

# Everest Abridged Trek

<b>Trip code</b>	
<b>Package name</b>	Everest Abridged Trek
<b>Duration</b>	7
<b>Max. elevation</b>	3800 m
<b>Level</b>	BEGINNER
<b>Transportation</b>	Kathmandu - Lukla - Kathmandu by domestic flight.
<b>Accomodation</b>	Hotel and Lodge twin Sharing Bed Basis during the trek.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Lukla - Monjo - Tasingga - Tengbuche - Monjo - Lukla - Kathmandu .
<b>Cost</b>	USD 980 per person

## Highlights

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The Everest Trek offers breathtaking views of the world's highest mountain, Mount Everest, as well as other towering peaks like Lhotse, Nuptse, and Ama Dablam.

Tenzing - Hillary Airport Lukla and Hillary School at Khumjung .

An ideal trip for travelers who like to see the top of the world "Mt. Everest" in a short time.

The curiosity of the mysterious creature Yeti proved that by Yeti's skull in the Khumjung monastery.

Namche Bazaar great chance to see culture and live hood, while visiting the Sherpa museum.

Wildlife like; musk dear, snow-leopard, bear, wild goat (Jharal), Himalayan cock, Impeyan pheasant.

Offer the 360-degree view of magnificent mountains panorama visits.

## Overview

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**Everest Abridged trek is a shortened trek which is a moderate level of trekking and one can enjoy the breathtaking views of the World's highest mountain Mount Everest without even reaching the Base camp or even Gokyo Lake. This trek is ideal for those who have limited time but want to see the majestic view of mountains at a high altitude.**

Everest Abridged Trek is designed for those trekkers who have a subordinate period of time but never the less want a view of Mount Everest relatively closely. This trek provides a good insight into Sherpa culture without the struggle of high-altitude trekking in the Everest Region.

In earlier years, trekkers had to stay overnight in tents or tea houses but now they can get a standard category of accommodation providing deluxe facilities, ideal location, and magnificent views of mountains like Ama Dablam, Mount Everest, Lhotse, Nuptse, and many others.

During this trek, you will be taken to some of the prettiest Sherpa villages with easy walking and the best lodges that surpass anything in the region with excellent food and services, en-suite facilities, with beautiful landscaped gardens, where one may enjoy the comfort at the end of the day.

You will also visit the village of Tengboche with its famous monastery where we have time to soak up the atmosphere along with some tremendous views of the very beautiful mountain Ama Dablam in Everest Region.

The entire trek has magnificent mountain views and first-hand experience of the lives of the people of the region. Paths are carefully chosen, avoiding the main trails yet equally scenic, providing ample rewards for our efforts with the breathtaking panorama of the many of the highest peaks in the Himalayas.

## Trip Itinerary

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**Day 1 : Fly Kathmandu to Lukla (2800 m) and start trek to Monjo – approx 6 hrs walk**

Early morning we will catch up an early flight to Lukla (2,800m/9,186ft), the starting point of the trek. The flight will be an interesting one since we will be flying amidst the grand Himalayas in a Twin Otter airplane. Upon arrival at Lukla, we will have a short tea break and introduction to our trekking crew. We begin our trek by descending through peaceful forests and terraced fields to the raging Dudh Koshi River that is fed from the highest peaks. We pass through several villages which are well defined trail meandering around potato fields and buckwheat. You will have an opportunity to see first Mani walls along with the breathtaking views of Mountain Peaks. These structures are a compilation of individual stones each one inscribed with 'Om Mani Pad me Hum' – Hail to the Jewel in the Lotus.

## **Day 2 : Excursion to Thachok Danda (3000 m) – approx 6 hrs walks**

On the second day of our trek, we let our body to get acclimatize. After breakfast, we hike up to Thachok Danda which offers superb views of Kongde Ri, Thamserku and Numbur Himal. Thachok Danda is located 98412 feet above sea level. After 6 hours hike, we return to Monjo and stay for overnight.

