



# EVEREST PANORAMA TREK







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## TRIP HIGHLIGHTS

Traverse Sagarmatha National Park, a protected area in the Himalayas dominated by snow-capped mountains including Mount Everest (Sagarmatha), glaciers, valleys, trails, and rare animals and birds.

Get acquainted with the rich culture, tradition and mountaineering history of the guardians of the Himalayas, the Sherpa people.

The sacred Khumbila mountain (5,761m) enjoyed in the backdrop during this trek.

Discover more about Buddhism as you visit the famous Tengboche monastery, where trekkers often visit to receive blessings for a successful journey from the Buddhist monks who reside there, as well as the Khumjung monastery.



Trip Duration	8 days
Grade	Difficult
Max. Alt.	3,870m
Summary	8 day trip: 1 day sightseeing in Kathmandu, 3 nights hotel in Kathmandu, 6 nights teahouse on trekking trail

## WELCOME TO SHERPA SPIRIT TREKS

Thank you for your interest in trekking in Nepal with Sherpa Spirit Treks. We are a local trekking agency in Nepal with more than 30 years of combined experience in the trekking industry in Nepal. It is important to us that your time visiting Nepal is memorable for all of the right reasons. Which is why we not only help you to discover not the magnificence of the mountains here, but also walk with you as the mountains worked their magic on your soul.

## WHY TREK WITH SHERPA SPIRIT TREKS?

- We have over 30 combined years experience in the trekking industry in Nepal.
- We have a strong passion for trekking AND the people of Nepal. We provide conditions that empower and support the people of Nepal and their families.
- While we might provide you with an itinerary, we are flexible and allow you to move at your own pace. You won't be rushed or prompted to reach the destination without first enjoying the journey.
- You have the option of booking your own trekking adventure, or joining a pre-arranged group (as available) - all of our groups are kept small to allow you to feel safe and comfortable.

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## SOLO TRAVEL THE TRIP

At Sherpa Spirit Treks, we do not require single travellers to pay a surcharge for travelling alone. In fact, we admire you for doing so! In our pre-arranged group treks, we will arrange for you to share accommodation with another trekker of the same gender. If we can't match you up we will provide a single room at no extra charge. However, if you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

If you are short on time and prefer low altitude trekking yet want to experience the absolute fun, adventure and natural genius that Everest Region offers, then this is the perfect trek for you! It's one of the shortest and most convenient journeys to Everest Region, and still gets you closer to Mt Everest than most people can ever dream of!

This trek is full of stunning and eye-catching natural wonders and distinct cultures. The hypnotic views of gigantic Himalaya mountains, diverse flora and fauna, lush green woodlands, breezy and sparkling rivers, waving prayer flags and beautiful mani walls will assuredly mesmerize you throughout the trek. The trek delivers the most captivating sights of towering peaks like Kongde Ri, Kusum Kanguru, Thamserku, Taboche, Nuptse and, of course, the majestic Mt. Everest! Exploring alongside the Sherpa people and their matchless culture, tradition, food and hospitality in beautiful villages like Namche Bazar, Khumjung and Khunde is quite an amazing and unique experience. Don't forget to say yes to a cup of Sherpa Tea! Moreover, visits to very old monasteries like Tengboche and Khumjung along with pleasant morning chants of monks make the trek a truly blissful experience.

An 8-day journey which begins with a thrilling flight from Kathmandu to Lukla, the journey continues with days of trekking from Lukla to Namche Bazar where you will spend time immersed in the culture and natural beauty of the region while you take in the breathtaking views of the mountains of the Everest region - including Mt Everest!

