

Trip Name : Everest Panorama Trek

Trip Cost	US \$1170
Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	TeaHouse/Lodge Trek
Grade	Medium
Duration	9 Days
Daily Walk	5-6 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to mid-May and September to mid-November
Max. Elevation	3867 mt.

Trip Highlights:

- Scenic mountain flight to/from Lukla
- The gateway of Everest Base Camp and Sherpa hometown, Namche Bazaar
- Sherpa culture in Khumjung village
- Enchanting Tengboche monastery
- Magnificent views of Mt. Everest, Lhotse, and Ama Dablam

Trip Details:

Trekking in the Everest region is famous because of the Everest Base Camp trail. Friendly Sherpa people and their lifestyle, colorful festivals and the Buddhist monasteries are some additional attractions that make the Everest trekking more popular and demanding. We have designed some short treks to the Everest region viewing the need of short time trekkers so that they can enjoy with the superb views of the world's highest peaks such as Mt. Everest (8,848m/29,028ft), Lhotse (8,501m/27,890ft), Thamserku, Ama Dablam, Pumori and many other great peaks along with the cultural highlights of the area. One of our short treks available is the Everest Panorama Trekking. The Everest Panorama trekking begins at Lukla, reached with a 35-minute flight from Kathmandu. The ultimate destination of Everest Panorama trekking is Tengboche Monastery (3,867m/12,894ft) which is over thousand years old and the famous Khumjung village, a popular settlement of Sherpa people. The flora and fauna are other jewels of the Everest Panorama trekking and the story of the Yeti is still a mystery to the rest of the world. Everest Panorama trekking is a great introduction to Sherpa society, their culture and traditions.

Weather in the Everest region:

Trekking in the Everest region is possible throughout the year however the best times to visit are from the beginning of March to mid May and from the beginning of September to mid November. The winters are very cold and summers are wet. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. The views are simply great after the summer monsoons have cleared the atmosphere of dust.

High Altitude Warning:

Altitude sickness is a serious concern in the Everest region that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Everest Panorama trekking as medium level trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Sagarmatha National Park permit and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Lukla-Kathmandu and ground transfers to/from airport
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic

food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly Kathmandu to Lukla (2,840m/9,318ft) and trek to Phakding (2,610m/8,563ft).

We set off early morning from our hotel to domestic airport for Lukla flights. After a 35 minute scenic mountain flight by a small aircraft, we land in Lukla airport (Tenzing-Hillary airport). Today's trek from Lukla to Phakding is only about 3-4 hours. The trail from Lukla is seen broad and clear. From the airstrip it heads north through a kani (arch) and then slopes downhill to a low agricultural land. A splendid view of the difficult trekking peak Kusum Kangaru (6,367m/20,889ft) is seen while walking ahead. The trail is rich with teahouses, prayer wheels, gompas (Buddhist monastery) and huge boulders decorated with Buddhist mantra (prayer chant). Finally we arrive in the village separated in two parts with about a 10 minute trek between them, and a long suspension bridge over the Dudh Koshi River. This village is called Phakding where we stay overnight.

Day 02 : Trek Phakding to Namche Bazaar (3,446m/11,306ft).

Today's trek is about 5-6 hours. After crossing the suspension bridge at Phakding, we trek for 2-3 hours following the climbs steeply up rough stone steps before reaching the long paved Monjo village on the edge of Sagarmatha National Park. In addition to the lodges, single-roofed houses and a few basic shops, there is a small gumpa nearby. The trek from Monjo to Namche Bazaar will take another 3-4 hours. There is an entrance to the Sagarmatha National Park where an entry permit must be showed or obtained and kept safely for showing on exiting the park. Once passed through the gate, the trail drops to river level which is set among fields of huge cabbages, crosses to the west bank of the Dudh Koshi river on a long suspension bridge and passes teahouses and lodges in Jorsale (2,775m/9,104ft). This is the last available accommodation before Namche Bazaar. About halfway up, at a bend on this ascent we should get our first brief view of Mt. Everest, Nuptse and Lhotse. As our trek continues up mostly among trees, we will eventually come to a group of buildings, then broad stone steps and finally arrive in one of the lower streets of our overnight stop Namche Bazaar. This town is known as the Sherpa "Capital" and gateway to the Mt. Everest. Namche Bazaar has many facilities – a post office, banks, ATMs, money exchange centre, a health post, a dental clinic, numerous shops, restaurants, cyber cafés and telephone facilities, a gumpa and several chortens. The headquarters of the Sagarmatha National Park and a military post are situated above the town. We stay two overnights in Namche Bazaar for acclimatization and excursion around. Trekking time 5-6 hours.

