

Everest Region TreksNepal

Everest Panorama Trek – 10 days



AMBITION HIMALAYA

Duration

10 days

TREKS & EXPEDITIONS PVT. LTD.

Activity level

Grade: Easy

Includes

Meals, Accommodation and Transportation

Group Size

2-10 People days

Max Altitude

3870 m/12696 ft

Arrival/Departure:

Kathmandu, Nepal

TRIP HIGHLIGHTS

1. Everest Panorama Trek offers breathtaking view of Mt. Kusum Kangaru from Phakding
2. Exploring Namche Bazaar - place with amazing view of mountain peaks and filled with modern facility
3. Following the trails of Dudh Koshi river and crossing it with famous Hillary Bridge
4. Generous hospitality and warmth provided by local Sherpa Community
5. Stunning view of sunrise over beautiful mountain peaks
6. Spotting various endangered animals in the Sagarmatha National Park

TRIP INTRODUCTION

Everest Panorama Trek is a short trek in comparison to others available in Everest region. Although being a short trek, the route offers scenic beauty of Himalayas and adventures full of challenges. The route offers the superb view of mountain peaks including the highest peak of the world Mt. Everest [8848 mt.], Mt. Lhotse, Mt. Thamserku, Mt. Ama Dablam, and other snow-capped mountains.

Everest Panorama Trek is designed under, taking the consideration of very beginner trekkers. In this trekking route, we will take the low altitude route in Everest region. The Everest Panorama View Trek is prepared for those who have limited time to explore the scenic beauty of Himalaya region. People with low health fitness are eligible for this trek without any doubt. As mentioned in the itinerary, this short trek in Everest region will give you the glimpse of Mt. Everest along with many other beautiful mountain peaks. While enjoying the view you can also learn about Sherpa cultures, religions and their

social values on the way to Khumbu region. With the help of Ambition Himalaya treks, you can enjoy the Himalaya scenery and explore nice opportunities in this short Everest Panorama Trek. In Tengboche, you can encounter many ancient Buddhist monasteries.

Normally, Everest Panorama Trek is suitable for a family expedition which is suitable for all age groups. You will have a number of opportunities to catch the glimpse of silver mountains including Mt. Everest, Mt. Amadablam. Mt. Nuptse, Mt. Cho Oyu, Mt. Tawache, Mt. Lhotse and much more. The route we take for this short Everest Panorama View trek is classic and easy to cover. You will be having both tour and trekking experience on our route.

Trip Route : Kathmandu-Lukla-Namche Bazaar- Tyangboche-Namche-Lukla-Kathmandu

Best Month: September to December and March to May

Important Note:

The flight between Kathmandu and Lukla where the trek starts is generally reliable but if the weather is bad all flights will be delayed or canceled for the day. In the event the flight is cancelled we will attempt to get you on a chartered helicopter but you are responsible for the extra costs in this event which can range from \$200 to \$600 or more depending on the number of people on the flight.

We in some itinerary schedule one extra day into the trek already as a buffer day in case of delays and in some Itineraries do not have extra day after trek but as flights can at times be delayed for several days we suggest you add a couple of extra days at the end of your trip in case of any delays. Extra days should always be scheduled at the end of the trip and not the start.

Important Notes and Safety Concerns

Trekking is simply not just walking. Some of our trips are extremely adventurous and needs serious efforts to complete them successfully. We kindly request all our valuable guests to come well prepared before doing any of these extreme treks. Buying proper and reliable insurance coverage with Helicopter Evacuation on emergency is the most important thing before starting the adventures. Sometimes, our treks are done in extremely remote places where you will have no access to outer world. On serious injuries or sickness Helicopter can be the only mean to evacuate you. In other hand bad weather conditions can also ruin the whole adventures. So, we say

"Get prepared first and enjoy the adventure without worrying"

Day to Day Itinerary

- **Day 01: Pickup from the airport by our representative and transfer to your Hotel [1300 mt.]**

Today you will be landing on Kathmandu city – a city rich in cultural heritages, ritual, monuments, traditions and famous history. Once, you land on Tribhuvan International Airport, our representative will be there to pick you up and transport you to your respective Hotel. At the evening we will be welcoming you with our traditional Nepali dinner accompanied by cultural dance programs.