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## AT A GLANCE

Arrival	Arrive in Kathmandu
Day 1	Sightseeing & trek preparation in Kathmandu
Day 2	Fly Kathmandu to Lukla, then trek to Phakding
Day 3	Phakding to Namche Bazaar
Day 4	Acclimatization & rest day in Namche Bazaar
Day 5	Namche Bazaar to Tengboche
Day 6	Tengboche to Monjo
Day 7	Monjo to Lukla
Day 8	Fly Lukla to Kathmandu
Departure	Departure

## WHAT'S INCLUDED

- ✓ Airport pick up and drop off in a private vehicle
- ✓ 3-star hotel in Kathmandu with breakfast (twin-share: 2 nights in Kathmandu before the trek and 1 night in Kathmandu after the trek)
- ✓ Teahouse accommodation during the trek (twin-share)
- ✓ All meals (breakfast, lunch, and dinner - including hot beverages) during the trek
- ✓ Welcome dinner & farewell dinner (with cultural show)
- ✓ Guided city tour in Kathmandu with private vehicle
- ✓ Domestic flight Kathmandu to Lukla and Lukla to Kathmandu
- ✓ Experienced, English-speaking and government-licensed lead trekking guide (assistant guide provided for 4+ trekkers)
- ✓ Porters (1 porter for 2 trekkers)
- ✓ Staff costs (salary, insurance, transport, equipment, meals, and accommodation)
- ✓ Group first aid kit (carried by your lead trekking guide)
- ✓ Down jacket & sleeping bag (to be returned after trek completion)
- ✓ Sherpa Spirit Treks waterproof duffel bag, t-shirt and trekking map (for you to take home)
- ✓ Sherpa Spirit Treks Certificate of Completion
- ✓ All necessary paperwork and trekking permits (Sagarmatha NP Fees, TIMS card)
- ✓ All government & local taxes

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## QUICK FACTS

### Visas

Please see below for our note on Visas, and check with your travel agent or the local Nepalese Diplomatic mission in your country for visa requirements.

### Vaccinations

Please check with your local GP or Travel Health Clinic for information on vaccination recommendations and requirements.

### Leader

This trek is escorted by an experienced, English-speaking and government-licensed trekking guides.

## WHAT'S NOT INCLUDED

- ✗ Your round-trip international airfare from home
- ✗ Visa and country entry costs
- ✗ Excess baggage charges
- ✗ Meals in Kathmandu (except Welcome/Farewell dinners - because there are so many amazing places for you to explore!)
- ✗ Extra night accommodation in Kathmandu for early arrival or late departure, or early return from the trek (due to any reason) than what is included in the scheduled itinerary
- ✗ Travel, personal, medical, rescue, and cancellation insurance
- ✗ Personal expenses (phone calls, laundry, alcoholic beverages and bar bills, charges for wifi or to charge personal electronic devices, hot water charges for showers, boiled or bottled water, confectionery, soft drinks, donations)
- ✗ Tipping and gratuities for guides, porters, drivers, etc
- ✗ Medical and rescue expenses

## TRIP HIGHLIGHTS

- ✓ Sagarmatha National Park: A protected area in the Himalayas dominated by snow-capped mountains including Mount Everest (Sagarmatha), and encompasses glaciers, valleys, and trails. It is home to many species of rare animals and birds like the snow leopard, musk deer, and red panda.
- ✓ The Solu-Khumbu region is the homeland of the Sherpas, Buddhist people who migrated there from the Tibetan plateau around the 15th century. Get acquainted with the rich culture, tradition and mountaineering history of the guardians of the Himalayas, the Sherpa people.
- ✓ Lukla airport, also known as the Tenzing-Hillary Airport, is situated atop a cliff and drops off downwards at the end of the runway and is sure to be the most adventurous flight you've ever undertaken in your life.
- ✓ Namche Bazaar, also known as the gateway to Mount Everest, is famous for being a trading point and a resting place for trekkers. Visible from this town are the mountains KongdeRi (6,187m) and Thamserku (6,623m). A fascinating Sherpa Museum sits atop Namche Bazaar.
- ✓ Get to know more about Buddhism, as you will find many monasteries in the region. One of the most famous being the Tengboche monastery. It is a beautiful Tibetan Buddhist monastery of the Sherpa community, and trekkers often visit to receive blessings for a successful journey from the Buddhist monks who reside there. You can visit the Khumjung monastery to take a look at the alleged Yeti's scalp!
- ✓ The sacred Khumbila mountain (5,761m), roughly translated as "God of Khumbu", is one of the high Himalayan peaks that people are not permitted to climb due to its holy association. However, it can be enjoyed in the backdrop during this trek.
- ✓ If you happen to do this trek in spring, then magnificent rhododendron blossoms await you from the lower stretches between Lukla and Namche. Trust us, it's worth considering to plan your trek for this time because the experience of trekking through these blossoms is amazing!

