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Everest Panorama trek

The Everest Panorama Trek allows you to experience the joy of being close to Everest, the highest mountain in the world. It is also known as the Everest trekking. During this trip, you can see the beautiful Mountain such as Mt. Everest, Lhotse, Nuptse, Thamserku, Tawache, Ama Dablam, and many others from the Everest View Hotel in Namche. It is a peaceful walk, and we can complete it in any season.

- ❖ superb panoramic view of the highest mountain, Mount Everest
- ❖ Experience the traditional Sherpa culture and hospitality.
- ❖ Buddhist monasteries at the foot of the mighty Himalayas
- ❖ Developed and aimed at all age groups with little experience
- ❖ A brief visit to the World Heritage sites in Kathmandu

Introduction

For adventure lovers who want to get the closest view of the mighty Himalayas in no time, Everest Panorama Trek is the best choice for you. As its name suggests, this adventurous trekking package offers you one of the most beautiful panoramic views of the Mount Everest, the highest mountain in the world and its neighboring peaks.

The Everest Panorama trek begins with a scenic mountain flight from Kathmandu to Lukla Airport high up in the Land of Mountains, which is also a UNESCO World Heritage Site such as Sagarmatha National Park. The friendly nature and gratitude of the Sherpa people, the incredible trekking routes, the Buddhist monasteries, gumbas, choirs, etc. they will make your trip experience unforgettable. You will come across the Khumjung Monastery, famous for believing that it has the head of a yeti in the monastery.

We developed this program to allow adventure lovers with little experience to see the superb view of the Himalayas in our country Nepal.

Day 01: Arrival in Kathmandu and a brief discussion about the trip (1,300 m)

Welcome to Nepal, the country of the Himalayas! Upon arrival, our representative will meet you at the airport and take you to your hotel. As it is the first day, we will give you a brief introduction to your trip and your travel guides. Night stay at the Kathmandu Hotel.

Meals included: Breakfast

Day 02: Trekking preparation and sightseeing tour around Kathmandu valley.

After breakfast in the early morning, we start a short tour in Kathmandu through the three famous UNESCO World Heritage sites:

Pashupatinath Temple: The most significant temple for Hindus

Swayambhunath Stupa: It is also famous as the Monkey Temple, one of the most renowned religious stupas for Buddhists

Boudhanath Stupa: It is Nepal's largest stupa in Kathmandu. After this short visit to sacred sites, we prepare for our next day early trip and make sure everything is in order. Accommodation at the Kathmandu Hotel -Bed and breakfast

Meals included: Breakfast

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

Early in the morning, we take a short scenic flight from Kathmandu to Lukla, which takes about 40 minutes and begin our trek to Everest base camp. As we land at Tenzing Hillary Airport, we hang on to Lukla a bit as guides and porters handle the luggage. Then we head to Phakding, a small Sherpa village that takes three to four hours to walk. Night stay at Phakding.

Meals included: Breakfast, Lunch & Dinner

Day 04: Hike to Namche Bazaar (3,438 m): 5-6 hours on foot.

Today, after breakfast, we start our trip with the Dudhkoshi River at our side; we also enter the Sagarmatha National Park. After a straight walk of 5 or 6 hours, you reach the Namche Bazaar, which is also known as the "gateway to Mount Everest." From there, we can enjoy the impressive view of Mount Everest and Mount Lhotse. You will spend the night at a standard lodge in Namche Bazaar.

Meals included: Breakfast, Lunch & Dinner

Day 05: acclimatization day at Namche bazaar

After an uninterrupted walk to the Namche Bazaar, we make our acclimatization day. Today, we can carry out activities according to your wishes. For example, a short walk to the Khumjung or Everest View Hotel and views of the mighty Himalayas may be a good option. We also experience Sherpa culture and learn about the history of Sherpa and mountaineers by visiting the Sherpa Museum and the nearby Khumjung School.

Meals included: Breakfast, Lunch & Dinner

Day 06: Trek From Namche to Tyangboche: Walking Distance 5-6 hours

The day begins with a pleasant walk with a beautiful view of the Himalayas. We can see the high mountains like Mount Everest, Mount Lhotse, Mount Nuptse, Mount Amadablam, and Kongde all the way. On our way through the rhododendron forests, we finally reached our destination today, Tyangboche. Rhododendron is Nepal's national flower. We also make our short visit to the largest monastery in the region called "Tyangboche Monastery." Night stay at Tyangboche.

Meals included: Breakfast, Lunch & Dinner

Day 07: Trek From Tyangboche to Khumjung: walking distance 4-5 hours

Today we make our way through a small forest towards Khumjung. We also crossed the suspension bridge over Dudhkoshi. After a 4 or 5 hour walk, we finally

arrive at Khumjung, also known as the Khumjung Monastery, where they believe they have the Yeti's head. Night in Khumjung.

Meals included: Breakfast, Lunch & Dinner

Day 08: Trek from Khumjung to Thame (3,800 m) walking distance 4-5 hours

Today we take our trek to Khunde, which is known for its charity hospital that was created for villagers. On the way to Thame, we see the famous Syangboche airstrip, which offers an excellent view of the Himalayas. You will spend the night at a standard lodge in Thame.

