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Everest View Trek

The Everest View Trek is a charming and classic trek through the mountains of the highest peak in the world, presenting a new culture of the Sherpa people, a lifestyle, a landscape, and an immense beauty of nature. The exciting Everest View Trek is perfect for all hikers looking to discover the stunning mountain views of the Everest region. It's also an excellent option for travellers who have limited time but still want an enjoyable Himalayan trekking experience in the Everest region.

- ❖ An exciting 35-minute flight from Kathmandu to Lukla
- ❖ Breathtaking views of mountains like Tawache, Everest, Lhotse, Nuptse Etc.
- ❖ Discover the unique and lively Sherpa tradition, culture and way of life
- ❖ Trek in Sagarmatha National Park, the habitat of exotic animals such as musk deer, Himalayan giant Thar, and snow leopard
- ❖ Fascinating views of sunrise and sunset over the Himalayas
- ❖ Visit one of the largest Tengboche Monastery in the Everest region
- ❖ Sightseeing trip in Kathmandu, the city of temples, which shows a mixture of different cultures and traditions and is home to various world heritage sites

Everest View Trek

Everest View Trek, also known as Everest Sunrise Trek, is a mini-trekking that offers the opportunity to visit in the Everest area of Nepal. It is one of the most

popular short hikes on Everest for those who are not ready to go to Everest base camp but dream of taking a closer look at Mount Everest and other Khumbu Mountains as well as cultural insights into the life of the legendary Sherpas. This extraordinary 9-day hike offers a variety of remarkable landscapes, combined with unique cultural encounters with the locals in the high-altitude region. The Everest View Trek offers a wide range of panoramic mountain landscapes of Nepal, combined with individual cultural encounters with the Sherpa and their rich culture that is closely related to Buddhism. It is the perfect trek for anyone who wishes to enjoy the fantastic beauty of the Nepalese Himalayas

Everest View Trekking is the tea house trek in the Everest region. The maximum height that you can reach during the hike is 3,870 meters above sea level in Tengboche.

The best time for the Everest view Trek is March to the end of May and mid-September to November. Winter is relatively good, but the monsoon months are not considered as good as it rains a lot and disrupts Lukla's flight schedules.

Day 01: Arrival in Kathmandu (1,350 m)

When you arrive at Tribhuvan International Airport in Kathmandu, a representative from our office will pick you up and take you to the hotel. In the evening, there will be a briefing session about your trekking tour program. Night stay at hotel in Kathmandu.

Meals included: None

Day 02: Trekking Preparation and excursions in Kathmandu Valley

Today, after breakfast, you begin a tour of Kathmandu's historical and spiritual attractions, which are also UNESCO World Heritage Sites. You visit the historic Kathmandu Durbar Square, the holy Hindu temple of Pashupatinath, the famous monkey temple (Swayambhunath) and the Buddhist shrine (Bouddhanath), which is also one of the largest stupas in the world. At noon, our leader checks your

trekking equipment, introduces it to other participants. Night stay at hotel in Kathmandu.

Meals included: Breakfast

Day 03: Kathmandu to Lukla by flight and trek to Phakding: walking Distance 3 to 4 hours

During your 35-40-minute flight to Lukla from Kathmandu, you will enjoy one of the most beautiful flight routes in the world, culminating in a hill surrounded by high mountain peaks. In Lukla, a destination from which our trek begins, you meet your other crew members and start packing and organizing with them. You start our trek from Lukla, and in an hour we will be in a town of Cheplung from where we can see Mount Khumbila, a sacred mountain that never climbs. Gradually descend from Cheplung until you reach the phakding and spend the night here.

Meals included: Breakfast, lunch, and dinner

Day 04: Trek Phakding to the Namche Bazaar (3,438 m): walking 5 - 6 hours

Our trek goes through a beautiful pine forest and follows the path north into the Benkar valley. Then you will cross the pass Chumoa and Dudh Koshi River towards Monjo, the entrance to Sagarmatha National Park. After crossing a suspension bridge, you pass the village of Jorsale and walk along the rivers Dudh Koshi and Bhoté Koshi. A steep climb takes us to the heart of the Sherpa village: the Namche Bazaar. An hour before to get to the Namche Bazaar, If the weather permits, You can see the view of the Mount Everest and Mt. Lhotse. You will spend the night in the Namche Bazaar.