-
- **Day 02: Fly to Lukla [2,850 mt. / 9,350FT] 30 minutes, trek to Phakding [2,650 mt. / 8694FT] 8 km, estimated walk 3 hours**

- In the morning we will have our breakfast and catch a flight to Lukla which takes around 30 minutes by air. Lukla is the most developed and first step towards Khumbu/Everest region. In Lukla, your porters or guides (only if you booked one from the beginning) will be waiting for your arrival. We will have our lunch already prepared by our guides and start our very first trek to Phakding. The route to Phakding is estimated to be 3 hours which is easy and flat compared to other days trek. On the way, we will be seeing Sherpa community and their traditional agriculture farms. We will be following the trails of the Dudh Koshi river and sometimes we need to cross it through high suspension bridges and Thado Khola en-route to Phakding. Phakding is a small village having limited facilities and lodges to fellow trekkers.

-
- 
- **Day 03: Trek to Namche Bazaar [3,440 mt. / 11286FT] 12 km, estimated walk 6 - 7 hours**

As this trek duration is short in comparison to other Trek routine, Today we set our destination towards Namche Bazaar. Namche Bazaar is very beautiful village filled with all modern facilities like ATM's, internet cafe, shops, markets and government offices. On the way to Namche, we will have to pass through Monjo village. As soon as we cross Monjo we will enter the UNESCO World Heritage Site – Everest National Park. Everest National Park actively works in the protection and conservation of Himalayan vegetations and endangered habitats. In the gate, your trekking permit will be checked. After that, we will follow the route we prepared and you will have your very first sight in world's highest mountain – Mt. Everest [8848 M] and other mountain peaks like Mt. Amadablam, Mt. Nuptse. Mt. Tawache etc. After surpassing the uphill trail for a while we will have a sight of very colorful village Namche Bazaar.

-
- **Day 04: Acclimatization day in Namche Bazaar, explore Khumjung village**

-
- Today the full day is to acclimatize your health with the level of altitude. You can consult with your guide about how to spend your idle day in Namche. Our suggestion is to take a short hike to Everest View Point Hotel for enjoying the spectacular panoramic view of mountains including Mt. Everest, Lhotse, Thamserku, Kusum Kangaru and Amadablam. If you still have free time after paying a visit to Everest View Point you can make another visit to Khumjung village. In Khumjung, you can visit local Sherpa museum where you can learn about their cultures, rituals, and traditions. At the end of the day, your guide will be giving you more tips for further journey.

- **Day 05: Trek to Tengboche [3,800 mt. / 12,467FT] 10 km, estimated walk 5 - 6 hours**

We will have our breakfast in the morning in the lodge and set our trail towards Tengboche. The walk estimated for this trek is 5-6 hours. Tengboche is very popular place in Everest region because of old Buddhist monasteries present there. Many people come to this place to do peaceful Yoga and meditations. From Tengboche, you will have a nice and beautiful view of sun setting over the mountains. The view will just make your mind more peaceful and wonderful for further journey. View of mountains like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Amadablam etc. are common from this place. Among all the places in this trek, Tengboche is the most excellent and best place to stay.

- **Day 06: Trek to Monjo [2,835 mt. / 9,301FT] 14-15 km, estimated walk 7 - 8 hours**

In the early morning, we need to be ready because the estimated walk for this day's trek is 7-8 hours. We will be following the paths of Funki thanga and then the trails of Dudh Koshi river. We will be crossing Dudh Koshi river multiple times over high suspension bridges. After walking downhill route, we will have our lunch in a nearby place. Then we gather our energy together to reach Monjo and spend our night there.