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## TRIP GRADING

### Challenging

This trek is rated as Challenging. It involves numerous, consecutive days of walking long-distances, and the trail is often times steep and may be unsteady in some places. It climbs to high elevations (above 3,000m), where there is a risk of altitude sickness. You will be required to walk both uphill and downhill, to cross suspension bridges, and old landslide locations. You will need to be able to carry a daypack weighing up to 10kg.

## ADVENTURE TRAVEL

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trek we recommend that you contact us.

## ALTITUDE SICKNESS

Altitude Sickness or Acute Mountain Sickness (AMS) is a real risk on treks that climb to altitudes close to or above 3,000m. It can be potentially fatal, and the best preparation is to understand the signs and symptoms, and to know the best treatment. Please refer to our website for more information.

## IMPORTANT NOTE

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

## DETAILED ITINERARY

### ARRIVAL *Arrive in Kathmandu*

Upon your Arrival, we will welcome you in the terminal hall in Tribhuvan International Airport at Kathmandu. We will transfer you to your hotel and introduce you to your trekking guide, and together you can enjoy a hot cup of masala tea and have an in depth discussion about your trek, including the trekking route, anything you need, the necessities for the trek, and any general suggestions for preparing for your upcoming adventure.

### DAY 1 *Sightseeing & Trek Preparation in Kathmandu*

Today you will take a sightseeing tour of Kathmandu with our appointed City Guide! Kathmandu is rich with Hindu and Buddhist history, so with an early morning start, you will visit places such as: the Hindu shrine of Pashupatinath, the Buddhist shrine of Boudhanath, the "city of fine arts" - Patan Durbar Square, Krishna temple, Kumbeswore Temple, Golden Temple, the 2000 year old "Monkey Temple" - Swayambunath Stupa, and Basantaur Durbar Square - home to the living goddess Kumari. In the afternoon you can get acquainted with the local area around Thamel market, as we help you finish your final trek preparations with a spot of gear hire and/or shopping. In the evening we will officially greet you with a Welcome Dinner serving traditional authentic Nepali food in Kathmandu.

### DAY 2 *Kathmandu (1,350m) to Lukla (2800m: 30 min) then Phakding*

Are you ready to start your adventure? Today we begin with an early morning flight to Lukla. With the air strip located on the side of the mountain, we guarantee this is going to be the most adventurous 30-min flight you ever take! Upon arrival, we will stop for a short tea break while we meet and organise our porters, and then we begin trekking. Winding our way through the forest as we follow the bank of the Dudh Koshi River, passing through several traditional Sherpa villages, climbing over an old landslide at Chhuthawa, we trek for about 3-4 hours as we make our way to Phakding, a quiet little village set on a plateau and overlooking the valley. We love it here because it is largely untouched by large trekking crowds!

### DAY 3 *Phakding (2,651m) to Namche Bazaar (3,440m: 6-7 hours)*

On our way to Sagarmatha National Park, we will be passing through beautiful pine forests and local settlements, and at the entrance your TIMS card and National Park Receipt will be checked. Beyond the National Park checkpoint, the trail passes across the bank of the Dudh Kosi river along another suspension bridge. As we take a steep, zigzagging ascent through dense pine forest towards Namche Bazaar, the gateway to Mt Everest, and our home for the next two nights, you will get your first partial glimpse of Mt Everest, the holy mountain of the Sherpa people.

### DAY 4 *Acclimatization and rest day in Namche Bazaar (3,440m)*

Acclimatisation is an important part of every successful trekking adventure, and Namche is a popular rest place as it gives you plenty of exciting and rewarding opportunities to explore! It is known as the "tourist hub" and is the most popular resting stop in the Khumbu region. With an abundance of hotels and lodges, Namche also boasts three small museums, a stupa, a monastery, several bakeries/-cafes, and many well-stocked stores. A hilly settlement, the town is shaped like a horseshoe and positioned in a very unconventional location.

