



Great Wall Nepal Pvt. Ltd.

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Sagarmatha National Park

The Sagarmatha National Park is located in the North-Eastern Himalayas and is most known by the highest peak in the world, Mount Everest (Sagarmatha, 8848 metres). The uniqueness of the landscape and environment have led to a UNESCO World Heritage Listing.

Practical:

Size: 1148 Km²

Established: 1976

Best Season: October - November and March - May

Park Main Entrance: Lukla

Location: North-Eastern Himalayas



Climate

Due to the high altitude Sagarmatha National Park has a relatively cold climate compared to other destinations in Nepal. In October and November the daytime temperatures are pleasant but the temperature drops steeply during the night. December and January are the coldest months in which the daytime temperatures rarely exceed five degrees Celsius. The spring provides pleasant day and night temperatures, but the visibility is much less compared to October and November. From June to mid-September the monsoon rains make it hard to trek through the Sagarmatha National Park.

Flora and Fauna

Sagarmatha is home to eight different eco-systems ranging from low Juniper forests to permanent frost and rocks at the Himalayan Peaks. The lower forests consist of Blue Pines, Rhododendrons, Birches, Firs and Junipers and house 169 vascular plants of which 21 species are endemic.

Animals living in Sagarmatha include the Red Panda, Snow Leopard, Musk Deer, Himalayan Tahr, Marten, Pika and more than 208 bird species such as the Impeyan Pheasant, Snow Cock, Blood Pheasant, Red Billed Cuckoo and the Lammergeyer.

Areas of Interest

The main attraction of the park is without any doubt the Sagarmatha (Mount Everest), the world's highest peak at 8848 metres. The views on the Mount Everest are simply stunning as well as the views on other Himalayan peaks such as the Lhotse (8516m), Cho Oyu (8201m), Nuptse (7862m), Pumori (7161m), Amadamblam (6812m), Tham Serku (6623m) and the Island Peak (6189m).

Trekking through this impressive landscape is something that should be on everybody's bucketlist. The Trek from Namche Bazaar to Kalapatthar is perhaps the most famous trekking, with stunning views at Gokyo Lake and the Chukung Valley.

Observing the local life and the home to the world famous Sherpas is another reason to visit this National Park. The Thame Valley is the perfect location to get to know the Sherpa culture. Throughout the park there are also several monasteries such as the Penboche, Tengboche, Thame and Kumbjung Monastery.



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Activities

Sagarmatha National Park is a trekkers paradise with routes leading to Everest Base Camp and Kalapathar. The National Park is also important for climbing expeditions as many climbers try to reach the worlds' highest peak every year during the spring season. \



Access

The easiest way to access Sagarmatha National Park is by airplane from Kathmandu to Lukla. From Lukla the park headquarters in Namche Bazaar can be reached in two days. There are several flights per day between Kathmandu and Lukla, however the weather conditions play a predominant role in the accessibility of the Sagarmatha region. Thick Clouds and mists may disturb airtraffic for days.

Initially the Sagarmatha area was reached through Jiri. Jiri itself can be reached in one day by bus or private vehicle from Kathmandu. Also Tenzing Norgay and Edmund Hillary started there attempt to scale the Mount Everest from Jiri. Depending on your physical condition Namche Bazaar can be reached in 6-9 days from Jiri.

Facilities

With so many trekkers visiting the Sagarmatha National Park each season, the facilities are well developed. In places like Lukla and Namche Bazaar there is an abundance of Tea House lodges, ranging from basic to luxury. The higher up one gets, the less facilities are available. So do check in advance which facilities are available alongside your itinerary so that you can take the necessary equipment from Kathmandu. If you need any help organising your hotel or activities in Sagarmatha National Park, please contact us.

Park Information

Sagarmatha National Park Office
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