<p>4:30 am /tea and biscuits, dpt .for KPIKE PEA's sun rise Easy climb /trek up to the summit for 1½ hour with experienced guide, 400 m of elevation .views of Himalaya : Everest Makalu, Kanchenjunga, Mera peak, Dudh Kunda and Lang- Tang ridge . Back to the pike BC around 8: 00 am taking breakfast.</p> <p>PIKE PEAK { 4065 M } is one the tallest hills of Solukhumbu. From Pike you can see most of the central and eastern Himalayan peaks Sagarmatha (Mt. Everest), Makalu, Kanchenjunga, Annapurna,</p>	3+4	<p>4065 m / Pike Peak 3372 m / Tholu Gumba</p>  <p><i>On the top of Pike Peak</i></p>

	  <p><i>View from Pike Peak</i></p>  	<p>Gauri shanker, Lhotse, Numbur, Khatang, Karyalung, shishapangma, Mera Peak, Thamserku, Lhotseshar, Nuptse and little Ama Dablam. The peak also offers breathtaking sunrise and sunset views during good weather. the trail passes through some of the most beautiful settlements of the region.</p> <p>The name of pike is derived from the name of a Sherpa clan deity. During the month of July the locals hold celebrations to workshop their clan god, the eastern Chyabo Pike, as Pike Hlapchen Karbu.</p> <p>ON PATH TO THOLU GUMBA</p> <p>9:00 am starting a walk to Tholu Gumba through rhododendron and juniper forest, beautiful landscape with opened pastures with herds of yaks and views of Everest mountains' ridge. The walk is easy, mostly descending a hill to the meadow with a long mane wall. After-around 11:30 am, we will reach BHULBHULE, a local tea house with a water stream / the lunch place.</p> <p>After taking a rest, the trek continues to Tholu Gumba, app. another 1½ hour walk. Camping site is near to the monastery with good views of valley.</p> <p>THOLU GUMBA</p> <p>is located on the hill overlooking valley of Phapare. It is the Buddhist Sherpa's scared place with monastery and few Sherpa houses. These days, a place is not inhabited, there is just one monk looking after gumba/monastery. Evening visit of monastery, introduced by local monk. The place was built around 1940-ties, and was regularly inhabited by monks. Every year in August during full moon, there is a festival of local Sherpas, starting with Puja/praying mass. A short walk around monastery and views of sunset. Dinner around 19:00.</p>		 <p><i>Yak and wild life on trek</i></p>   
07	<p>Tholu Gumba-Damar</p>  <p><i>Welcome to Damar with Khatas</i></p>	<p>8:00/breakfast, 9:30 departure from Tholu Gumba. The path is descending makes an easy walk down the hill through pine and rhododendron forests. The area is well known for bird watching-many different Himalayan deers, wild cats, bears and tigers.</p> <p>ARRIVING DAMAR</p> <p>Around 12:00/special welcome by the villagers with khata (traditional Buddhist offering scarf), flowers and Sherpa buttered tea. Lunch around 12:30, after visits of local houses and meeting</p>	2	<p>2700 m / Damar</p>  <p><i>Welcome from villagers</i></p>

