



## Everest Panorama Trekking

<b>Trip code</b>	0
<b>Package name</b>	Everest Panorama Trekking
<b>Duration</b>	8
<b>Max. elevation</b>	3867 m
<b>Level</b>	BEGINNER
<b>Transportation</b>	Both way domestic flight and Airport drop / Pick up to the Hotel.
<b>Accommodation</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 -Phakding - Namche - Tengbuche - Khumjung - Phakding - Lukla - Kathmandu .
<b>Cost</b>	USD 960 per person

## Highlights

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- 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 deer, 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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**Our destination is 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.**

Everest panorama trekking is ideal for those with less time who never the less want a view of Everest. It provides a good insight into Sherpa culture without the struggle of high-altitude trekking in the Everest Region.

Our journey begins with a scenic flight from Kathmandu to Lukla viewing various mountains and settlements from the air. Next, we start to trek along the banks of the Dudh Koshi River. Our trekking trails pass through various villages surrounded by different thick and dense rhododendron, bamboo, and oak forests. As we pass along, we also come across the famed Hillary suspension bridge (named after Edmund Hillary) and finally reach our destination - Namche.

We spend a day in Namche exploring and relishing the beauty of this Sherpa land. We hike to the famous hill nearby called Syangboche where there is the world's highest-located Hotel, Everest Hotel View which is surrounded by snow-clad Himalayan Peaks including Everest, Lhotse, Ama Dablam, and Nuptse.

Visits to the neighboring Khumjung and Khunde villages are a great way to learn about the lifestyle there. You can also buy souvenirs in the weekly market. The next day we follow 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 the Everest Region, returning to Lukla and a flight back to Kathmandu.

## Trip Itinerary

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### **Day 1 : FLY KATHMANDU / LUKLA AND TREK TO PHAKDING (2652 m.) – 45 MIN FLIGHT & 3 HRS. WALK.**

From Kathmandu (Domestic Airport) you will fly to Lukla which takes around 45 min. The plane passes over the fertile middle hills, with their scattered villages and terraced fields, with an amazing panorama of the high Himalaya as a backdrop. After reaching Lukla, stop to have tea or coffee and start the trek to Phakding, a place 3 hours from Lukla. This place would be your first night stop.

### **Day 2 : PHAKDING / NAMCHE BAZAAR (3446m) – 6 HRS.**

From Phakding we trek to Namche Bazaar, which was once a small village but since grown in size to accommodate the influx of trekkers, and now is the unofficial capital of the Sherpas. It was once an important trading centre on the route from Tibet to Nepal but has now been largely

given over to catering for the needs of trekkers. For acclimatization, we suggest you to spend 2 nights in or around Namche.

### **Day 3 : NAMCHE BAZAAR – REST**

We take a rest at Namche Bazaar to acclimatize, which gives the opportunity to explore some of the less developed and more traditional villages in the area. Easier options for passing the acclimatization day can be found by visiting the twin Sherpa villages of Khumjung and Khunde, which are about a 2 hour walk above Namche. While in Khunde, visit the hospital, which was established and funded by Sir Edmund Hillary's Himalayan Trust. Khumjung monastery is interesting as being the store place of one of the alleged Yeti scalps that are to be found in the region. Having lunch in Everest view hotel and enjoy with gorgeous view of Mt. Everest and Amadablam is other attractions having one day free in Namche Bazaar.

### **Day 4 : NAMCHE / TYANGBOCHE (3867 m.) – 5 HRS.**

Moving on from Namche Bazaar the trail follows the valley of the Imja Khola with some spectacular views of the mountains including Thamserku, Kangtega and Amadablam and dominating the skyline ahead, Everest and Lhotse. The most common night stop after Namche is at the top of a steep climb from the Imja Khola, at Tengboche. This is the site of one of the most significant Buddhist Monastery in Solukhumbu Region and a visit is well recommended.

### **Day 5 : TENGBOCHE / KHUMJUNG (3780m) – 4 HRS.**

On this day we trek from Tengboche to Khumjung "the sister city" of Kunde. Khumjung village is called green valley where every building has green colors roof top. The main concept to preserve wild life and making environment greenery.

### **Day 6 : KHUMJUNG / PHAKDING (2652m) – 7HRS.**

From Khumjung we trek back to Phakding, our previous 2nd day trekking place.

### **Day 7 : PHAKDING / LUKLA (2840m) – 3 HRS.**

Trek from Phakding to Lukla, situated high above the river on shelf, Lukla is another classic paradox in determining altitude because the runway is on a slope and there is a difference of almost 60 meters between the lower and upper ends of the runway.

### **Day 8 : FLY LUKLA / KATHMANDU**

From Lukla we fly back to Kathmandu. Arrive Kathmandu and transfer to hotel.

# 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.
- Safe drinking water throughout the trek.
- Sagarmatha National Park entrance fee.
- Basic first aid kit.

## 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