

# Mini Everest Trek

**Duration:** 9 Days

**Starts At:** Kathmandu

**Grade:** Easy

**Accommodation:** Hotels And Lodges

**Transport:** Plane, Car, Jeep

**Altitude:** 3860m

**Ends At:** Kathmandu

**Group Size:** Min 2 People

**Meals:** Breakfast

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## Highlights

- Panoramic view of Mount Everest.
- Explore Sherpa culture & their lifestyle
- Visit ancient Tengboche monastery
- Stunning flight to Lukla from Kathmandu
- Sightseeing at the world heritage sites of Kathmandu Valley.

## Overview

The **Mini Everest Trek** is better known as the '**Everest panorama trek or Everest view trek**'. This trek is designed to cater to your time needs if you have any and it's meant for those who are not comfortable with higher elevations. This **Mini Everest trek** will be ideal for older trekkers who haven't burnt out their bridges & still want to have a go on mountains in the middle hills of the Khumbu. This venture would be the best option for [Everest Base Camp Trek](#). The highest you tread hereabouts is a hike through the Tengboche monastery at an altitude of 3,860m.

Our short thrilling journey starts from Kathmandu to the Khumbu region by air which is a wonderful mountain tour. Accommodation is cozy on the trails & we get to taste some good apple pie that will be better than the ones you taste in Thamel where you stay. Our **Everest Mini Treks** stretches through the verdant Sagarmatha National Park which is laden with lovely pine forests and gorgeous rhododendron flowers that include plenty of wildlife as we head down the capital village town of the Khumbu region, Namche Bazaar at (3,440m). This is where we hang out for a night to get familiar with the thin air & some stunning views of Mt. Everest. After a healthy breakfast the next morning, we begin our hike up to Tyangboche (3,860m). This is a unique Buddhist monastery & is situated in an area that is the highest in the world at (4,100m); this is where our trek in a nutshell concludes. Our short trek also includes an adventurous journey in the pretty villages of Khunde [3840m] & Khumjung [3753m] where we can strike up some

interesting conversations with the local Sherpa folks who will tell us of their gripping exploits as they live on these huge mountains. We also take part in conventional lifestyles & even do a jig to their lovely dances & this would be the perfect way to end our journey before we head back to Kathmandu & a warm soft bed at our hotel.

***This itinerary can be tuned or tailored to any way you would want it for your convenience. This trip will be enjoyed most in early autumn or spring which is September through November or March to May. The skies are a clear blue at this time of the year & the mountain views are a feast for the eyes.***

## Itinerary

### **Day 1: Arrival in Kathmandu (1350m) and transfer to the hotel**

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 our Mini Everest trek program. You can then go for a stroll down the street to get familiar with the neighborhood, 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 2: Kathmandu Valley Sightseeing**

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.

### **Day 3: Flight to Lukla 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.

#### **Day 4: 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 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.

#### **Day 5: Acclimatization in Namche Bazaar (3860m)**

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops, and souvenir shops. It is an ideal place to spend a day, acclimatizing to the new altitude before heading off towards Syangboche. To acclimatize, you visit Khunde Hospital set-up by Sir Edmund Hillary or take a one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse, and Everest. We then go to Khumjung where we visit a school established by Hillary. We begin our hike after enjoying lunch; bypassing the route of Khimde. There are also good views from the National Park Centre and Museum just above the town. After going through our acclimatization drills, we head down to our lodge for some beers & good sleep. Overnight Namche.

#### **Day 6: Trek to Tengboche (3860m) - 5 hrs walk**

After breakfast in Namche, we start our trek towards Tengboche enjoying a 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 the biggest Buddhist Monastery all over in Khumbu region. Overnight stay at the lodge in Tengboche.

#### **Day 7: Trek back to Namche.**

We retrace our steps with a Trek back to Namche about 6 hours from Tengboche and there's also an option to drop into Jorsalle before we head down to Namche to do an

overnight at this bustling & hustling village town with full board meals (Breakfast/Dinner/Lunch). We chill out here with some beers and enjoy some relevant comfort. Overnight at our hotel in Namche.

### **Day 8: Trek back to Lukla**

This is our last day on these lovely mountains that has been home to us all of these days. We continue to backtrack our hike towards Lukla along the Dudh Koshi River which is about 7 hours from Namche and do an overnight at Lukla.

### **Day 9: Fly back to Kathmandu**

Most flights from Lukla to Kathmandu are scheduled 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. Farewell dinner at typical local restaurant in the evening.

### **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 your 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 someday...

## **Trip Includes:**

- All airport and hotels transfer by private car/van (depends on group size)
- Three nights hotel accommodation at 3-star category in the city of Kathmandu based on B/B plan.
- Domestic round airfare including airport taxes. (Kathmandu-Lukla-Kathmandu flight)
- Highly experienced English speaking Himalayan trekking guide and porters (one porter for two-person) salary/accommodation/ insurance.
- Best available twin sharing Tea house/Lodge accommodation during 6 days trek.
- The company guarantees the rescue services in case of emergency; please hand over your insurance policy copy to us
- All the necessary paper works and conservation entry permits. (Trekking permit / TIMS card etc.)
- Rain protection duffel bag for client luggage
- First Aid Medical Kit Box

- One day Kathmandu sightseeing by city tour guide. (Exclude entrance fees)
- All the government taxes and company service charge
- Farewell dinner at typical local restaurant in Kathmandu with cultural dance show.

## **Trip Exclude:**

- International airfare
- Nepal visa which obtained at the airport on arrival {bring 4 copies passport size picture too}
- Meals during the trek.
- Any personal medical or evacuation expenses incur and strongly recommend international Travel insurance which included rescue
- Riding horse along the trek.
- Helicopter charter and all accommodation on flight cancellation due to bad weather
- Tips to trekking guide and porter.