

CLIMBING CLUB: Kyajo Ri Autumn 2011

Grade: Expedition 
Land-only duration: 25 days Kathmandu - Kathmandu
Trekking days: 20
Maximum altitude: 6186m



View from Gokyo south to the mountains by Kyajo Ri (Ann Foulkes)



Kyajo Ri is in the Khumbu Himalaya, north of Namche Bazaar and is situated at the head of the Thesebu Khola Valley, located between the Gokyo Valley and the Bhote Khosi Valley. First climbed by an Anglo-French expedition in 2002, Kyajo Ri sits on a long line of rocky peaks continuing all the way to Cho Oyu. Views of the mountain's East Face can be seen from Machhermo, where Community Action Nepal built the porters' shelter and rescue post. The Kyajo Ri peak, at 6186m high, is a classic climbing peak and stands out among the trekking peaks in this part of the world.

This is still a little frequented valley which still commands a feeling of isolation despite being so close to the administrative centre of the district, Namche Bazaar

OUTLINE ITINERARY

Walking and journey times are approximate

- Day 1 Arrive Kathmandu**
Transfer to hotel. Rest of the day free.
- Day 2 Free in Kathmandu**
Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.
- Day 3 Fly to Lukla and trek to Phakding 2600m**
We fly into Lukla airport from Kathmandu, at 2800m. Leaving Lukla, the path winds along the hillside to the east of the Dudh Kosi River, past teahouses and lodges to Phakding.
- Day 4 Phakding to Namche Bazaar 3440m**
After breakfast we head north, crossing the river several times before climbing the steep path towards the ancient Sherpa capital of Namche Bazaar. It is from one of the bends on this path that you may see your first view of Everest.
- Day 5 Namche Bazaar acclimatisation 3440m**
Today is the last day before you head off into the Thesebu Khola Valley, it is strongly advised that you undertake an acclimatisation walk as well as taking the opportunity to check you gear and make any last minute purchases. A walk to the 'sky burial' site on the south ridge of Kumbi La will get you to a worthy altitude of 4,000m.
- Day 6 Namche to Camp 1 (above) Mende 4300m**
Today the climbing and the trekking groups part company. Our route takes us into the Bhote Koshi Valley and to the settlement of Mende before we head due north and up the Thesebu Khola Valley above. At this point the valley is flat bottomed and gains little altitude.
- Day 7 Camp 1 to Camp 2 4700m**
Today we ascend higher up the steep-sided Thesebu Khola Valley which is our approach to Kyajo Ri. We camp above the first step just below 4700m.
- Day 8 Camp 2 Acclimatisation Day 4700m**
We have an acclimatisation day at Camp 2. Although this is another short leg we must acclimatise appropriately to avoid illness higher.
- Day 9 Camp 2 to Base Camp around 5,400m**
We continue up the fairly level valley until it rears up again. We ascend the via a rising contour right to left over second step into the upper valley, and establish base camp at one of two sites that have been identified above 5000m. The choice of which Base Camp site is used will depend on various factors, including the performance of the group and the condition of the terrain which may well have a limiting factor on how high it is possible for the porter to ascend.
- Days 10 & 11 Base Camp Acclimatisation Days**
We spend 2 days here at Base Camp to explore the surrounding peaks and acclimatising before returning to "sleep low" at our Base Camp.
- Day 12 Climb from Base Camp to Col (self-supported)**
Our guide, cook and Sherpa crew will remain at Base Camp while we are higher on Kyajo Ri. From Base Camp our climb of Kyajo Ri continues to our next suggested camp on the Col.

Day 13 – 16 Climbing (self-supported)

The snow slope above the col appears the most obvious way to ascend Kyajo Ri. Descend by same route.

Day 17 Base Camp clear up

We will reunite with our trekking crew and pack up the base camp for our departure from Kyajo Ri.

Day 18 Descend to Mende 3736m

We retrace our steps back to Mende.

Day 19 Trek to Namche 3440m

We trek back to the relative civilization of Namche Bazaar where we can make the most of laundry facilities, internet access and coffee shops!

Day 20 Namche to Monjo 2840m

The remainder of the trek is a leisurely, largely downhill stroll along the wooded paths to Monjo where we camp for the night, and where we should meet up with the other group

Day 21 Monjo to Lukla 2800m

After our final stroll along the wooded paths we arrive at Lukla.

Day 22 Fly Lukla to Kathmandu

Weather permitting we will fly to Kathmandu, where there should be time to do a little shopping in Kathmandu during the afternoon, or to relax by the hotel pool.

Days 23 & 24 Free in Kathmandu

Time to enjoy a well-earned rest after your trek. We have allowed a buffer after the trek as flights between Kathmandu and Lukla are sometimes subject to cancellation due to weather conditions.

There is time today to shop for crafts or explore the city. Kathmandu is a great place to buy presents! Perhaps you would like to take the scenic Everest mountain flight (book through our Nepal office).

There is also the possibility of spending a couple of days on one of our Himalayan extensions – perhaps visiting the wider Kathmandu valley, or going to Pokhara or Chitwan National Park, or alternatively a white water rafting might be more your style.

Day 25 Depart Nepal

Transfer to Kathmandu airport.

Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

The Price Includes:

- All transfers between Kathmandu airport & hotel accommodation.
- Internal return flights between Kathmandu and Lukla.
- 6 nights hotel accommodation on a B&B basis in Kathmandu.
- Climbing permit, National Park permit and TIM.
- Extra baggage allowance on internal flights, and extra portorage for climbing equipment.
- Mixture of lodge accommodation and camping during trek (see itinerary below), all meals supplied during trek.
- Services of a local leader (sirdar), sherpa guides & porters for days 3 -11 and days 17-21.
- Services of cook team for days 7-11 and 17 – 18, including boiled drinking water.
- During climb (days 12-16): food will be supplied, to be cooked by clients on own equipment.

The Price Excludes:

- International flights.
- Lunches and dinners in Kathmandu.
- Nepalese visa (currently £35 for 30 days).
- Travel insurance.
- Items of a personal nature eg drinks, laundry, phone, souvenirs.
- Tips.
- During trek: mineral water, extra drinks, bar/telephone bills, excess baggage / portorage costs etc.
- During the climb above Base Camp (days 12-16): the climb will be self-sufficient. No support crew will accompany the group. The sirdar, cook & sherpas will remain at Base Camp .
- Climbing equipment & sleeping bag. Small stoves and cooking equipment for days 12-16.

Options:

- Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation.
- Extension packages can also be organized in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions dossier for more details. Extensions should be arranged to booking international flights.