- **Day 07: Trek to Lukla [2,850 mt. / 9,350FT] 14 km, estimated walk 4 - 5 hours**

Today we will be back to Lukla, the place from where we started our journey. We will reach to Lukla via Phakding village and the same path we took in the very first and second day of our trek. You will have the same view of mountains you saw before. But this time you will be saying goodbye to them for the very last time of this trek. In Lukla, your guide will make all the arrangements for your stay in Lukla and air ticket back to Kathmandu. You can say bye to your porter and offer them anything as a token of remembrance as you wish.

- **Day 08: Fly to Kathmandu,30 minutes transfer to Hotel**

We will catch an early flight to Kathmandu which will be same as you experienced before. Once you reach Kathmandu, you will be transferred back to your hotel by our private vehicle. If you have energy left from your journey then you can pay a visit to streets of Kathmandu and may be you can go for a shopping.

- **Day 09: Kathmandu Valley Sightseeing [Major four famous places]**

Kathmandu is very rich in ancient monuments and old temples. The count of temples in Kathmandu is hard as there are many. After having you breakfast in the morning, our guide will accompany to take a tour of world heritage sites like Swayambhunath Temple, Pashupatinath temple – the famous Hindu Temple, Boudhanath Stupa and lastly The Kathmandu Durbar Square

- **Day 10: Departure or extend your trip**

Today you will be heading back to you home with souvenirs and beautiful moments that you will cherish for a lifetime.

Inclusion

Transportation

By Bus and Jeeb

Accommodations

Hotel and Lodge

Food

Breakfast, Dinner

What's Included

- Pickup from Airport by our representative by private vehicle before trek and dropping after the trek.
- The accommodations will be managed in Kathmandu. The breakfast will be complimentary.
- Air Ticket of Kathmandu to Lukla and return from Lukla to Kathmandu
- Includes all the domestic airfare taxes.
- Kathmandu Sightseeing with guide and private car and driver
- Trekking permits and documents necessary.
- 3 meals (Breakfast, lunch and dinner) during the Trek
- Fruits available as per the season will be provided after night meal.
- Every accommodation cost during Trekking
- Well trained English Speaking guide for trekking along with their salary and transportation costs, foods, accommodations, and insurance.
- For groups over 6 people – assistant guide (includes salary, accommodation, meal and insurance)
- Porters throughout the trek (1 porter will carry 2 trekkers baggage), includes salary, food, accommodation, and transportation.
- Basic equipment for trekking such as down jacket, sleeping bag, duffel bag and Himalaya t-shirt (Duffel Bag, Down jacket and Sleeping Bag must be returned after completing the trek)
- First aid kit with the expert hand.
- Expedition taxes, paper works, and company service charges for the trek.
- A traditional welcome dinner in typical Nepali restaurant at the time of arrival.
- Certificate of achievement can be prepared along with the signature of company director and your local guide (only if requested).

What's Excluded

- Excludes overseas airfares such as visa fees (\$ 25 for 15 days, \$ 40 for 30 days and \$ 100 for 90 days),
- Sightseeing Entrance fees in Kathmandu
- Travel, emergency rescue charge and insurance.
- Besides 3 meals, hot and cold drinking and beverages, telephone bills, laundry charges, shower fees are excluded.
- Wifi Charger, Battery charging bill during the trek are off the package.
- Activities not mentioned in itinerary and extra porter charge also.
- Lunch & Dinner costs for the stay in Kathmandu even if the early return from the trek.
- Extra costs caused by natural disaster, flight delay, early arrival etc.
- Extra incentives such as tips, gifts, gratuities for the guides or porters.
- Any benefits not mentioned in Service Includes Section unless indicated on booking of the trekking



CONTACT US

Phone: [+977-9851148898](tel:+977-9851148898)

Email: info@ambitionhimalaya.com

Location: Thamel, Kathmandu, Nepal

Website: <https://www.ambitionhimalaya.com/>