



Everest Panorama Trek

The trek allows us to enjoy the beauty of the Khumbu region, people and culture of the traditional Sherpa villages, Buddhist monasteries, all with the background of the beautiful Himalayan panorama in a relatively short period and without exceeding the high altitudes.

We start the trek after a flight to Lukla, with a two days trek to Namche Bazaar, the biggest Sherpa settlement. After an acclimatisation day in Namche Bazaar we hike to Syangboche for a view of Amadablam peak, then we proceed to Thame. There we explore the beautiful Thame monastery decorated with old Thangkas. The next day we trek to the Khumjung village and then to Tyanboche to explore the beautiful Buddhist Monastery. Finally, we get back to Lukla via Namche Bazaar.

Trip Features:

Trip Duration: 12 days

Trek Duration: 8 days

Max elevation: 3860m

Grading: Moderate to Strenuous

Trek Style: Lodge-to-lodge (Teahouse)

Walking Time: 5 to 7 hours per day

Best Season: March-May, September-November

Nepal

Itinerary	
Day1:	Arrival in Kathmandu(1350m). Transfer to Hotel.
Day2:	Trek Briefing and Sightseeing around Kathmandu.
Day3:	Fly Kathmandu to Lukla(2,744m). Short walk to Phakding.
Day4:	Phakding to Namche Bazaar(3,480m)
Day5:	Rest day at Namche Bazaar. Hike to Syangboche and overnight in Namche Bazaar.
Day6:	Namche Bazaar to Thame (3820m)
Day7:	Thame to Khumjung (3790m)
Day8:	Khumjung to Tengboche (3860m)
Day9:	Tengboche to Namche Bazaar (3480m)
Day10:	Namche Bazaar to Lukla(2745m)
Day11:	Fly Lukla to Kathmandu.
Day12:	Rest Day in Kathmandu.

Costs:

Complete Package: Starting from €829,-

Trek Only: Starting from €749,-

Highlights:

- Kathmandu Valley
- Everest Range
- Dingboche
- Namche Bazaar
- Tengboche Monastery





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Day One - Arrival in Kathmandu and Transfer to Hotel

On the day of your arrival in the Tribhuvan International Airport, Kathmandu, you will be picked up by our airport representative at the airport and transferred to your hotel. The drive from the Airport to the hotel will be of less than an hour. In case you will arrive early in the morning we can arrange a day programme. This however is optional.

Day Two - Trek Briefing and Sightseeing around Kathmandu

Your trekking guide will visit you in the hotel to brief you about the trek after your breakfast. After a short briefing you will be accompanied by our city guide for a sightseeing tour of Kathmandu Valley. We will visit places such as Kathmandu Durbar Square, Pusipatinath Temple and Baudhanath Stupa.

Day Three - Fly Kathmandu to Lukla(2744m). Short walk to Phakding

After an early breakfast, you fly from Kathmandu to Lukla. The flight takes one hour. Landing in the tiny airstrip at Lukla is in itself an adventure. The airport was named Tenzing-Hillary airport after the adventurer Sir Edmund Hillary. After we have landed, we have our lunch/brunch while the porters are busy loading the equipments. Then we walk to Phakding which will take around three hours.

Day Four - Trek to Namche Bazaar(3480m)

The first phase of the walk goes along the Dudh Koshi river valley, through pine forests. In around 2.5 hours we reach Monjo(2840m) and within a few minutes from here we enter the "Sagarmatha National Park". We stop for Lunch at Dorsale(2805m). After that we continue and will cross several suspension bridges including the "Hillary Bridge" on the way. Following the Hillary Bridge, the trail climbs steeply to Namche Bazaar, a Sherpa Village. From here there are good views of Nuptse(7927m), Lhotse(8434m), and also the Everest(8848m) peaks.

Day Five - Acclimatisation day in Namche Bazaar

After breakfast we hike up to Syangboche(3800m) from where we enjoy a majestic view of the Ama Dablam peak(6995m), Thamskeru and Mount Everest. But Ama Dablam is the attraction. The walk to Syangboche takes around two hours. We have our lunch at Syangboche with the majestic view of the Himalayas. We spend the afternoon exploring the village of Namche Bazaar.

Day Six - Trek to Thame(3820m)

From Namche we walk through another nearby village, Thamo, where we explore a Buddhist Nunnery. After Thamo the trail descends down to Bhote Koshi gorge where we cross a bridge and ascend to Thame. Here, we could pass by Yak caravans coming from Tibetan side. Tenzing Norgay Sherpa was brought up in Thame village.

Day Seven - Trek to Khumjung (3780m)

In the morning, at around 7 am, after a cup of coffee, we start our ascend over a nearby hill to reach the beautiful Thame Monastery. This 17th century monastery has a wonderful collection of antique Thangkas(Buddhist holy paintings) hanging all over its walls and ceilings. On the way to the Monastery we see the Nangpa La pass, from where the Tibetans come in with their Yak Caravans. After exploring the monastery, we return back to Thame for breakfast. After breakfast, we start our walk. Within 5 hours we reach the Syangboche village and another 20 minutes from here takes us to Khunde village(3840m) and eventually to Khumjung (3780m). We walk with the majestic view of Thamskeru(6623m), Ama Dablam(6812m) and Kusum Kangruru peaks.



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Day Eight - Trek to Tengboche (3860m)

In Khumjung, there is a school known as Hillary School, with a nice statue of Sir Edmund Hillary at the centre of the school premises. From here it is a 2 hours descend down to the bridge at Phunki Tenga (3250m). We cross the bridge and after lunch we start a two hours steady climb to reach Tengboche monastery. This monastery was originally built in 1916 and again reconstructed in 1980 after it was destroyed by a fire breakout. This is a beautiful monastery surrounded by soaring peaks. We spend the afternoon exploring this monastery. Many do the trek only up to Thame Monastery.

Day Nine Trek to Jorsale

We head down to Jorsale after a quick cup of tea at Namche Bazaar.

Day Ten - Trek to Lukla (2745m)

Today is our last Trekking day. The trip will go smooth after all our climbing experience from the last week. This gives you thus the more reason to enjoy your natural surroundings.

Day Eleven - Fly Lukla-Kathmandu

Today we will fly back to Kathmandu where you can enjoy your afternoon and rest.

Day Twelve - Rest day in Kathmandu/Tour Bhaktapur

Today we will pay a visit to the historical city of Bhaktapur. As most of us will be tired from trekking we will take it easy and make it a relaxing experience. After all the natural beauties Bhaktapur with its medieval appearance will manage to surprise you.

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