

# Glimpse of Everest Trek

Trip code	
Package name	Glimpse of Everest Trek
Duration	5
Max. elevation	3780 m
Level	EASY
Transportation	Kathmandu - Lukla - Katmandu domestic flight inclusive.
Accomodation	Hotel and Lodge twin sharing bed basis during the trek.
Starts at	Kathmandu/Lukla
Ends at	Lukla/Kathmandu
Trip route	Kathmandu - Lukla - Phakding - Namche Bazar - Khumjung - Namche BAZar - Lukla - KATHnandu .
Cost	USD 890 per person

## Highlights

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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**Glimpse of Everest trek is an easy and adventurous trek around the Everest region. Everest region is known as the Sherpa land. This trek is ideal for those trekkers who have a short time but want to explore Mount Everest and its surrounding areas by trekking.**

Glimpse of Everest trek is one of the popular destinations for first-time trekkers in Nepal. This trek definitely will give you a great introduction to Sherpa culture along with spectacular mountain views.

The trek is best suited especially for those people who haven't enough time for longer treks into the high mountains. The trail continues through the lush vegetation of Sagarmatha National Park with pine forests, rhododendron flowers, and an abundance of wildlife to Namche Bazaar.

This trek is not only famous for the tallest mountain in the world known as Mount Everest 8848m but this trekking offers superb Himalayan views of the Khumbu Himalaya range including Mt. Lhotse, (8516m) Mt. Nuptse, (7855m), Mt. Pumori 7161m, Mt. Changa Tse 7550m, Mt. Amadablam (6856m), Mt. Thamserku ( 6723m), Mt. Kangtega (6979m), Mt. Kusum Kanguru ( 6367m), Mt. Kongde (6011m), Mt. Tawachee peak ( 6367 m), Mt. Chola Tse (6335m), Island peak (6179m), Khumbila /God of the Khumbu (5761m), etc.

This region is also famous for its rare Bird animal species that include: – the Golden Eagle, Eurasian Kestrel, Goshawk, Red-billed, Yellow-billed choughs, and the Tibetan snow-cocks – barking dears at a lower elevation, often heard calling (for their mate) rather than seen.

We also see Musk Deer Mountain Thar/goats on the Everest panorama trek which makes this outing a typical adventure with loved ones. Everest view trekking is suitable for those nature lovers and adventure enthusiasts who have only limited holidays for Nepal and entirely desire Everest trekking.

A glimpse of the Everest trek begins with a scenic flight of 45 minutes from Kathmandu to Lukla. Upon arrival at Lukla, you will meet your trekking crew and commence the trek to Phakding.

The next day, you will trek towards Namche Bazaar and then explore the Khumjung village, the home of the Everest Summiteers. Namche Bazaar is the Sherpa capital of the Khumbu region. Khumjung is set amongst incredible mountain scenery.

Retracing our steps back, we return from Namche to Lukla on the next day and then fly back to Kathmandu. This trek will give you incredible memories for your lifetime. This itinerary can be modified and can be extended as per your need.

## Trip Itinerary

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**Day 1 : Transfer to airport for Kathmandu / Lukla flight (45 minute flight). Arrive Lukla and start trek to Phakding (2610 m.) – approx. 2 to 3 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. Then we begin our short trek to Phakding which starts with most scenic view of Numbur Himal & Phari and passing through some Sherpa farm villages. We follow the trail to Dudh Koshi River with gradual ups from Thado Koshi, where we can have a lunch with superb view of Kusum-Kanguru (6,369m/20,890ft). Crossing a short suspension bridge from here after a short climb brings us to the Ghat village and further walk of about another 1 ½ hours brings you to Phakding village for the overnight stop.

## **Day 2 : Phakding / Namche Bazaar (3446 m.) – approx. 5 to 6 hrs walk**

Your destination today is Namche Bazaar. Namche Bazaar is the central village of the Sherpa in Khumbu region. It is situated on a horseshoe shaped flank and is crowded with about 100 buildings including lodges, bhattis, store and banks. There is a plateau in the right side of the village entrance, where they have a bazaar every Saturday. It is thronged with people especially in the morning. Our trek starts after crossing the Suspension bridge of Dudh Koshi River. Today, the walk is pleasant with few ups and down. Enroute, we will have a magnificent view of Mt. Thamserku (6,608 m / 21,675ft) from the Benkar village. Crossing the bridges and reaching at the entrance of Sagarmatha National Park at Monjo, our trekking permits will be checked. After entering the National Park boundary, we descend towards the suspension bridge-Koshi River. After crossing the bridge, we reach Jorsale village, the last village till Namche. From here the walk is pleasant on the river bed till the last bridge over the Imja Tse River is reached. Further continuing our trek, we walk along the winding uphill path all the way to Namche Bazaar, with magnificent view of Kwangde peak and it's other sister peaks towards east with Kusum Kanguru on the back. As you climb higher, view of Mt. Everest, Lhotse and the closer view of Taboche peak can be seen from some part on the way to Namche. Finally we reach at colorful houses called Namche Bazaar main gate of Khumbu region. We stay overnight at Lodge.

## **Day 3 : Explore Khumjung Village 3780m back to Namche Bazar - 5 hrs walk**

On this day, we will explore around the Khumjung Village which is also a Sherpa Community. There is a monastery in Khumjung which displays a scalp that purportedly comes from a yeti. This village has modern communications such as the internet and mobile and landline phones. The village is about an hour walk from Namche. Like Namche, it is a village carved into the mountainside, reminiscent of an ancient Greek amphitheater. Khumjung is not the cave it's a village which is also known as hidden village. While at the Gompa, ask the monks (lamas) for directions for getting to Guru Rinpoche's cave. You can also enjoy the splendid views of Everest, Nuptse, Ama Dablam, Thamserku, Lhotse, Tawachee, Kwangde and other mountains and peaks. After exploring the Khumjung village, return back to Namche for overnight stay

## **Day 4 : Trek Namche Bazaar to Lukla (2800m) – approx 8 hrs walk**

We descend on a steep trail so it is important that we walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing

Dudh Koshi and its tributaries, the trail becomes more level. After reaching Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. Overnight in Lukla.

## Day 5 : 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**