		<p>with families. Dinner around 19:00, followed by Sherpa dance and warming party with villagers in selected household. Campsite is a part of Ngima's house in Damar.</p>		
08-17	<p>Damar and Sherpa Neighbourhoods</p>   <p><i>Woman Rangel</i></p>  <p><i>Visit of Surke Sherpa's House</i></p>	<p>DAMAR</p> <p>Small Sherpa settlement with 30 inhabitants and 8 houses on the hill terraces. Far away from busy tourists' paths, village keeps its genuine unspoilt nature. Damar was founded around 1930, firstly as a pasture for herds of sheep, cows and yaks. Because of reasonably fertile land, it was gradually inhabited by Sherpas from other valleys. Damar is heighbouring with the Sherpa village of Labkharka, Rangel, Nalidada and Surke as well as with the Tamang's village of Dhikure, where is the local school. Thel daily meals' rituals will start with breakfast around 7:30 and continue with lunches (either on camping site or ion trek) at 12:30 and dinners at 16:30.</p> <p>10 DAYS STAY WITH LOCAL SHERPAS</p> <p>While helping with water project, a group of experts will focus on the subject. Other group members will visit Damar households, and take day trpis to the villages and households of Labkharka, Surke and Rangel. Dhikure school will be also a target of visit and help. In 8 days we will create a close relationship with Sherpa families, spending the evening in different houses after the common dinner in the camping site.</p> <p>Village RANGEL (2500 m) is of size of Damar. Beside the casual farm works, it has been known for natural beekeeping. Huge bive-hives are on the forest's rocks, and the locals annually climb up to pick up the honey for domestic use and sale. depends on season, they may collect around 40-60 liters. Himalayan natural honey is</p>	Daily 3-4	<p>2700 m/Damar</p>  <p><i>Damar Camping site</i></p>  <p><i>Damar Sherpa Family</i></p>  <p><i>Surke Sherpa Family</i></p>

	 <p><i>Praying flag of Tuksinda Danda</i></p>	<p>known for its thick consistence and used as local medicine.</p> <p>SURKE (2650 m) is located in the narrow valley behind the hill from Damar. It has got 1 isolated house on the terraces descending to the village-there are 7 houses. Surrounded by natural forest, with the closure of water stream, it creates a peaceful, hidden world in the middle of natural beauty. The group will visit selected households and should take romantic bath in the stream's bay. There is mill run by the water for home-made flour of corn, wheat, millets and barley.</p> <p>While camping in Damar, few local trips will be organized, like visiting TUKSINDA DANDA (3326 m) – the hill with good views of surrounding valleys and some of Himalayan Masiffs. It is also a magic palce with rhododendron forest, Pine trees, daphne's flowers and long "mane" wall. Also serves as a crossing path for local Sherpas, having 1-2 tea shops.</p>		 <p><i>Good-bye Morning in Damar</i></p>
18	<p>Dhikure-Gorakhani</p>  <p><i>Welcome to Dhikure School</i></p> 	<p>7:30/breakfast, 9:30 departure from Damar. Good-bye from villagers from Damar, Labkharka, Rangel and Surke – endowing guests with khata (traditional Buddhist offering scarf), flowers and Sherpa buttered tea.</p> <p>TREK: descending by settlement of Labkharka to the valley and then steep climb to Dhikure school. It is located on the hill above the village. A special welcome from villagers, school committee, staff and pupils. Visit of school. Camping site at school's yard-lunch will be served at 14:00 and dinner at 19:00.</p> <p>DHIKURE is inhabited by Tamangs (ethnic group of mountain people, practicing buddhism). There is about 15 houses and 50 people. The local school serves for app. 70 children from villages of Damar, Labkharka, Rangel, Dhikure and Jhapre. Views from the hill show the neighbouring villages as Damar, Rangel Jantarkhani and Bokhre.</p>	2	<p>2735 m/Dhikure</p>  <p><i>Welcome to Dhikure School</i></p> 