Meals included: Breakfast, Lunch & Dinner

Day 09: Trek from Thame to Monjo (2680 m), Walking Distance 5-6 hours

Monjo is our next stop. When we withdrew from the Namche bazaar. We can still see the magnificent view of the Himalayas. Night in Monjo. -Breakfast, lunch, and dinner

Meals included: Breakfast, Lunch & Dinner

Day 10: Trek from Monjo to Lukla (2,800 m), 4-5 hours on foot

Today we walk to Lukla and make our way through the Sherpa villages. We can rest in places like phakding, and after a few hours, we arrive in Lukla for the flight back to Kathmandu tomorrow morning. Night stay in Lukla. -Breakfast, lunch, and dinner

Meals included: Breakfast, Lunch & Dinner

Day 11: Lukla to Kathmandu by flight: 45-minute flight

Since we have to fly back to Kathmandu today, we get up early in the morning and take our early flight to Kathmandu. During the day you can rest or buy souvenirs. Night stay at Hotel in Kathmandu

Meals Included:- Breakfast

Day 12: Final departure

We hope that you enjoy your trip to Nepal. After breakfast, according to your arrival schedule, we will take you to the Kathmandu international airport with the hope to see you again in Nepal

Meals included: Breakfast

What is included in a package?

- ❖ Domestic flight ticket to and from Lukla
- ❖ Transfers to the international and national airport to and from the hotel
- ❖ All ground transportation in tourist vehicles according to the itinerary.
- ❖ Guided city tour in Kathmandu with entry tickets
- ❖ 4-star hotel with breakfast in Kathmandu according to the itinerary
- ❖ Breakfast, lunch, and dinner during the trek according to the plan.
- ❖ Accommodation in twin shared mode during the trek
- ❖ All necessary permits and fees for trek
- ❖ Professional, Government, licensed and English speaking trek guide
- ❖ First aid kit while travelling
- ❖ All costs for trekking staff including salaries, insurance, meals and accommodation, domestic flights, and other necessary expenses.
- ❖ Nepal Government taxes.

What is excluding in Package?

- ❖ International airfares to and from Nepal.
- ❖ Lunch and dinner in Kathmandu
- ❖ Visa fees for Nepal
- ❖ Travel and rescue insurance
- ❖ Additional costs, such as laundry fees, drinks, phone calls, showers, etc.
- ❖ All food and drinks, except on the itinerary.
- ❖ Equipment and personal equipment.
- ❖ Tips for guides, porters, and drivers.
- ❖ Excess baggage charges

Important note

Your safety is an essential matter when you travel with us. Please note that your leader has the right to change or cancel part of the itinerary if this is considered necessary for security reasons. Every effort is made to comply with the above plan. However, since this journey involves travelling in a remote area of Mountain, we cannot promise that we will not move away from it. Climatic conditions, the health conditions of a member of the group, unexpected natural disasters, etc. can contribute to changes in the travel route. The leader will try to make sure that the trip goes according to plan. However, be prepared to be flexible if necessary.

Please note that the Kathmandu-Lukla-Kathmandu flight is often delayed by a few hours or may even be cancelled for one, two, or more days due to unfavourable weather conditions. Such conditions can occur even in the best seasons. In such cases, you should be prepared for long waiting times at the Kathmandu or Lukla airports, as this can happen at the beginning or end of the trek, and you are responsible for all costs. 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.

Food and accommodation.

You will stay at a four-star hotel in Kathmandu and tea houses during the trek. All rooms are twin sharing basis. A single supplement provides on request collecting the extra charge. However, there are only shared washing and toilet facilities in some places. Also note that single rooms in Kathmandu and trekking regions are readily available on the lower levels, but finding them on the upper levels can be difficult.

During your trip, you can enjoy authentic Nepalese food, as well as international cuisine such as Tibetan, Italian, Continental, Indian, etc. Breakfast and dinner are served on the lodge menu, where we spend the night, while lunch is served on

the way to the next destination. All meals are offered during the trek, while breakfast is only provided in Kathmandu.

Trekking guide (s) and other Staff Arrangement

The most important thing that makes this hike enjoyable and unforgettable are the experienced, educated, and helpful guides and crew members who can make our days on the Mountain go smoothly. The best and most professional staff leads our trip. All of our employees are carefully selected based on their consistent experience, leadership skills, and personal talent. To maintain local communities, only local staffs are employed who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of their local region (s).

Travel insurance

A prerequisite for participating in one of our trips is that all clients are insured for the extensive costs that may arise due to medical problems or accidents (including ambulances, helicopter rescue, and treatment costs).

Physical fitness and experience requirements

This trek is suitable for everyone, but it is not easy to trek. Every trekker needs to walk around 4-5 hours a day with a light day pack. Exercising and jogging regularly for a few weeks before the trip is an excellent idea to improve strength and stability. Previous knowledge of hiking would be a bonus, but technical expertise is not required for this trip. Participants with existing diseases such as heart, lung, and blood diseases must inform us before booking the walk. We also recommend that you consult your doctor before travelling.

Best travel time

Spring (from March to May) and autumn (from September to November) are considered as best months for this trip. Although this trip can do in winter, the cold temperature may not be suitable for everyone.