

Everest View Trek



Introduction

Everest view trek is suitable for those who do not have much time to spend and old people but a burning desire to observe the beauty of Mt. Everest closely. This trekking will be absolutely fit for them. It is not necessary to be physically fitness to do this trek.

Everest View Trek Starts at the **Lukla** (2828m/9278 feet) and passes through the several Sherpa villages like Phakding, Namche bazaar, khumjung village, Khunde village and many other small villages. From every village incredible mountains views can be seen. Nepal is known as the country of Mt. Everest and every one may have such desire to see this highest mountain in the world. This trekking is not only popular for highest mountain. This trek also provides the warm hospitality of Sherpa people, so one can experience Sherpa culture, way of living style, visit monasteries, wild animals and enjoy the mountain views of snow capped peaks. From Namche Bazaar a short walks uphill to a magnificent spot (**Everest view Hotel**) with spectacular of the surrounding snow-capped giants include Mt. Everest and the valleys below. The Khumjung is wonderful village with background exciting glance of the high mountains. Tengboche Monastery (3867m/ 12687 feet) is surrounded by rhododendrons forest. Tengboche monastery is the one of the biggest monasteries in khumbu area. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot, seen to best advantage in the morning, is absolutely thrilling and stunning view of Everest (8848m/29029 feet) , Lhotse, Amadablam, Nuptse , Thamserku, Kangtega, Kusum Kangaru, Malanphulan, Ombigaichan, Tawoche and others mountains. **Tengboche Monastery** (3860m.) is spiritual center for Sherpas, where about 40 Tibetan Buddhist monks are in residence. After all we trek back to Lukla.

Everest View Trek Highlights

- Amazing Tenzing Hillary LuKla, gate way to Everest Region or Khumbu
- Namche Bazaar, Sherpa Capital
- Syangboche, Panorama view Point including Mt. Everest and other Himalayas view.
- Khumjung village, one of the biggest Sherpa village in Khumbu.
- Biggest Tengboche Monastery and best view point of Mt. Everest and others Himalayas.
- Sherpa hospitality and culture, Flora and Fauna, wild animals.

Trip Facts

Trip Duration	9 Days
Trip Grade:	Easy
Best Season	All Months
Per Day Hiking:	4-7 hrs
Elevation	Minimum 2610m-Maximum 3860m
Accommodation	Lodge
Transportation	Flight/Car/Jeep/Bus

Cost Includes

What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights Hotel in Kathmandu on BB Plan.
3. Sagarmatha National park fees and TIMS (Trekking Information Management System) card.
4. Kathmandu - Lukla -Kathmandu by flight with departure tax.
5. All the meals (Breakfast, Lunch, Dinner) with Lodge accommodation during the trek.
6. One English speaking government certificate holder trekking guide and Trekkers 2:1 Porters.
7. Guide and porters: all the meals, accommodation, salary, insurance, equipment, flight ticket. etc.
8. First Aids Kit.
9. Duffel Bag.
10. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid the high risk).
11. Nepal Hidden Treks and Expedition T-short.
12. Fresh seasonal fruit such as Apple,Orange,Banana etc.
13. All the official charge and 13% government VAT.

What are Excluded?

- International airfare and visa fee (15 Days for USD\$25 and 30 Days for USD\$40).
- Lunch and Dinner in Kathmandu.
- All the drinks like coke, fanta, mineral water, tea , coffee, juice,beer etc.
- Your travel insurance which should include the emergency rescue.
- Hot shower, battery charge, boiled water and your trekking gears.

- Tips for guide and porters.

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Fly to Lukla and Trek

Day 03-07: Trekking

Day 08: Fly back to Kathmandu

Day 09: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Kathmandu - Lukla- Phakding(2610m, 3hrs)

Your guide will come to pick you up early in the morning to your Hotel and drive you to Tribhuvan domestic airport and then fly to Lukla by 35 minutes after that you take breakfast at the hotel in Lukla and trek to Phakding. The trail is slowly down hill. We pass many Sherpa village, Mani stone and Dudh Koshi River during our trip. It takes 3 hours walking from Lukla to Phakding, overnight at Lodge.

3. Phakding - Monjo- Namche Bazaar (3441m,5-6hrs)

The trail is gradual up to Jorsale through the Dudh Koshi River after that we walk steep up to Namche Bazaar but you will enjoy this part of walk. We can see snow capped mountains like Thamsarku, Mt. Everest, Mt. Lhotse, Konde and some other mountains. You may explore Namche Bazaar in the afternoon. It takes 5-6 hours walking from Phakding to Namche Bazaar, overnight at Lodge.