19	<p>Dhikure-Gorakhani</p>  <p>Jhapre Gumba</p>  <p>Village of Gorakhani</p>	<p>7:00/breakfast, 8:30 departure. Walking ½ hour through rhododendron's forest, we will get to the villages of JAPHRE (2820 m). It is a small Sherpa community with around 10 houses with small tea-shops. Japhre serves as crossroad for Everest treks, there is a camp site. A dominant is the monastery with praying wall and stupa – a short visit, guided by a local lama will be made for 1 hour.</p> <p>Trek continues to TAPTING-Sherpa village with almost 200 inhabitants, where is placed the Tapping Solnasa High School. Passing by, we will decline to SOLNASA – app. at 12:00/luch in forest at the river side. Climb up with elevation of app. 350 m will bring us to Gorakhani at around f16:00.</p> <p>GORAKHANI is a large Sherpa settlement with around 250 houses and 1365 inhabitants. There is a medical point, monastery and plants nursery. Village has founded Gorakhani Sherpa School with foreign support and runs activities towards its further development, link: http://gkwelfare.org/. take short walk around place and meet people from local village development committee. Dinner around 19:00.</p>	5½	<p>2900 m /Gorakhani</p>  <p>Illustration of terraced village in Solukhumbu Region</p>
20	<p>Gorakhani-Phaplu</p>  <p>Salleri - view of village</p>  <p>View of Phaplu Village</p>	<p>7:00/breakfast, 8:00 / Departure. Climbing through forest up to NEPANE DANDA, to 3271 m (app. 300 m of elevation). Views of surrounding valleys and settlements. 13:00 / lunch in forest, close to the water stream. After, the trek is descending to villages of Dorpu and Salleri (2390 m).</p> <p>SALLERI (2390 m) is the headquartes of Solukhumbu District in the Sagarmatha Zone of northern Nepal. It has a population of app. 5370 people living in 1105 individual households. This is a bustling metropolis compared to the remote villages. There are few government agencies, private colleges and schools in the area. The weekly market in Salleri on Saturdays, with local traders and vendors, is a unique experience. 1 hour walk to Phaplu</p> <p>PHAPLU is one of major Solukhumbu airports, with importance similar to Lukla: it provides flights to many destinations. As a major venue for starting / ending Solukhumbu treks, it is a vivid market town with many tea shops, lodges and communication</p>	6	<p>3271 m / Nepane Danda 2413 m / Phaplu</p>  <p>Salleri – street life</p>  <p>View of Chiwong Monastery</p>

		<p>services. It has population of about 4500-5000 people. Places of interest in Phaplu include: the reknowned Phaplu Hospital and magnificent Hotel Del Sherpas. App. 3 hours walk from airport, there is the Chiwong Monastery, overlooking the valley and ridge of Himalayan mountains. It was founded by the late Sangey Lama in 1923, link: http://chiwongmonastery.com</p> <p>Accommodation fro group at local lodge in Phaplu, from 19:00 / dinner followed by good-bye party with Nepali staff and Sherpa disco.</p>		
21	<p>Phaplu –Kathmandu</p>  <p><i>View of Phaplu Village</i></p>	<p>7:00 / breakfast, 8:00 departure to Phaplu airport for morning flight to Kathmandu.</p> <p>Pick up in Kathmandu airport, transfer to hotel. Rest and preparation for final departures. Possible shopping in Thamel, and sight-seeing in Boudhanath, Bhaktapur and Patan.</p> <p>19:00 / common dinner in traditional Nepali restaurant with dance and traditional cultural show.</p>	0	<p>1285 m / Kathmandu</p>  <p><i>View of Phaplu</i></p>

ALL PRICES (IN USD) INCLUDES:

Trekking permits, airport transfer to the hotel, accommodation for 4 nights in Kathmandu (including breakfast), bus to Bhandar, flight to Kathmandu from Phaplu, during trekking: full board (breakfast, lunch and dinner), cargo, staff (porters, cook and helpers, guides, sardar), camping equipment (tents, matts, generator), boiled water in the morning, final party with special dinner, services charges and emergency assistance.

"DAMAR SHERPA TREKS" are organized by officially registered Unlimited Sherpa Expeditions (www.unlimitedsherpaexpeditions.com) and offers 5 different routes and activities, centered by stay and help to Damar Sherpas. Ngima Sherpa prepared for Damar charitable activities a lodge with a small tea house as well as remodeled camping ground. The trip includes a short stay in Kathmandu, in the middle of popular tourist destination – Thamel at the Nirvana Garden Bhaktapur, Patan (Lalitpur) and other visitor's requested sites (e.c. tailor-made trips upon planning), including programmed visits of {www.unlimitedsherpaexpeditions.com } Unlimited Sherpa Expedition staff's households and families in capital.

Link> www.unlimitedsherpaexpeditions.com

Facebook> Ngima Sherpa

Email> ngimasherpa52@hotmail.com; unlimitedsherpaexpeditions@gmail.com