Meals included: Breakfast, lunch, and dinner

Day 05: Acclimatization day at the Namche Bazaar: (3,440 m)

There are many things to do in the Namche Bazaar, and you can spend a day for acclimatizing. It is the heart of the Everest region. It has government offices, café for the internet, restaurants with a different type of food and a colourful market. You can take your guides with you to explore the real charm of Namche Bazaar. A

walk in the Sagarmatha National Park rewards you with views of sunrise and Mount Everest, Nuptse, Lhotse, Ama Dablam, Kongde, etc. If you are interested in a day trip, you can walk to the beautiful village of Khumjung with a Sherpa-Settlement. As you walk around the Namche Bazaar, you can observe the traditional lifestyle of the Sherpas community, Khumjung Hillary School, and enjoy flora and fauna at such great heights. You spend the night at the Namche Bazaar.

Meals included: Breakfast, lunch, and dinner

Day 06: Trek Namche Bazar to Khumjung (3,810 m): walking 4 to 5 hours

Today's trek begins with an ascent to the famous Syangboche airstrip. The Everest View Hotel is located directly above the runway, from which you can enjoy the mighty Everest up close. You will visit the village of Khumjung, which is surrounded by beautiful mountain Kondge, Thamserku, and the sacred mountains of Khumbila. While you're here, we'll visit Edmund Hillary School and Khumjung Monastery. You will spend the night at the Khumjung.

Meals included: Breakfast, lunch, and dinner

Day 07: Trek from Khumjung to Tengboche: walking 4 - 5 hours

You go down to the Dudhkoshi River and pass beautiful villages. You walk along a forest path that leads us to a river bed. Next, you ascend through pine and fir forests for about two hours to reach a small town of Tengboche. It is famous for Gumba, which is the largest monastery in this region at 3,867 m elevation. You can visit Gumba and enjoy a panoramic view of the Himalayas, which include Mt. Everest, Ama Dablam, and Thamserku. You will spend the night at the Tengboche.

Meals included: Breakfast, lunch, and dinner

Day 08: Trek from Tengboche to Kyangjuma: Walking 4 - 5 hours

From Tengboche, a steep descent of approximately 1,500 feet leads us through rhododendron and pine bushes to the Dudh Koshi River. You continue our way and walk through the villages of Tashinga and Sansa before you reach Kyangjuma.

While you're here, you can enjoy spectacular views of Ama-Dablam, Thamserku, Nuptse, Lhotse, and Everest. You will spend the night in the Kyangjuma.

Meals included: Breakfast, lunch, and dinner

Day 09: Trek from Kyangjuma to Monjo (2,840 m): walking 4 - 5 hours

First, you have to go to the Namche Bazaar and then on to Monjo. The path leads past the steep, wooded slope behind Kyangjuma, which winds through several curves. You observe wild animals such as mountain goats, snow leopards, colourful pheasants, etc. when you pass a path through the forest, you descent to a bridge over the Dudh Koshi River. You crossed the river twice in different places before you reached Monjo. You will spend the night in Monjo

Meals included: Breakfast, lunch, and dinner

Day 10: Trek down Monjo to Lukla: walking 5-6 hours.

The path descends steeply before reaching the runway at Chauri Kharka. On the way, you pass the villages of Phakding and Chopting. The climb of Chauri Kharka is the last climb of the trek. Since the local staff, you met in Lukla will not accompany you to Kathmandu so you will celebrate with them together for a successful trip. Night stay in Lukla.

Meals included: Breakfast, lunch, and dinner

Day 11: Lukla to Kathmandu by Flight.

You flew to Kathmandu in the early morning. Your guide will take you to your hotel and have the rest of the day off. You can stroll through the streets of Thamel, a famous tourist centre in Kathmandu, to buy souvenirs. You can also visit nearby popular tourist attractions. You will spend a night at a deluxe hotel in Kathmandu.

Meals included: Breakfast

Day 12: Final departure

Your t ends trip comes to an end. A representative of our office will drop you off at the airport according to your departure schedule.

