

Everest Panorama Trekking

Trip Overview:

Mountain Delights Treks and Expedition offers one of the most exhilarating trekking experiences with professional supervision and support in the Everest region.

Everest panorama trekking provides an excellent view of the Himalayan panorama; settlements in the high altitudes; window to scrutinize spiritual opulence of the Sherpa culture; and their colorful festivals.

These seven days trekking is destined to reach Tengboche – where centuries old Buddhist Monastery is located in beautiful landscape surrounded by the Himalayan peaks including Mt. Everest. The trekking route passes through the impeccable Sherpa communities in to the heart of mighty Everest. **Mani Rimdu** festival – generally celebrated between mid-October and mid-November – if attended, will be addendum for a life-time experience. We are highly assertive of this time period as the best one to trek this particular route.

The trail falls on the **Sagarmatha National Park** – UNESCO world natural heritage site – which is wooded with pine and rhododendron trees and brimming of wild species of flora and fauna.

Itinerary in Detail:

Day 01: Kathmandu Arrival (1,300 m/4265ft) :

Upon your arrival at Kathmandu international airport, where you will be greeted by our friendly representative and then we transfer to your pre-booked Hotel. Finish the check-in formalities and then go for a good rest. Depending upon your arrival time, you can take short walking tour around the Thamel – the bustling tourist town of Nepal. Thamel offers all services to tourists including world-class dining experience, Banks, Money changers, ATMs, Supermarket, Gear shop and others.

In the later evening, we assemble you to our office for a trip briefing meeting. **Overnight in hotel.**

If your arrival is late today, this tour and trip briefing will be shifted for tomorrow.

Day 02: Kathmandu Sightseeing Tour (Half Day) - 4 Hours :

Enjoy your breakfast at the Hotel. Then be ready for a day tour of mystic and mysterious Kathmandu valley. The tour places include Pashupatinath Temple, and Boudhnath Stupa.

Pashupatinath Temple: It is the most famous Hindu temple devoted to Lord Shiva, located in the bank of Bagmati River. This is one of the most significant temples for the Hindu devotees from around the world and the UNESCO cultural heritage site. There are numbers of occasions

festivities takes place in the temple complex and the cremation of dead body in the riverbank can be attraction of the day.

Boudhanath Stupa: One of the biggest Stupas in the world in terms of height and expansion, Boudhnath is located on the ancient trade route between Kathmandu and Tibet. Beautifully decorated, and situated in peaceful square surrounded by shops, tour to this UNESCO heritage site will be unforgettable. The Stupa resembles the Mahayana philosophy.

You finish the tour in the afternoon. Later, you can prepare your gear, buy some gears if you want. **Overnight in hotel.**

Day 03: Kathmandu – Lukla (2,860 m/ 9,383 ft) / 30 mins Fly – Phakding (2690 m/8825ft) / 3.30 hrs walk:

You drive short to domestic airport terminal for an early morning flight to Lukla – small town developed after the Everest region became famous. Thrilling flight of about 30 minutes that offers spectacular view of the Himalayan ranges, river beds, terraced landscape, forest lands at the Lukla airstrip – notoriously famous for one of the most dangerous airports of the world.

You will meet with some crew members here (porters).

Trek for today is short, and easy to begin with as most of the trail descend, or have little gentle uphill. After a three and half-hours to four hours' trek you reach the small village of Phakding on the bank of beautiful Dudh Koshi River. **Overnight local lodge.**

Day 04: Trek Phakding – Namche (3,440 m/11,286 ft) / 5-7 hrs walk:

After breakfast at the teahouse, we start our longer and tougher day to Namche than previous. The first part is along the river Bhoté Koshi in the beautiful forest stretch. You cross several suspension bridges. The last part after lunch is steep uphill for about good two hours. This effort will be rewarded by spectacular beauty of Namche bazaar and the view of the Himalayan peaks from here. This homeland of famous climbing tribe Sherpas who migrated to the Everest region crossing the Himalayas centuries ago.

Arrive Namche. Check-in to your Hotel. **Overnight at Namche Bazaar.**

Day 05: Excursion Day to the Everest View Hotel (3,880 m/12730ft) – Namche /1.5 – 5 hrs walk:

After breakfast, you set out for acclimatizing hiking. First, visit around Namche Bazaar – to the top of Namche where Sherpa Museum is located. You will then visit the Sagarmatha National Park's headquarter from where the breathtaking panoramas of the mountains. The peak you can view includes Mt. Everest (8,848 m /29,029 ft), Mt. Lhotse (8,516 m/ 27,940 ft), Mt. Ama Dablam (6,812 m/ 22,349 ft), Mt. Thamserku (6,608 m/ 21,680 ft), Kantenga (6,782 m/ 22,251 ft), Cho-Latse (6,440 m/ 21,128 ft), Tawache or Taboche (6,542 m/ 21,463 ft), Kongde Peak (6,187 m/ 20,298 ft) and others.

If you are still energetic and want to go higher then we hike up the **Syangboche Airport** (Old Airport) and Everest View Hotel. You can enjoy the magnificent view of the Himalayan panorama from this high hill-top. The luxury Hotel located at an altitude of 3880m /12730ft offers tea/coffee for the trekkers as well, if you want to rest. From here, you can decide to return back to your Hotel the same way, or make a trip to the biggest Sherpa village in Everest region - Khumjung village, where the Hillary school sits.