4. Namche - Everest view Hotel-Khumjung village (3780m, 4hrs)

After having breakfast we trek up through Syangboche and Everest view hotel. We can see a marvelous view of mountains like Thamsarku, Mt. Everest (world highest peak), Mt. Lhotse, Konde, Kangtega, Ama Dablam, Tawoche and many other mountains view. After enjoying the scenery of mountains we walk down to Khumjung village. We have a lunch there and then rest of the day we explore in Khumjung village and Khumjung monastery. The monastery has a yeti scalp. We visit Hillary school in Khumjung and Hillary hospital in Khunde village. It takes 4 hours walking

from Namche to Khumjung Village , overnight at Lodge.

5. Khumjung Village - Phunki Tanga- Tengboche(3860m, 5 hrs) and O/N at Lodge.

It is interesting part of hiking way to Tengboche. During our trip we can see many mountain view. We also see the Khumbila, the mountain that rises above Namche. Sherpas worship this mountain as abode of the patron god of the Khumbu region. The sherpa name Khumbu Yul Lha translates as 'God of the Khumbu territory'. On thankas (cloth paintings) and monastery murals, khumbu Yul Lha is depicted as a white-faced being riding on a white horse. We have a chance to see wild animals like Himalayan Thar (wild mountain goat) and if you are fortunate you have chance to see Musk Deer. The Tengboche has biggest monastery in Khumbu area. The monastery will open for pray every 3:00 p.m. in afternoon. We visit the monastery. It takes 5 hours walking from Khumjung to Tengboche , overnight at Lodge.

6. Tengboche -Kyangjuma -Jorsale(2810m. 5-6 hrs)

Tengboche is another view point of Mt. Everest. We get up in the morning for the Mt. Everest and many other view of mountains like Ama Dablam, Lhotse, konde, Tawoche, Nustse etc. after the view of all these mountains we have breakfast and then we start to hike. We trek through many small villages like Phunki tenga (You can see water driven prayer wheels in the Phunki tenga), Lausasa, Sanasa, Kyangjuma, Namche Bazaar. If you are lucky you have chance to see some wild animals during this trip. It takes 5-6 hours walking from Tengboche to Jorsalle , overnight at Lodge.

7. Jorsalle - Phakding- Lukla(2840m, 6 hrs)

It is last day of hiking. We walk through the Dudh Koshi River and scenery of green hill. We pass many sherpa small villages. During this part of walk you may see many Jokyo (cross with Cow and Yak). Jokyo use to carry the local transportation and to carry trekking equipment. It takes 5 hours walking from Josalle to Lukla, overnight at Lodge.

8. Lukla to Kathmandu 35 Minutes by Flight.

We get up early in the morning and be freshen up after that we have breakfast at the lodge then we go to airport for nice and safe flight to Kathmandu. It is about 35 minutes. As soon as we arrive in Kathmanku airport we transport to Hotel in Kathmandu and rest of the day you have your personal activities.

9. Departure to international airport.

Final departure to international airport to fly your home country.

FAQS

1. How hard is this trek?

The highest point of this trek is Tengboche Monastery (3860m). We give this trek grade 2. Grade 1 is easiest and grade 5 is hardest trek.

2. Is Internet or WIFI available?

Yeah, Internet or WIFI is available on this trek. But you have to pay to use WIFI .

3. Do we need sleeping bags ?

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

4. What kind of accommodation do we expect?

We provide one twin bed private common room for 2 people. You have to share Toilet and Bathroom.

5. Is Electricity available ?

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

6. Drinking water ?

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy mineral water and boiled water.

7. How do we respect local culture ?

- Ask permission to photograph people.
- Do not remove or purchase antiques, it is illegal.
- Avoid wearing revealing clothes and avoid outward displays of physical affection.

8. What about Hot Shower?

Hot Shower is available on the trek. You can have shower by paying extra charge.

9. Is there Bank or ATM or Money Exchange ?

There is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

10. Buy a Nepali Sim Card ?

You can buy Nepal NCELL or NTC Sim Card on the arrival of Airport. There is signal on the trek. You can use along the trek.

11. When is the best time to do this trek?

The best time is September to May. June to August is high chance to cancel the flight to Lukla.

12. Can we buy or rent trekking gears in Kathmandu?

Yeah, you can buy or rent gears in Kathmandu.