

# Everest Panorama Trek

**Duration:** 10 Days

**Starts At:** Kathmandu

**Grade:** Moderate

**Accommodation:** All Accommodation During The Trip.

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**Transport:** Domestic Flights And Private Vehicles.

**Altitude:** 3880m

**Ends At:** Lukla

**Group Size:** Minimum 2 Pax

**Meals:** Breakfast, Lunch, Dinner

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## 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.

### **Best Trekking Season for this Trek:**

Generally, the autumn and spring are the perfect and high trekking season for the Everest region trek. June, July and August are the low months to visit the Everest region as the trail remains slippery and muddy due to the monsoon. In addition, visit our [trekking season information](#) section for further details.

## **Itinerary**

### **Day1 : Arrival in Kathmandu**

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.

### **Day2 : Sightseeing in world heiritage sites**

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism and Western cultures and influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening.

### **Day3 : Flight to Lukla and trek to Phakding**

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.

#### **Day4 : Trek from Phakding to Namche Bazaar**

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.

#### **Day5 : 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.

#### **Day6 : Trek from Namche Bazaar to Tengboche (Visit Tyangboche Monastery)**

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.

#### **Day7 : Trek back to Namche Bazaar**

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).

#### **Day8 : Trek back to Lukla**

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).

#### **Day9 : Fly back to Kathmandu**

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.

#### **Day10 : 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 surface transportation inclusive airport and hotel transfer.
- Kathmandu hotel accommodation inclusive bed and breakfast as per the itinerary.
- Both way domestic airfares.
- English speaking license holder trekking guide.
- Supporting porter to carry your luggage.
- Full board meals during the trek.
- Twin sharing lodges accommodation during the trek.
- All the essential trekking permits for the trek.
- A comprehensive medical kit box and water purification tablets.
- 1 day Kathmandu sightseeing escorted by professional city tour guide.
- Farewell dinner at Nepali typical restaurant in Kathmandu.

## **Trip Exclude:**

- International airfares and Nepal visa fees.
- Any personal medical or evacuation expenses incur and strongly recommend international Travel insurance which included rescue
- Entrance fees for Kathmandu sightseeing.
- Any alcoholic beverages, drinking waters, hot and cold drinks during the trek.

- Extra night hotel accommodation in Kathmandu and Lukla if flight delay due to bad weather.
- Tips to trekking staffs