Back to your Hotel in the later afternoon, and **Overnight local lodge.**

Day 06: Trek Namche – Tengboche (3,860 m/12,664 ft) / 5-7 hrs walk:

Trek to Tegboche both comprises of uphill, downhill, and gentle stretch. First stretch for couple hours is beautiful with rewarding view of the Himalayan peaks. You will walk down to the river in Phungi Tenga, your lunch place, and walk steep uphill for about two hours.

On reaching Tengboche and checking into a teahouse, you will explore the surrounding area and Tengboche Monastery – the largest monastery of Khumbu region where Tibetan Buddhism is practiced and known for fascinating festival of Mani Rimdu that falls in the month of October-November (date is fixed according to lunar calendar).

Awe-inspiring view of the Himalayan peaks including incredible Mt. Everest, Mt. Lhotse, Mt. Ama Dabalam, Mt. Thmasreku, Gokyo Ri, Kongde Peak, Kantenga, Tawache etcetera make your day. **Overnight local lodge.**

Day 07: Tengboche - Monjo (2835 m/9300 ft)/ 6-7 hrs walk :

Enjoy the morning breakfast in this stunning place, and after breakfast walk down to the river bed, and climb uphill to Kyanjuma and to Namche. Enjoy our lunch in Namche. You can stroll around for some shopping, if you want to buy back some gifts to your friends/family members from the Everest Region.

Later in the afternoon, climb down to the river from Namche, and walk to Monjo. **Overnight local lodge.**

Day 08: Monjo – Lukla (2840 m9318ft)/4 hrs walk:

After breakfast, walk same way back along the Dudh Koshi River. Reach Lukla walking past Phakding and several other beautiful dotted settlements both sides of the river.

In Lukla, we thank and bid farewell to our amazing crew members who helped us for successful trip. **Overnight local lodge.**

Day 09: Lukla – Kathmandu (1300 m) / flight duration 30 mins:

We take another beautiful and thrilling morning flight back to Kathmandu saying a heartfelt goodbye to the majestic mountains.

You land at Kathmandu airport to feel the bustling city atmosphere after a week in the Himalayas with freshness and greenery. You are transferred to the hotel and leave you to enjoy the day on your own and relax. **Overnight in a hotel.**

Day 10: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 11: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- Airport Pick up and drop.
- 3 star standard (Nepal’s standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- A professional trekking guide, Porter (Helper) and assistant guide for group size above 5 trekkers
- Air ticket (Kathmandu- Lukla –Kathmandu)
- All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff
- Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

1. Four seasons Sleeping bag (Optional/we can provide one if you need it but is to be returned after the trek)
2. Duffel or Rucksack bag & suitcase (Optional/we can provide one if you need it but is to be returned after the trek)
3. Daypack
4. Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

Upper Body - Head / Ears / Eyes

1. Shade hat or baseball cap - some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck.
2. Warm wool or synthetic hat that cover your ears.
3. Balaclava - lightweight, thinner variety.
4. Glacier glasses-
5. Headlamp
6. Some people like ear-muffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
7. A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

Hand

1. A pair liner gloves, thin wool or synthetic, useful alone on mild days or as a layer inside other gloves / mitts for additional warmth.
2. One pair warm gloves
3. Instant hand warmers are always nice in a pinch, but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above, should be

sufficient (optional).

Core Body

1. T-shirts (2).
2. Light and expedition weight thermal tops.
3. Fleece jacket or pullover.
4. Fleece Wind-Stopper jacket (optional).
5. Waterproof (preferably breathable fabric) shell jacket.
6. 2 women sports bras, Synthetic, no cotton!
7. Long shirts(2)

Lower Body – Legs

1. Two pairs nylon hiking shorts - Quick drying type, not cotton!
2. Underwear, stay away from cotton (4).
3. Two pairs lightweight long underwear - capilene or other synthetic.
4. One pair soft shell pants - synthetic, full zip from top and bottom preferable.
5. Two pairs trekking pants, preferably that zip on/off at the knees so they double as shorts.
6. One pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day.
7. One pair cotton pants (loose jeans/khakis).
8. All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.

Feet

1. Two-four pairs of liner socks, synthetic or capilene.
2. Two-three pairs heavy weight socks to be worn over liner socks.
3. One pair light weight socks, a good option for the lower / warmer parts of the trail.
4. One pair light to medium weight water proof hiking/trekking boots. Ensure a good fit with layered socks and you have worn them before to get used to it (otherwise you will get lots of blister).
5. One pair light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
6. One pair sandals (Optional).

Medicines and First Aid Kits

(Please note our guide will also carry the first aid kit bag during the trek. However we still recommend you to bring your personal first aid kit as well)

1. Extra Strength Excedrin for altitude related headaches.
2. Ibuprofen for general aches and pains.

3. Immodium or Pepto bismol capsules for upset stomach or diarrhea.
4. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.
5. 1 small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

Miscellaneous

1. Passport and extra passport photos (4 copies).
2. Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).
3. Durable wallet / pouch for travel documents, money & passport.
4. Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
5. Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
6. Pocket knife or small Swiss Army type.
7. Water purification Iodine tablets or Polar-pure crystals.
8. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
9. 2 bandanas.

Optional

1. One pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill
2. Favorite snack foods
3. Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight
4. Binoculars
5. One light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use
6. Hydration bladder with drinking tube and tube insulator
7. A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip
8. One small stainless steel thermos

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.