

# Everest Panorama Trek | Duration: 12 Days Days | Cost: \$1450

Everest Panorama Trek is also known as Everest View Trek. It is a short trek to the Everest region. One can see the best Himalayan range of Mt. Everest, Amadablam, Nuptse, Lhotse, and many others. This trek is specially designed for those who do not have long holidays or for those who have problems walking in high altitude. This holiday offers not only a panoramic view of Everest but also provides insights of Sherpa culture. The trek includes visit of wonderful Sherpa village, the home of many Everest summiteers. However, if you would like more adventure to have a great view of Himalayas being in the lap then you can also go through Everest Base Camp Trek.

## At a Glance:

- **Tour code:** NEPT008
- **Style:** Trekking and hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 3970m
- **Duration:** 12 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 1450

## Highlights of the tour:

- Visit palace, Monastery, Stupa and Temple of Kathmandu.
- Spectacular view of Himalayan range.
- Breathtaking Mountain flight to and from Lukla.
- Everest Panorama Trek.
- Explore the Sherpa Culture in the village like Khumjung and Tengboche.

## **What's Included:**

- Kathmandu Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- 3 meals during trek
- Internal flights and land transport involved in the itinerary
- Flights of guide
- Airport tax
- Good standard Hotel ( 3-4\*) accommodation in Kathmandu with breakfast
- Teahouse accommodation on trek twin sharing basic
- Tims permit
- National park permit
- Insured and equipped porter as on IPPG rule

## **What's Not Included:**

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch and dinner in the city
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill

## **Arrival in Kathmandu**

Arrival at Tribhuvan International Airport, Kathmandu. Traditional welcome by our airport representative. Your guide briefs about your further programme. Typical Nepali dinner served in the evening.

## **Guided sightseeing around Kathmandu**

Your day will begin with breakfast at your Hotel. You will be taken for sightseeing of Kathmandu Valley. You will explore color and contrast of the vibrant city also get chance to participate in different kind of activities from which you can know more about the culture and arts of Kathmandu Valley. You will be guided to the famous Buddhist Swayambunath Temple in Kathmandu. This Temple attracts Buddhists and tourists from around the world. The view of Kathmandu valley from the top of the temple is stunning. Then you will be taken to visit Pashupatinath Temple. Pashupatinath is the most important temple dedicated to god Shiva. Every year this temple attracts hundreds of elderly followers of Hinduism. On the same day you will be taken to visit

Boudhanath Stupa. Boudhanath Stupa (or Bodnath Stupa) is the largest stupa in Nepal and the holiest Tibetan Buddhist temple outside Tibet. It is the center of Tibetan culture in Kathmandu and rich in Buddhist symbolism. The stupa is located in the town of Boudha, on the eastern outskirts of Kathmandu.

## **Early in the morning fly to Lukla (2800m).& trek to Phakding**

You will take stunning flight from Kathmandu to Lukla. And head northwards up the valley of the Dudh Kosi. Descend from the small plateau, down into the forested valley. You'll meet our Porters, Sherpa Guides. You will notice different type of people and you can find difference between the people you meet here and those from the Kathmandu valley. Even you can explore different type of culture and tradition. After lunch trek north down towards Phakding. The trail crosses several tributary streams and you will have some tantalizing views before reaching the small settlement of Phakding (2650m), where you will spend your first night.

## **Trek to Namche Bazaar (3500m)**

Hike through fields and villages from Phakding to Namche Bazaar. Heading out of Phakding you will follow the Dudh Kosi northwards. This day's walk takes you through magnificent forests of rhododendron, giant fir and magnolia trees. You will cross the west fork of the river, the Bhote Kosi, and start the steep climb to Namche Bazaar. Namche is the largest Sherpa village and has long been the primary staging area for major Himalayan expeditions. Namche is a prosperous Sherpa village and an important trading center with a weekly market selling fresh foodstuffs brought up from lower villages.

## **Acclimatization day at Namche Bazaar**

Make fit yourself for the further journey. This day is for acclimatization. Physiologically prepare yourself for adaptation to changes in climate or environment. We recommend you to stay active even in a rest day as it is better than being idle while on a trekking journey. You can explore the markets or happily laze around in the sun. Tonight at Namche Bazaar.

## **Trek from Namche Bazaar to Tangboche (3870m)**

The trail goes slightly uphill to Tangboche from Namche. Your trek begins with a short but difficult climb. On the way you can see the fabulous views of Ama Dablam, Thamskerku, Gokyo Ri and Island Peak. Overnight in a hotel at Tangboche.

## **Trek to Khumjung Sherpa Village (3970m)**

This is the largest Sherpa settlement. You have an opportunity to see Sherpas' life style and know their cultural activities. There is a high school in the village which is funded by Sir Edmund Hillary Foundation. In an historic monastery in the village a Yeti skull has been preserved. One can explore the surrounding and enjoy incredible views of the mountain peaks. Overnight at a hotel.

## **Trek back to Phakding (2610m)**

After enjoying morning ceremony in the monastery take breakfast before proceeding downhill to Kyanjuma.

After easy walk to Namche steep downhill to Hilary Bridge and continue walk to Phakding for overnight.

## **Trek back to Lukla (2800m)**

Hike down a steep trail to the Dudh Kosi and trek down. You'll have a long and leisurely trek back to Lukla. Celebrate your trek at a local tea house and gaze back at the jagged peaks of the mountains you've just climbed. Bid adieu tonight to your trekking crew.

## **Fly back to Kathmandu**

Fly from Lukla to Kathmandu. Enjoy panoramic mountain views and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants.

## **Day at leisure/ reserve day in case of flight cancel/Hotel**

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before setting for the airport.

## **Departure**

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

### **Trekking Team Group Pvt. Ltd.**

Thamel, Chaksibarimarg, Kathmandu, Nepal

(+977 9851075681 (24Hrs)

(+977 1 4227506

info@trekkingteamgroup.com

trekkingteam