

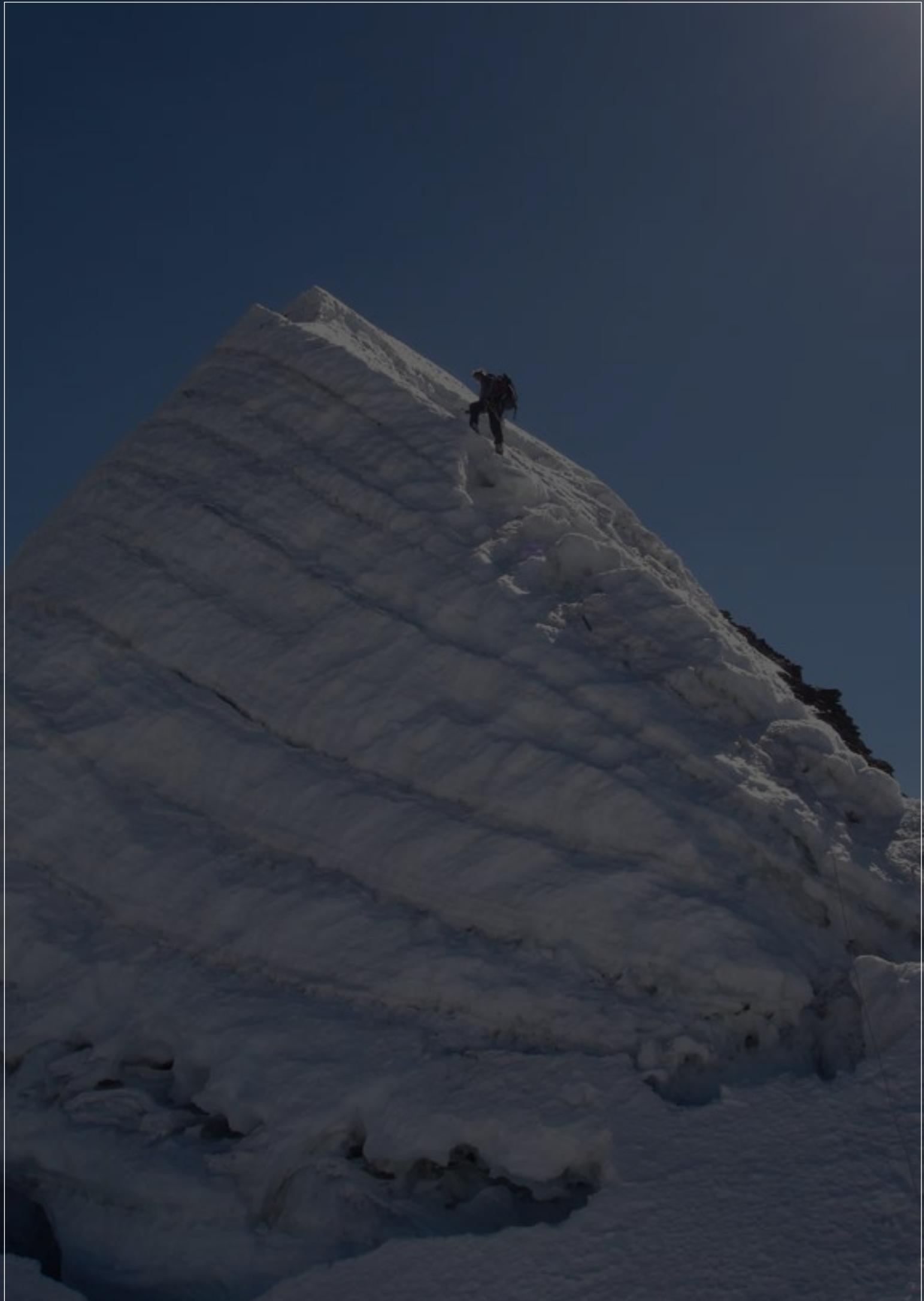


# THREE PEAKS NEPAL

6,119M / 20,075FT - 5,860M / 19,049FT - 6,189M / 20,305FT



**2026 EXPEDITION TRIP NOTES**





# THREE PEAKS NEPAL EXPEDITION TRIP NOTES

## 2026 EXPEDITION DETAILS

**Dates:** Trip 1: March 29 to April 23  
Trip 2: November 2–27  
**Duration:** 26 days  
**Departure:** ex Kathmandu, Nepal  
**Price:** US\$9,900 per person



▲ Rappelling off the summit of Lobuche. Photo: Charley Mace

Climb three of Nepal's most popular trekking peaks in one expedition; Lobuche East (6,119m/20,075ft), Pokalde (5,806m/19,049ft) and Island Peak (6,189m/20,305ft). The Three Peaks Nepal expedition visits Everest Base Camp, overnighting in the pre-monsoon season, crosses the high Kongma La Pass between peaks and completes a fabulous circuit of the upper Khumbu tributaries, before returning to Namche Bazaar and back to Lukla.

