

Everest Panorama Trek



Introduction

Everest Panorama is one of the short and easy tea house [trekking](#) in the [Everest](#) region. This short hiking in the Everest region leads you all the way half to the Everest base camp which offers views of stunning Himalayan peaks including the majestic Mount Everest. This Everest Panorama trek suits best to those who lack the time and energy to go all the way to Everest base camp but wish to see the majestic Everest and the wonderful Sherpa culture and tradition at the first hand.

Trip Facts

Trip Duration	10 Days
Trip Grade:	Moderate
Best Season	Mid sept-Nov, oct-may
Per Day Hiking:	6-7hrs
Elevation	3870m
Accommodation	Tea house lodge

Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Three nights' accommodation in Kathmandu with breakfast.
- Welcome and farewell dinner with Nepalese culture program.

- Guided Kathmandu city sightseeing tour including entrance fees.
- Sagarmatha National Park entrance and trekking permit & TIMS card.
- Kathmandu / Lukla/ Kathmandu round trip flight ticket and departure taxes.
- Three meals a day (Breakfast/ Lunch/ Dinner) tea/ coffee during the trek.
- Teahouse/ Lodge accommodation during the trek.
- An experienced guide including his flight, salary, equipment insurance, lodging and food.
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, t insurance, lodging and food.
- A first Aid medical kit box.
- All government tax and local taxes.

Itinerary Details

1. Arrived to Kathmandu (1300 M)

Upon arrival at Tribhuvan international airport in Kathmandu, you will be greeted by our representatives, who will bring you to your hotel. After you have been settled at the hotel, our representative will brief you in detail about your travel itinerary. After which, you will be taken on a stroll to the local market. In the evening, we offer you a welcome dinner at a Nepalese restaurant with a Nepalese traditional cultural program.

2. Kathmandu city tour (1300 m)

Today, you will be taken on an interesting guided tour of Kathmandu city, you will visit historical monuments and religious holy places like temples, Stupas, and durbar squares. The rest of the time, we will spend in preparation for the trek.

3. Kathmandu to Lukla (2800 M) and Phakding (2600 M)

After, 45 minutes scenic flight we will land at Lukla airport known as Hillary airport as well. After short with tea or coffee, we will start to walk towards Phakding village for an overnight stop. It is an approximately five-hour trek through the bank of Dudh Koshi River, and crossing beautiful villages and picturesque farmland.

4. Trek to Namche Bazaar (3600 M)

After breakfast at the lodge, begins the trek with crossing long suspension over Dudh Koshi River and reach to Josale is the main entrance for the Everest region trek. After completing the permit checking formalities continue to walk furthermore 3 hour to Namche Bazaar. After a short climb down, we will cross two bridges before beginning the steep ascend to Namche Bazaar.

5. Trek to Tengbouche (3870 M)

After breakfast, a short climb up to the top of Namche Bazaar then begins the flat easy trail up to Sanasa but it is narrow on the steep hill. From Sanasa we will all the way walk down to Phungi

Tanga for lunch. After lunch almost two hours we will climb up to Tengbouche for overnight. Tengbouche village is a symbolic place of the Buddhist religion, where we visit oldest and biggest monastery of this region as well as it offers excellent views of surrounding Himalayas and Khumbu valley.

6. Trek to Namche Bazaar (3600 M)

Early morning visit to the monastery and explore snow-capped mountains views then back to lodge for breakfast after breakfast we hike down to Fungi- Thanga and climb up to Sanasa through small villages. From Sanasa it is an easy trail to Namche. After lunch walk around Namche Bazaar.

7. Trek to Lukla (2800 M)

After breakfast, finally, we return to Lukla on the way to Phakding we will take a lunch break then continue to walk Lukla for overnight. The evening celebrates the farewell party as the last day of the trek.

8. Fly back to Kathmandu (1300 M)

Fly back to Kathmandu with scenic flight of 45 minutes then transfer to hotel and rest at hotel or free day.

9. Free day in Kathmandu (1300 M)

After breakfast, explore tourist hub Thamel (shopping area) where the locals shop so busy and fascinating. In the evening, participate in farewell dinner. Stay overnight at hotel on B.B basis
Stay overnight at hotel on B.B basis.

10. Departure and farewell.

Today ends your Everest base camp trekking trip in Nepal. Our representative will take you to the airport 3 hours before your departure schedule. If you have more time you can utilize that on your choice for shopping or sightseeing. On your way home, you will have plenty of time to plan your next wonderful trip to Nepal.