## **Day 3 : Trek to Tashinga (11,023 ft / 3450 m) – approx 6 hrs walk**

Today is probably going to be the hardest day of the trek since you have to pass through several ups and downs. Just walking a few steps from lodge, we can see an entrance of Everest National Park where our trekking permits will be checked. After completing the formalities, we gradually continue our trek and cross two suspension bridges. The trail up to Namche Bazaar is well marked and broad enough to walk comfortably. Namche Bazaar is known as the heart of Khumbu Region where we will stop for lunch. After lunch, we continue our trek to Tashinga following the classical approach to Everest. We follow the almost level winding trail for about 2½ hours before leaving the main trail to arrive at the Everest Summit Lodge. We spend our overnight at Tashinga.

## **Day 4 : Day excursions to Tengboche (3873 m) – approx 6 hrs walk**

On the following day, we descend to the small hamlet of Phunki Tenga lying beside the Dudh Koshi. We can see Ama Dablam in the east whilst glimpses of Everest lure us onward. This part of the trail passes through fairly heavy forest of rhododendron and pine so it is well shaded and cool. Emerging from the forest the trail is relatively gentle and gradual for another 1½ to 2 hours. Across the valley from the lodge, one can see the trail sloping diagonally up towards the famous monastery of Tengboche. The setting of Tengboche is magical, positioned as it against a backdrop of some of the Himalayas most brilliant peaks. The monastery was accidentally burned down only a few years ago and re-built largely through the efforts of the Sir Edmund Hillary Trust. After exploring the surrounded area, we retrace our steps back to Tashinga for our overnight.

## **Day 5 : Trek back to Monjo – approx 6 hrs walk**

Early morning, after having breakfast at the lodge, we descend down to Monjo and visit the Laudo monastery which is just 15 minutes above Mende. The main temple is only 40 years old and was used until recently as a meditation school for western Buddhists students. It has a

remarkable meditation room built underneath a huge rock, where people go on retreat for 3 years /3 months/3 days. Retracing the same route back to Phurte and from here take the lower trail to Namche. Crossing the Edmund Hillary Bridge, we shall soon be in the familiar surroundings of the lodge at Monjo. We spend our overnight at one of the lodge of Monjo.

## **Day 6 : Trek to Lukla via Gumila Monastery – approx 5 hrs walk**

On this day, we will be trekking to Lukla via Gumila monastery. The trail today brings us through the village of Phakding. Firstly, we will pass through Thada Koshi which is situated at the base of Kumsung Kanguru. It takes about 30-45 minutes to reach Gumila monastery accessible by a path leading off the main trail. This monastery is home to 12-15 monks of the Gelugpa sect and a centre of Buddhist learning. Upon arrival at Lukla, check in to the lodge and stay for overnight.

## **Day 7 : Fly back to Kathmandu**

Flights to Kathmandu are usually scheduled for morning because wind can create problem to fly the aircraft in the afternoon. But sometime the flight time can be delayed due to bad weather and other unprecedented reasons that are beyond our control. We fly back to Kathmandu after our long mountain journey. After reaching Kathmandu we have the rest of the day off to rest or do some souvenir shopping. Overnight in Kathmandu

## **Inclusions**

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### **What is included?**

- Airport transfers in Kathmandu.
- Domestic flights between Kathmandu and Lukla.
- Trekking permits and TIMS (Trekking Information Management System) card.
- Experienced and licensed trekking guide.
- Porter service to carry your luggage (one porter for every two trekkers).
- Accommodation in teahouses or lodges during the trek.
- All meals (breakfast, lunch, and dinner) during the trek.
- Sagarmatha National Park entrance fee, Khumbu rural Municipality fee.
- Basic first aid kit.
- Government taxes and service charges.

### **What isn't included?**

- International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Accommodation and meals in Kathmandu (beyond the itinerary).

Extra activities or sightseeing not mentioned in the itinerary.

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

## **Complimentary**