

## Everest View Trek - 8 Days

Everest View Trek is one of the most popular trekking destinations in the Khumbu region of Nepal that is suitable for every traveler regardless of any age limits. Those who are novice travelers and are eager to have a dream to see Mt. Everest within a week of holidays in Nepal, choose this trek.

Along with Mt. Everest, other 8000m peaks and dozens of other peaks can be seen throughout the trek. Covering 51 km / 31.6 miles in a total walking distance (from Lukla to Lukla), it is the best trek for people who don't want to go for a trek up to 5,340 meters above sea level and explore the EBC, they can choose a much simpler trek. And that trek is our Everest View Trek.

Throughout the trek, trekkers will explore almost every aspect of the Khumbu region from the friendly Sherpa people, picturesque villages, a great variety of cultures and traditions, colorful festivals and monasteries of this region, and so on that provide the lifetime memory to the visitors. Short Everest view trek can quickly be completed with moderate physical fitness as the highest altitude of this trekking trail is only 3,962m, the Everest View Hotel.

Everest view trek kicks start after a short 35 minutes mountain flight to Lukla airport from Kathmandu. Meeting the trekking crews there, you will begin your journey towards Phakding on the first day. Spending a night there, you will ascend to Namche Bazaar on your second day's trek. Acclimatizing at Namche, exploring different shrines and monuments, and hiking to Everest View Hotel, you spend a day at Namche. The next day, you walk back to Lukla and conclude your trek.



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## PRICE INCLUDES

### Transportation

- Private vehicle: Hotel and airport transfers and sightseeing
- Domestic Flight: Kathmandu – Lukla – Kathmandu

### Accommodation and Food

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel
- 4 nights' accommodation (twin sharing) during the trek in the best available local lodge
- Breakfast, Lunch, and Dinner throughout the trek
- Seasonal fruits throughout the trek
- Breakfast in Kathmandu
- Farewell dinner in one of the cultural restaurants in Kathmandu

### Staff

- An English-speaking Trekking Guide including his/her accommodation, transportation, food, salary, transportation, and insurance
- One assistant guide for every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients) including their accommodation, transportation, food, salary, transportation, insurance

### Permits and Taxes

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- All applicable taxes are to be paid to the Nepalese government

### Extra

- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek
- A Duffel bag (to keep personal belongings to be carried by porter), a down sleeping bag, and a down jacket hired for the duration of the trek
- Complimentary Everest Base Camp Trekking map, Altitude Adventure t-shirt and cap, and trip completion certificate
- First aid medicine box carried at all times by a guide

## PRICE EXCLUDES

- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa Arrangement



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- Personal expenses
- Personal trekking equipment
- Internet, and phone call unless it is free.
- Tips and gratuities for trekking staff and drivers





## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu (1338m/4390ft)

Welcome to Kathmandu.

Upon your arrival at Tribhuvan International Airport, Kathmandu one of the representatives from Outward Adventure will be awaiting you at the outside terminal holding a nameplate on it. After greeting, you will be transferred to your hotel through the windy streets of Kathmandu.

Upon reaching your hotel, our representative will help you to check in. Now you can rest your body after a long travel as there are no other scheduled programs today.

### Day 2: Kathmandu Sightseeing and Trek Preparation

After breakfast, you will await at the hotel's lobby where a tour leader arrives for a sightseeing of the different sites of Kathmandu. Getting in a private vehicle, you will head towards Swyambhunath stupa, one of the oldest monuments of Nepal situated at the hilltop nearby Thamel. Reaching there, we explore different monuments (main stupa, temples nearby, Thanga and paintings, prayer flags, wheels and so on) and view the entire Kathmandu valley from there. Centuries-old statues and carvings can be seen herearound.

After that, we drive to Patan Durbar Square, one of the three durbar squares of Kathmandu (Kathmandu, Patan and Bhaktapur). Here we explore the historical palace used by the then Malla Kings. The collection of different gems can be seen while visiting Patan.

After Patan, the journey will continue to Boudhanath Stupa, one of the largest Buddhist Stupa in the world. After circulating the stupa, you will sit in one of the rooftop restaurants for lunch. You will have your lunch here viewing the astonishing look of the entire stupa and hundreds of fluttering prayer flags around the stupa.

Ultimately, you will head towards Pashupatinath temple, one of the most popular Hindu temples dedicated to lord Shiva (Mahadeva). Standing at the bank of holy Bagmati river, you will witness different activities there. After visiting this temple you will be back to your hotel.

In the evening, you will go around the market and buy the needed gears (if any) as recommended by your trek leader. Now you will do your final preparation for your dreamed Everest View Trek.

### Day 3: Fly Kathmandu to Lukla (2860m/9383ft) and trek to Phakding (2652m/8700ft)

Having breakfast early in the morning, you will be transferred to the airport for the Lukla flight. Flying to Lukla passing several green hills, amid mountains, valleys and settlements make a lifetime experience in itself.

Upon reaching Lukla you will hand over your duffle bags to the porter crews and head towards Phakding. On the way to Phakding, you will witness a couple of Sherpa villages, rivers, waterfalls, beautiful jungles, swinging bridges, and so on.



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Once you reach Phakding, your trekking leader will assist you to check in one of the best teahouses available there. Spend your first night at the shadow of the mountains.

#### **Day 4: Trek Phakding to Namche Bazaar (3440m/11286ft)**

After breakfast at your teahouse, we begin your trek early morning along the northern Dudh Koshi River banks crossing several swinging suspension bridges including the Hillary suspension bridge. Walking via forested trails you reach a small Sherpa village-Monjo. Entering Sagarmatha National Park, you head further via the thick forest and you get the first sight of Mt. Everest. After crossing Hillary's suspension bridge, you ascend to Namche Bazaar, a famous Sherpa town, which is also known as the gateway to Everest.

#### **Day 5: Acclimatization Day – Hike to Everest View Hotel**

Today is scheduled for acclimatization day. It is an active rest day and you will explore the entire Namche Bazaar, hike to Syangboche Airport (3700m), supposed to be the highest airport in the world, then continue climbing to Everest View Hotel for great panoramic views of Everest, Lhotse, Amadablam, Tawache, etc, visit Sherpa Culture Museum and Everest Photo Gallery and so on. After visiting all, you will return to your teahouse and spend overnight there.

#### **Day 6: Trek Namche to Lukla (2860m/9383ft)**

Today you will be hiking down a steep trail descending to the Hillary Suspension Bridge and then further passing several local villages in and around Dudh Koshi River valley, you will reach at Namche Bazaar. Upon reaching Lukla, we will freshen up at your hotel and relax and celebrate your successful trek, after all, you have viewed the tallest peak in the world.

#### **Day 7: Fly back to Kathmandu**

You will catch an early morning flight and fly back to Kathmandu. Upon your arrival at Kathmandu, you can choose how to spend your time in Kathmandu. You can either explore Kathmandu city [ world heritage sites, ramble around the Thamel etc.]

#### **Day 8: Final Departure**

It is the last day of your scheduled package. If you wish to explore other cities and attractions of Nepal, please let us know. We will help to organize those packages. Otherwise, if you wished to fly to other destinations, one of our office representatives will transfer you to TIA at least three hours of your scheduled flight. Have a safe journey.