The Three Peaks Expedition is the perfect first immersion into Himalayan expedition climbing, covering lots of ground as well as taking in three classic peaks of moderate difficulty. Serving as an ideal progression or an excellent introduction into Himalayan mountaineering, climbers can develop skills and learn about their own performance at altitude as they go. This is an achievable expedition for anyone new to climbing with a keen sense of adventure and desire to learn more about high-altitude mountaineering.

This journey has many visual highlights with stunning views of the surrounding Himalayan peaks of Everest, Cho Oyu, Nuptse, Lhotse, Makalu, Ama Dablam and many, many more. The first of our climbs is Lobuche East (6,119m/20,075ft), an ideal location to undertake some technical training prior to the ascent which involves long snow/ice slopes of moderate angle. The climbing is protected by

fixed rope that our guide and Sherpa team will fix ahead of the ascent. The High Camp is dramatic with exceptional views towards Cholatse, Taweche and Ama Dablam, especially at sunset when the peaks turn pink as the sun sets into Tibet. We climb to the far eastern summit on the summit ridge, a subsidiary of the high peak.

Energised from the ascent of Lobuche East, we turn next to Pokalde. A scenic hike takes the team over the spectacular Kongma La to Pokalde's High Camp near some alpine lakes, high on the pass and one of the most picturesque locations in the entire Himalaya. Directly across the valley lies Ama Dablam, the jewel of the Khumbu Valley and one of the wonders of Nepal. The climb to the top of Pokalde from this camp is not so far as for Lobuche East, but on cresting the 5,806m/19,049ft summit you are blessed with eye-boggling panoramic views around the upper reaches of the Khumbu and Imja Khola Valley systems.



▲ Trek through the time worn trails of the Khumbu Valley. Photo: Charley Mace

Island Peak, the highest of the Three Peaks at 6,189m/20,305ft, is referred to by the local Sherpa people as Imja Tse—an ‘Island in a Glacial Sea’. An ideal mountain on which to finish the trilogy, Island Peak crosses more technical terrain than the previous two climbs and involves slightly more exposure, including the use of ladders on the glaciated lower sections of the climb and fixed ropes on the upper snow and ice sloped sections. It is an exciting and popular peak, with views from the summit towards Ama Dablam and the south wall of Nuptse/Lhotse that are awe-inspiring. Each of these are very doable climbs for anyone in good shape and with a desire for high adventure.

## EXPEDITION OVERVIEW

This 26-day expedition commences when you arrive in Kathmandu on Day 1. We will spend the next day sorting equipment, holding a team briefing about the journey ahead and making our final preparations. On Day 3 we fly to Lukla, the gateway to the Khumbu Valley.

The expedition will stay at Sherpa lodges whilst we are trekking in the valleys on the way to each of the climbing objectives. On each of the peaks, we will establish our Base Camp, where our talented kitchen crew will cater for us. On our trek up the famous Khumbu Valley, we will visit monasteries and small villages on the same route that Everest climbers have taken for over 60 years.

Our trek follows the trail through to Everest Base Camp, overnighing at the AC Everest Team Camp during the pre-monsoon season, before returning to Lobuche where we make our way onto the slopes of our first objective, Lobuche East and establish the first of our Base Camps. We spend

some valuable time acclimatising throughout the trekking phase and preparing for our first ascent with a day of ropes training. In true expedition style, we then move up to our High Camp for the night, which lies on a small expanse of grass and rock above a deep blue lake. Then it’s early to bed for an alpine start the following morning.

Our early start, around 2.30am, sees us climbing the South East Ridge, which is a mixture of snow and ice. Where necessary, we fix ropes along the route and steady climbing will bring us to the far eastern summit. From the top, we are well rewarded with superb views across to Ama Dablam, Makalu, Lhotse, Everest, Nuptse, Changtse, Pumori, Gyachung Kang and Cho Oyu. Then it’s time for our descent, all the way back to our Base Camp to celebrate our first ascent!



▲ Undertake mountaineering instruction. Photo: Charley Mace.



▲ Ladder climbing on Island Peak. Photo: Gabriel Mazur



▲ Climbers ascend fixed ropes on Lobuche East. Photo: Steve Moffat



▲ On the summit of Island Peak. Photo: Mark Morrison

After the ascent of Lobuche East, we spend a day resting and preparing for our trek across the spectacular Kongma La to Pokalde High Camp, located near the top of the pass. We watch the sun dip below the horizon and feel the allure of a down jacket and warm sleeping bag! In the morning we will pack up and head off to climb Pokalde just on sunrise.