Day 03 : Rest and acclimatisation day in Namche Bazaar.

Today we stay in Namche Bazaar for acclimatisation. Because of the altitude, it will be necessary for us to spend a minimum of two nights here. On this day, we have the choice of just relaxing and roaming round this interesting hill town, or alternatively trekking round a nearby 3-4 hour circuit with stunning views.

Day 04 : Trek Namche Bazaar to Thame (3,820m/12,533ft).

Today our trek starts by passing the town's gumpa and continues round the steep hillside to cross the rim where there is a profusion of mani stones, carved boulders and prayer flags. The trail then proceeds through pine and juniper woods to reach the village of Phurte (3,390m/11,122ft) which has simple teahouses, lodges, traditional Sherpa homes, a mani wall and a chorten. The trail now loses height, winds round several wooded spurs, passes through a kani (arch), crosses a wooden cantilever bridge and enters the village of Thesiyo. From this point the route starts to rise, passes another chorten and reaches the large strung-out village of Thamo (3,493m/11,460ft) with a school, mani stones, prayer flags, lodges and teahouses. Now climbing fairly steeply the trail passes through a number of houses at Samde and reaches a point from which there is a fine view to the east of the trekking peak of Pharchamo (6,187m/20,300ft). The trail now makes a short steep descent, passes a rock face decorated with three brightly painted Buddhas, crosses a bridge over the Bhoté Koshi River, zigzags up to run alongside the Thame Khola (River) and comes to the walled fields and typical Sherpa homes of Thame, our overnight stop. Tenzing Norgay Sherpa who ascended Mt. Everest with Sir Edmund Hillary in 1953, spent his childhood in Thame. There is a school in the village, built by Sir Edmund Hillary's Himalayan Trust and to the west a gumpa perched almost 150 meters above the fields. Thame is the village where the Everest region and the Rolwaling valley join. Trekking time 4-5 hours.

Day 05 : Trek Thame to Khumjung (3,780m/12,402ft).

Our trek today is to reach the famous Khumjung village. Khumjung is the traditional Sherpa village and there are many Sherpa climbers from Khumjung village. Trekking time 3-4 hours.

Day 06 : Trek Khumjung to Tengboche (3,867m/12,687ft).

Our trek from Khumjung goes through westward down the valley, passing numerous picturesque Mani walls and chortens along the trail. Tengboche is our ultimate destination for Everest Panorama trekking. Tengboche or Thyangboche Monastery, also known as Dawa Choling Gumpa, is a Tibetan Buddhist monastery of the Sherpa community located in the Everest Base Camp trail of Nepal. It is the largest gumpa in the Khumbu region which was built in 1916 by Lama Gulu with strong links to its mother monastery known as the Rongbuk Monastery in Tibet. We stay overnight in this beautiful Tengboche village. Trekking time 4-5 hours.

Day 07 : Trek Tengboche to Namche Bazaar.

While trekking from Tengboche to Namche Bazaar, a large white chorten is found along the trail to commemorate the 50th anniversary of the first ascent of Mount Everest on 29 May 1953. We walk through the rhododendrons and some small settlements on this popular trail and finally reach Namche Bazaar. We stay overnight in Namche Bazaar. Trekking time 4-5 hours.

Day 08 : Return trek Namche Bazaar to Lukla.

Again we proceed southward, retracing the route trekked on day 1 and 2, crossing and re-crossing the Dudh Koshi at intervals. We stay overnight in Lukla. Trekking time 6-7 hours.

Day 09 : Fly Lukla to Kathmandu.

We take the 35 minute breathtaking flight from Lukla.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.