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Today, we'll be rising early for a side trek to Everest View Hotel (3,780m) which will take us about 4 hrs. This acclimatisation trek is worth it for the gorgeous views of Mt. Everest, Lhotse, Nuptse, AmaDablam, Thamserku, Kongde and others. We'll also take a short descent into Khumjung, also called Green Valley for the sea of green roofs of the houses that are settled here, where we can visit Khumjung monastery and potentially view the famous "Yeti's Scalp"!

## **DAY 5** *Namche Bazaar (3,440m) to Tengboche (3,870m: 6-7 hours)*

We descend towards the Dudh Koshi river and travel along a forest trail near the riverbed to reach the largest monastery in the Everest region; the Tengboche Monastery. The path is lined with Stupas, prayer flags and mani walls, and as we climb the dusty, but panoramic switchback to Tengboche, you will be welcomed by the superb spectacle that is the Himalayas. If we are lucky, we may be able to attend a service as we explore the monastery, and ask for a blessing for our journey (for which a small donation would be appreciated).

## **DAY 6** *Tengboche (3,870m) to Monjo (2,835m: 6-7 hours)*

Today's trek is going to offer us even more beautiful views of green highlands, snowy mountains, monasteries and mani walls, which we know is something you can never get tired of! Our 7-hour day of trekking starts with a narrow descending trail alongside the Dudh Koshi river, a beautiful river so called for its milky appearance (in Nepali, Dudh means milk). Climbing from Phunki Tenga we'll follow a flat trail that will lead us back up to Namche Bazar, before descending to Jorsalle and crossing a suspension bridge over the Dudh Koshi river to exit the Sagarmatha National Park and lead us to our destination for the day - Monjo!

## **DAY 7** *Monjo to Lukla (5-6 hours)*

Our final day of trekking delivers us different beautiful villages like Ghat, Chumoa, Benkar and Phakding. We retrace our route with an easy downhill walk from Monjo, and a slight ascent at the end takes us to Pasang Lhamu Memorial gate which represents the end of the trek. On reaching Lukla, we can take some time to rest, freshen up, and explore the place that is the gateway to Everest. We'll stay here overnight as we prepare for our early morning flight back to Kathmandu.

## **DAY 8** *Lukla to Kathmandu*

Get ready for one final adventure flight, as we fly back to Kathmandu. The runway at Lukla ends abruptly at the edge of the mountain, as we lift up and take one final journey through the Himalaya mountains. The flight will take about 45 min, and as you say goodbye you will get a different view of the changing landscapes, and the colourful and crowded villages and bazaars. With an afternoon in Kathmandu to yourself, you can choose to wander the bustling tourist district of Thamel to finish up your souvenir shopping, or rest up in your hotel. Join us for a final meal together, as we enjoy a Nepalese farewell dinner with traditional live music and dance.

## **DEPARTURE** *Drop off at the airport*

As today is your last day in the country we appreciate your decision to choose us as your travel companion. We are honored to be a part of your beautiful memories and hope that we met your expectations. We will accompany you to the airport for a traditional Nepal farewell, and we wish you a safe flight back home.



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## OTHER OPTIONS

Want the ultimate cultural experience?

Why not Plan Your Trip to coincide with local festivals such as Dmje, Mani Rimdu, Buddha Jayanti (Birthday of Lord Buddha), GyalpoLhosar (Tibetan New Year). Just **Contact Us** to find out more about these festivals and when they fall each year.

## COUNTRY INFORMATION

The world's highest mountain range defines everything there is about Nepal, a landlocked country lying between India to the south, and China and Tibet to the north. It's topography and weather, its religion and trade, all arise from its location amongst the grandest mountains you'll ever see. And while Nepal's rich melting pot of culture and tradition, with mystical Indian Hinduism and Tibetan Buddhism making up the fabric of the society, will draw you in with amazement and awe, it's the famous peaks and the superb trekking staff that will impress you with memories you'll never forget.

## CLIMATE

Nepal has five seasons: spring, summer, monsoon, autumn and winter. In the mountainous regions where we trek, you can expect temperate summer temperatures and winter temperatures that can plummet below freezing. There is no seasonal constraint on trekking in Nepal, however the best time to visit is March/April (spring) when the rhododendrons bloom, and September to mid-December, when monsoon has cleared and skies are clearest.

