



Everest Panorama Trek

Url: <https://www.glorioushimalaya.com/trip/everest-panorama-trek/>

Duration

10

Max. Altitude

3,880m

Group Size

1+ pax

Per Person Cost

USD 950

Transport

Plane, car, jeep

Meals

Breakfast, Lunch, Dinner

Accommodation

Hotel and Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Sightseeing around the trading capital of Namche bazaar.
- Visit to the Tengboche Monastery.
- Mt. Everest Panorama view from Everest view Resort
- Visit cultural world heritage sites in Kathmandu
- Exploring life of mountain people

Overview

Very evident to its popularity, the **'Everest Panorama trek'** also well known as the **'Everest View Trek'** gives you grandstand views of the world's highest mountain, Everest. Our 10-day journey kick starts in Kathmandu with visits to UNESCO World Heritage Sites before hitting the road to the most desirable [Everest region](#). The trek highlights a wide range of fantastic mountain scenery combined with exclusive cultural interactions with the Sherpa people and the highest Buddhist monastery in the world. The Everest Panorama Trek is ideal for anyone who wishes to enjoy the dreamlike beauty of the

Himalayas and Everest in particular while also relishing a trek that doesn't go too high.

Everest Panorama trek begins with an early morning scenic flight from Kathmandu city to Lukla. On the first day we trek to Phakding and bunk out overnight at a lodge. The next day, we head up to Namche Bazaar which is the capital of the Khumbu region, home to [Mount Everest](#). After chilling out for a day in Namche Bazaar, we head to Tengboche. Tengboche is famous for its ancient Buddhist monastery. After Tengboche, we make our own way back to Lukla via Khumjung and Phakding village.

This trek is ideal for those cramped with time, but don't want to miss the chance of a meeting the biggest mountains in the world. This trek can even be shortened further by just going up to Namche Bazaar & right to the **Everest View Hotel**. This hotel is a great viewpoint for some of the greatest peaks on the earth, & you can enjoy all this right from your bedroom & balcony while enjoying breakfast, lunch & dinner. You can see the famous peaks of Mt. Kusum Kangaru 6370m, Thamserku 6618m, Kantega 6783m, Ama Dablam 6814m, Island peak 6165m, Lhotse 8516m, The Everest 8848m, Nuptse 7864m, Taboche peak 6495m and Kwangde 6187m and a number of other well-known peaks.

For some added information, just Above Namche bazaar is an airport. This is said to be the world's highest airport called '**Syangboche airport**', situated at 3,820 meters above sea level. This trek also introduces you to the largest Sherpa villages of Khumbu. They are Khumjung and Khunde. In Khumjung, there is a monastery where you can see the Yeti's skull as well as a hospital, which is the first hospital in the Khumbu region built by the Himalayan trust in 1966 and established by Sir Edmund Hillary.

Check out our fixed itinerary for *Everest Panorama Trek* or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel. (1400m)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check in and some refreshments, our senior sherpa guide will come to meet you and give you a brief orientation about Everest Panorama Trek. You can then go for a stroll down the street to get familiar with the neighbourhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world.

Day 02: Kathmandu sightseeing tour

After your breakfast at the hotel, you will be picked up by our city tour guide and take you on the Kathmandu sightseeing tour. Today, you will visit 4 world heritage sites inside Kathmandu valley that are Swayambunath Stupa (also known as Monkey Temple), Pashupatinath Temple, Bouddhanath Stupa, and Patan Durbar Square. All these religious, historical and cultural heritage sites have their own opulence and importance. After visiting 4 UNESCO heritage sites, you will be dropped at your hotel. Take a rest or stroll around Thamel. You can also do last-minute shopping for the trek. Overnight stay at the hotel inclusive of breakfast.

Day 03: Flight to Lukla (2800m) and trek to Phakding (2652m) - 4 hrs walk

A thrilling scenic flight to Lukla and a landing on a steep mountain runway brings us to the start of our trek at the village of Lukla [2850m]. After meeting the crew, we head up the Dudh Kosi Valley on a well-marked trail and then stay overnight in Phakding on full board meals.

Day 04: Trek from Phakding to Namche Bazaar (3440m) - 6 hrs walk

After a good breakfast at Phakding, we set out for the mountain junction town of Namche; we cross and re-cross the river on high airy suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Namche is the gateway to the Khumbu. This is where we crash out for the night with all meals included.

Day 05: Acclimatization in Namche Bazaar. (Optional hike to Thame Valley or Everest View Hotel)

Namche is the perfect place to acclimatize with the higher altitudes before heading off towards Tyangboche. To prepare you for the tough climbing to come in the days ahead, you can walk up to Khunde hospital which was set-up by Sir Edmund Hillary or you can take a one hour walk up to the Syangboche (3800m.) where Everest View Hotel is situated above Namche for the outstanding views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. Stay overnight at your lodge in bustling Namche which is a real happening town hereabouts.

Day 06: Trek from Namche Bazaar to Tengboche (3860m) - 5 hrs walk

After breakfast in Namche, we start our trek towards Tengboche enjoying superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking magnificent view of the great Himalaya. Along the way we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Kosi River, we reach Phunki Tenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Tenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and it has a biggest Buddhist Monastery all over in Khumbu region. Overnight stay at lodge in Tengboche with all meals covered - breakfast, lunch and dinner.

Day 07: Trek back to Namche Bazaar (3460m) - 4 hrs walk

There's always the option to trek up to Jorsalle for some more mountain beauty and Trek back to Namche. It's about 5 hours walk from Tengboche and we do an overnight at Namche with full board meals (Breakfast/Dinner/Lunch).

Day 08: Trek back to Lukla (2800m) - 7 hrs walk

There's always the option to trek up to Jorsalle for some more mountain beauty and Trek back to Namche. It's about 5 hours walk from Tengboche and we do an overnight at Namche with full board meals (Breakfast/Dinner/Lunch).

Day 09: Fly back to Kathmandu (1400m) - 45 minutes flight

Most flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about forty five minutes. We touch down at Kathmandu and transferred to our hotel. But please note, sometimes the flight can be delayed or cancelled in the mountain regions of this type due to inclement weather and other unpredictable reasons beyond our control. Our guests are expected to be patient.

Day 10: Departure to your destination

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again some day...

Trip Includes

- All the necessary airport and hotel transfers by private vehicles.
- 3 nights of 3-star standard hotel accommodation in Kathmandu city inclusive of breakfast.
- 6 nights of local lodges accommodations while on the trek.
- Full board meals while on the trek. (breakfast, lunch, dinner)
- One day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- An experienced and government certified guide for the trek.
- Round airfares (Kathmandu-Lukla-Kathmandu) including airport taxes.
- Rain protection duffel bag and sleeping bag to use for the trek. (provided on request)
- All the necessary paper works and trekking permits for the trek.
- First aid medical kits and oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after the successful trip completion.
- All the government taxes and company service charge
- In the end, we offer a Nepalese cuisine farewell dinner in Kathmandu with a cultural dance

performance.

Trip Exclude

- International airfares and Nepal entry visa fees. [Click here](#) for an arrival Nepal travel visa.
- Your travel insurance.
- Entrance fees for Kathmandu sightseeing.
- Extra night hotel accommodation in Kathmandu and Lukla if other than the itinerary.
- Tips to trekking staff.
- Porters are available at an extra cost.
- Use of WIFI, hot shower, charging, mineral bottled water and hot/cold drinks while on the trek.
- Excess baggage of more than 10 kg for Lukla flight.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.

- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries

- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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