From Pokalde's summit we are offered a bird's eye view of our final objective Island Peak which sits at the head of the Imja Tse Valley. We make our way down to the small alpine village of Chhukung for a day of rest and some further skills training in preparation of the ladder crossings ahead. We then cross the glacier via a trail to Island Peak Base Camp, where we establish camp and head to bed early in anticipation of another early alpine start.

The climb of Island Peak involves some scrambling up rocky terrain to reach low angled glaciers that we walk up until the angle increases and we encounter 40-degree slopes on fixed ropes as well as some ladder crossings. After a time, we reach the exposed summit ridge and enjoy the security of the ropes all the way to the summit where we enjoy spectacular views of the north side of Ama Dablam, the sweeping flanks of Nuptse and the world's fourth highest peak, Lhotse.

From here it's a descent back to Chhukung and Pangboche, with the option to visit nearby Tengboche, with its famous bakery and monastery, before returning to familiar territory of the trail back down the valley towards Lukla. The thicker oxygen-enriched air makes for easy travel with time to stop to enjoy the views or chat to the locals, and there's also the opportunity to enjoy Namche Bazaar and perhaps even shop around for some of the thousands of items on display, such as the Tibetan rugs, jewellery and gemstones. The next day it's onwards to Lukla for our final night in the Khumbu, before the flight back to Kathmandu.

This expedition is designed to offer you the best of Nepal at the most reasonable price. Our many years of Himalayan experience allows us to introduce you to the best food, accommodation, destinations and experiences that are available. It's the small details that make all the difference, and this is where we excel. We provide the most affable and experienced Western guides working in conjunction with our excellent Sherpa friends to promise you an experience of a lifetime!



▲ Soaking in the views from the summit of Lobuche East. Photo: Steve Moffat

## PREREQUISITE EXPERIENCE

This trip offers an opportunity to partake in a journey that covers a lot of terrain and enables you to make multiple ascents on peaks of moderate elevation. Participants should have a background in basic mountaineering, including abseiling and the use of crampons and ice axe, or a history of physical exercise that can be applied to energetic trekking and the moderate altitude mountaineering that defines this expedition.

Each ascent involves an element of technical climbing at times where the use of crampons, ice axe and fixed ropes will be encountered. Instruction in the use of fixed lines, ladder crossing and a refresher on abseiling will be provided to ensure the requisite skills are gained prior to the climbing commencing.

## TEAM SIZE

For the Three Peaks Expedition, we will take a maximum of 12 people hence spaces are limited.

## ITINERARY

**Dates:** Trip 1: March 29 to April 23, 2026  
Trip 2: November 2–27, 2026

Following is an ideal itinerary for our Three Peaks Nepal Expedition:

Day 1	Arrive Kathmandu, Nepal
Day 2	Gear checks and sightseeing
Day 3	Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft)
Day 4	Trek to Namche Bazaar (3,440m/11,286ft)
Day 5	Acclimatisation day and sightseeing Namche Bazaar
Day 6	Namche Bazaar to Phortse (3,950m/12,959ft) via the Mong La (3,970m/13,025ft)
Day 7	Phortse to Pheriche (4,270m/14,009ft) via Pangboche (3,985m/13,074ft)
Day 8	Rest/acclimatisation and training day
Day 9	Pheriche to Lobuche (4,800m/15,750ft)
Day 10	Rest/acclimatisation day



Heading back down the valley following Island Peak Photo: Steve Moffat

- Day 11 Trek to Everest Base Camp (5,300m/17,400ft) and overnight in the pre-monsoon season or Gorak Shep (5,165m/18,209ft), climb Kala Patar (5,554m/18,222ft) in the post monsoon
- Day 12 Trek to Everest Base Camp for lunch, in the post monsoon. Enjoy a morning at Everest Base Camp in the pre-monsoon. Descend to Lobuche Base Camp (4,800m/15,750ft)
- Day 13 Move to Lobuche High Camp (5,400m/17,720ft)
- Day 14 Summit bid on Lobuche East (6,119m/20,075ft), return to Base Camp
- Day 15 Lobuche Base Camp to Pokalde High Camp (5,500m/18,045ft) via Kongma La (5,535m/18,159ft)
- Day 16 Climb Pokalde (5,806m/19,049ft), descend to Chhukung (4,730m/15,518ft)
- Day 17 Rest/contingency day
- Day 18 Chhukung to Island Peak Base Camp (4,970m/16,300ft)
- Day 19 Summit bid on Island Peak (6,189m/20,305ft). Return to Base Camp then Chhukung
- Day 20 Rest/contingency day

- Day 21 Chhukung to Pangboche (3,985ft/13,074ft)
- Day 22 Pangboche to Namche Bazaar
- Day 23 Namche Bazaar to Lukla
- Day 24 Weather contingency day
- Day 25 Lukla to Kathmandu flight
- Day 26 Depart Kathmandu, trip ends

**NOTE:** The itinerary may change at any time where factors such as weather, team member health, logistics etc. create some change in the actual dates of the climbing programme.

## THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.



▲ Pure elation at reaching the summit of Lobuche East. Photo: Steve Moffat



▲ Surrounded by majestic peaks at Lobuche High Camp. Photo: Mark Morrison



▲ A team rests enroute to Lobuche High Camp. Photo: Steve Moffat

We employ strong and specialised Expedition Leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable emergency communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

## ADD ONS

To enhance your 'Nepal Experience' and to explore more of the region we also offer the additional trekking option after the ascents:

## Gokyo Extension

- Cross the Cho La and explore the impressive Gokyo Lakes region
- Climb Gokyo Ri
- Add 4 days
- Cost US\$1,250 per person

## VISAS

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu Airport on arrival. The trekking and climbing permits are a separate matter dealt with by the expedition agent.

## COMMUNICATIONS

The expedition will be equipped with portable Thuraya satellite phone systems for the duration of the expedition in order to provide reliable email and voice communication globally for business, media or personal use. Limited satellite phone time can be purchased at the rate of US\$3.00 per minute.



• A team celebrates on the summit of Pokalde. Photo: Charley Mac

## EQUIPMENT LIST & TRAVEL APP

Expedition members will be provided with comprehensive pre-trip support, including access to our travel app. Our platform allows you to have all of the key trip information and expedition documents at your fingertips on your personal device, in an intuitive user-friendly manner.

You will find a comprehensive equipment list within the travel app and our team of equipment experts are also available throughout the build-up to assist with any questions that you may have.

## FOOD

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us, if you have any special dietary requirements. In the Khumbu Valley, we will be dining in lodges and at the tent camps, where we will be eating in the dining tent and being cooked for by our expedition cook and support crew. Our camp equipment and ample nutritious meals are always the envy of other groups along the way! We do recommend that you bring some of your personal favourite snacks like

muesli bars, chocolate and/or candy to supplement the snacks that we provide.

## MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This information will be sighted only by our Medical Adviser and Expedition Leader and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with individual team members as to your insurance needs and solutions for coverage.

## THE EXPEDITION FEE

The cost of the expedition, ex Kathmandu, is US\$9,900.

This is an inclusive cost and covers the following:

- Nepalese government royalty fees
- All trek organisational requirements
- All trekking permits



▲ An early morning view towards Ama Dablam from Island Peak. Photo: Gabriel Mazur



▲ Rappelling off the summit of Island Peak. Photo: Charley Mace



▲ Climbers approach the start of fixed lines on Lobuche. Photo: Steve Moffat

- Airport transfers in Kathmandu
- Air transport and accommodation in lodges or tents ex Kathmandu
- All group equipment (tents, ropes, kitchen, radios etc.) and emergency medical supplies
- All trek staff, including Western guide(s) and Sherpa guides, cooks & porter support
- Transport of 20kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu
- Access to our satellite telephone for outgoing calls
- Dispatch web page updated throughout the trip for friends and family to follow
- dZi Foundation support for their “revitalize a village” programme—likely to include support for a Nepalese child’s education for a year

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts and alcohol (boiled or treated water for drinking is supplied)
- Other charges at lodges/tea houses such as additional meals, showers, internet access or battery re-charging
- Entry visas for Nepal (30-day tourist visa for Nepal available on arrival in Kathmandu)
- Personal clothing and equipment

- Personal travel insurance/trip cancellation insurance/rescue insurance
- Excess baggage charges for portage and the flights to/from Lukla
- Cost of satellite telephone calls
- Any rescue costs or costs of early departure from the expedition
- Gratuities

## PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington, New Zealand

for the account of Adventure Consultants Limited.

**Account Number:** 1000-594771-0000  
**Account Type:** US Dollars  
**Swift Address:** BKNZNZ22

**NOTE:** All bank transfer charges are for the remitter’s account.



▲ In the company of Himalayan giants, Ama Dablam behind. Photo: Steve Moffat

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

## DEPOSIT

A non-refundable deposit of US\$500 is payable to secure a place on the expedition.

## BALANCE

The balance is payable 90 days prior to the start of the expedition.

## CANCELLATION & REFUND POLICY

An expedition member may cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the balance payment.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

## HOW TO JOIN THIS EXPEDITION

If you would like to join our Three Peaks Nepal Expeditions, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/expeditions/himalayan-climbs/three-peaks-nepal#DepartureBookingBlock>.

## CONTACT US

If you require more information, please contact us at:

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**Email:** [info@adventure.co.nz](mailto:info@adventure.co.nz)

**Website:** [www.adventureconsultants.com](http://www.adventureconsultants.com)



▲ Snow capped peaks surround climbers on Lobuche. Photo: Guy Cotter



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