Meals included: Breakfast

Important note

Your safety is an essential concern when you travel with us. Please note that your leader is authorized to change any itinerary if this is considered necessary for security reasons. Every effort is made to hold on to the above plan. However, this journey involves the remote mountainous area; we cannot assure that we will not deviate from it. Climatic conditions, the health conditions of a group member, unexpected natural disasters, etc. can contribute to changes in the travel route. Your guide will try to make sure that the trip goes as plan, but be ready to be flexible if necessary.

Please note that the Kathmandu-Lukla-Kathmandu flight is often delayed by a few hours or can be cancelled for one day, two day, or more days due to unfavourable weather conditions. You should be prepared to wait a long time at the Kathmandu or Lukla airports, as this can happen at the beginning or end of the trek, or even both. If the flight is delayed or cancelled after the walk ends, you are responsible for all your charges. Please also note that you are not entitled to a refund for the services included in the package (such as hotel, transport, flight, etc.) that you would not use later.

Included in the cost

- ❖ Airport pickup and delivery in a private vehicle
- ❖ Accommodation in a deluxe three-star hotel in Kathmandu with Breakfast
- ❖ Accommodation in the tea house during the trip
- ❖ During the trek, you will have complimentary breakfast, lunch, and dinner
- ❖ All necessary ground transportation in a private vehicle according to the travel itinerary
- ❖ Domestic flight tickets (Kathmandu Lukla and return Kathmandu)
- ❖ Guided city sightseeing tour in Kathmandu valley by private cab
- ❖ Entry Tickets for tourist monuments according to the itinerary

- ❖ An experienced, English-speaking, government-license holder trekking guide and porter
- ❖ Staff salary, insurance, equipment, national flight price, food, and accommodation.
- ❖ All necessary documents and trekking permits (National Park Permit, TIMS)
- ❖ Medical equipment (carried by your trekking guide)
- ❖ Government and local taxes

Costs excluded

- ❖ International plane tickets and departure taxes.
- ❖ Overweight luggage (s) in flight
- ❖ Entry visa fee to Nepal.
- ❖ Lunch and evening meals in Kathmandu.
- ❖ Accommodation costs, in addition to the planned travel itinerary.
- ❖ Personal travel insurance.
- ❖ Personal trekking equipment and gear.
- ❖ Personal expenses.
- ❖ Alcoholic beverages and drinks.
- ❖ Tips for trekking guides and porters.

Food and accommodation

We will reserve a three-star deluxe hotel in Kathmandu and tea rooms during the hike. All accommodations will be on a twin or double sharing basis. We will organize rooms with attached bathrooms; however, some tea houses only have shared washing and toilet facilities. Also, note that a single room is available in Kathmandu city and the lower part of trekking regions. However, it can be difficult to find them at a higher elevation.

During your trek, you can enjoy authentic Nepalese food as well as international cuisine like Tibetan, Italian, Continental, Indian, etc.). Breakfast and dinner are served from the tea house or from the hotel menu, where you spend the night,

while lunch is served on the way to the next destination. All meals are offered during the hike, while in Kathmandu, only Breakfast is provided.

Trekking guides and other crew arrangements

The most important thing that makes this trek pleasant and unforgettable is the experienced, polite, and helpful guides and crew members who can easily spend your days in the mountains. The best and most professional staff leads your trip. All of our employees are carefully selected based on their consistent experience, leadership skills, and personal talent. To support local communities, we employ only local crews who have sufficient knowledge of The culture, ecosystem, flora, fauna, geography, and history of local regions.

Travel insurance

It is a condition that when you take one of our trips, all customers need to pay any costs that may need due to medical problems or accidents (including the cost of an ambulance, helicopter rescue, and treatment).

Physical condition and experience requirements

Everest View Trek is an easy hike suitable for passionate hikers who can hike around 4-5 hours a day with a light backpack. Exercising and running regularly for a few weeks before the trip is an excellent idea to improve strength and stability. Past hiking experiences would be a bonus, but technical skills are not necessary for this trip. Participants with existing diseases such as heart, lung, and blood diseases must inform us before booking the trip. We also recommend you consult your doctor before travelling.

The best time to travel

Everest Base Camp Trek is best in the fall (September through November) and spring (March through May). During this time, you will get a clear sky with an excellent view. The weather is lovely for walking without rain. You will also get pleasure from verdant vegetation in the lower regions of the trek, especially during the spring season.