## A TYPICAL DAY

A typical day on this trek will involve waking early to a warm, fuelling breakfast with a hot tea or coffee, provided by our teahouse guests. Of course, the meal is of your choice, ordered the evening before. Make sure your bags are packed and ready to go, as our porters will be keen to head off early, before you've even finished your meal! You'll then set out for a day of trekking through sublime, mountain terrain. Each day varies, but you can expect to walk 4 to 8 hours a day. We will stop for lunch at a teahouse along the way, giving you a chance to drop your pack, put your feet up, and have a rest while you nourish and refuel your body with a delicious, warm meal. Some days our lunch place will also be our overnight camp, but on most days we will set out again after lunch to reach our overnight destination. Upon arrival at our overnight accommodation you'll have a chance to order your dinner, and spend the evening reflecting on your day, and enjoying the company of your guides, with a nice hot cuppa around the fire.

## DIETARY REQUIREMENTS

While our packages include the cost of meals, we cannot cater to special dietary needs, as we are staying in hotels and teahouses that are under their own management. However, most diets can be accommodated. The easiest diets to accommodate are vegetarian/vegan, and gluten free (simply by ordering food that meets these needs, and making any requests at the time of ordering). The Nepalese people aim to please their guests, so a courteous request will go a long way!



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## ACCOMMODATION ON THE TREK

In Kathmandu you will be staying in 3-star hotel accommodation, generally with wifi and running hot water in your own attached bathroom (always appreciated after a long trek!).

On the trekking trail, we stay in traditional Nepal teahouse accommodation, which has been constructed to cater to the needs of trekkers. Teahouses are usually of a general standard, and can vary, depending on the town/village we stay in, and the time of year we are trekking. They can be made of stone, or they may be constructed more simply. The facilities offered by teahouses varies, and most often the bathroom and toilet are located outside and are a shared facility. Hot water and wifi are charged, and may not always be available, depending on where we are staying.

All accommodation on our treks is twinshare meaning you will generally be sharing a room with one other person (unless you're travelling solo, or in an odd numbered group). Single supplements are also available for those who wish to be guaranteed a room all to themselves.

Please refer to [our website](#) for more information.

## WHAT YOU CARRY

All of our trekking packages include porters to carry your main luggage (water-proof duffel bag provided). However, you will be required to carry a daypack with extra warm/rainproof clothing, drink bottle, camera, and personal items such as sunscreen, blister kit, and any personal medications you require.

Should you wish to travel without a porter and carry a larger backpack with all of your trekking gear, please [Contact Us](#) for a customised itinerary.

## EQUIPMENT REQUIRED

Please refer to our website for a detailed [Equipment Checklist](#). This list will also be provided to you after booking.

## VISAS

You need a Tourist Visa in order to enter Nepal.

You can obtain a Tourist Visa for 15 days (30 USD), 30 days (50 USD), or 90 days (125 USD). Please ensure that the duration of your visa will cover your entire stay in Nepal.

The requirements for entry into Nepal have recently changed, and continue to change, due to COVID-19. Therefore, it is recommended that you contact the Nepalese Diplomatic mission in your home country, your Travel Agent, or refer to the [Nepal Department of Immigration](#) website, for all questions regarding visa entry requirements in Nepal.

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## SOCIAL NETWORKING

Connect with us on Social Media

**FACEBOOK:** @sherpaspirittreks

**INSTAGRAM:** @sherpaspirittreks

And don't forget to head to our website to view our other trekking itineraries, and for information about travelling in Nepal.

[www.sherpaspirit.com](http://www.sherpaspirit.com)

## TRIP AVAILABILITY

This trip is available to be booked all year round, however we recommend you allow some time for the necessary travel arrangements to be made (e.g. visas, COVID-19 tests, quarantine requirements, permits). If you are travelling solo but would like to travel in a group, please **Contact Us** to find out if we have a group running that you can join.

## HOW TO BOOK

To book your trekking adventure, please visit **our website**. You will need to select your dates, complete a booking form, and pay a 25% deposit, which is non-refundable up to 30 days prior to the trek departure date.