

Everest Panorama Trekking



Introduction

Everest panorama short treks and easy mountain beauty trekking in the Everest region in Nepal. there is no doubt the most adventure popular place to visit in Nepal in the region of the Mt Everest treks.

But there is an easier way to see not only Everest but all of the majestic surrounding **snowcapped peaks that rise above 8,000 meters**. It is the Panorama View Trek that will take you to the best viewing spots in all of the Himalayas in just 7 days. The trip begins with your arrival in Kathmandu. The next day, fly to Lukla where you begin the trek toward Namche Bazar and the famous **Tengboche Buddhist Monastery** that offers the most marvelous view of the high Himalayan peaks, Along the way, see some of the world's highest peaks which include not only Mt. Everest, but multiple the **mountain peaks** of Thamskeru, Lhotse, Ama Dablam and many much more.

It is seven days treks Kathmandu to Kathmandu and who have not enough time to do treks to till Everest camp, we would like to recommend for just Everest panorama treks, It will be one of the best views and a

short way to see the Everest Top of the high Mount Everest (8848m), Ama Dablam. Lohse, Nuptse, Thamserku other many more mountains with the Himalayas, So you will have to enjoy the views than the sunset, sunrise from even 7 days panorama Everest treks. Also, it is a very easy way and not very hard treks too, So it will be good for the family group, middle-age people even old people, they can do treks till Nameche or Everest View Hotel around sherpa Village in Khumjung area near Everest Views Hotels much more area.

Everest Views Hotel (3850m) is the mean point of the see the Himalayas with Top of the Everest during the Everest panorama treks in the Everest region in the Namche Bazzar Everest.

How long does it take to climb Everest panorama treks?

You can finish the panorama treks in just 7days' Kathmandu to Kathmandu! 5 days of trekking and 1 day for acclimatization day.

Start from Lukla to Phakding and Phakding to Namche Bazaar in 2 days. A day for acclimatization in Namche Bazaar, and another day of trekking to Tengboche. From here spent another day trekking to. After this, in just 2 days trekking to Luka and fly to Lukla to Kathmandu.

How much does it cost to trek to Panorama treks?

The Everest panorama trekking cost depends on what type of service you wish to include. An average of 850 USD per person for 7 days, about 65 USD per day. This cost is without sightseeing but includes all other services such as accommodation, transportation to Lukla and back, porters and guides, etc. although it is recommended to take a few extra days on your visa in case of delay flight from and to Lukla airport.

What is the best time to visit Everest panorama treks?

As every destination, it's best to check what the best time to visit is. Nepal Planet Treks advice to come either before the monsoon season or after. The ideal month to visit is from ending September to December and mid-February to end-May The best month to visit Everest panorama treks will be October to November or March to May, when the skies are clear and stunning views of the Everest region, can be seen!

What gear or equipment should I bring to Everest panorama treks?

For any type of high altitude trekking, the correct gear or equipment should be brought with you to make sure your trekking experience is without any inconveniences. What gear or equipment should you bring to Everest? Well, Nepal Planet Treks provides you with a complimentary standard size sleeping back and even a waterproof trekking backpack! Trekking shoes can be rented. To make the most of your experience while trekking to Everest panorama treks we do recommend to bring the following:

good and comfortable socks and trekking shoes, a rainproof jacket, a headlight or torch, thermal underwear and getup to prevent small stones from entering your shoes. Most of the trekking gear can also be bought or even rented in Thamel the main tourism hub of Kathmandu.

The itinerary of the Everest panorama trek 7 days always starts with a scenic flight to Lukla, an airport located just on the ridge of a mountain. After arriving at this spectacular airport we head out to Phakding our first overnight destination during this amazing trek in Nepal. This incredible village is located just next to the river is an incredible stop to end our first day on our Everest panorama itinerary. The next day we head more upwards through jungle terrain and into the Sagarmatha National

Park. Some inside knowledge, Sagarmatha is the local word for Everest. After a good day of trekking, we reach Namche Bazaar, the biggest village of the region and mostly inhabited by the Sherpas. This town has a lot to offer from charming restaurants to educational museums. The streets are filled with unique handicrafts and Himalayan products, truly an incredible place to visit during the Everest panorama trek. Acute Mountain Sickness is no joke and at Nepal Planet Treks we prioritize your safety!

This can be done with a hike up to Everest View Hotel and to the Khumjung village. Although not all Everest trekking packages cover this visit we can surely make it happen for you! a great place to interact with the unique culture of the region! Interacting with the Buddhist monks and witnessing their harmonious meditation is incredibly inspiring. And not to forgot seeing Mt. Everest. Ama-Dablam and Lhotse with a hot cup of coffee from the Tengboche. This day is absolutely amazing with a hike up to Everest Viewpoint Hotel we get incredible views of Mt. Ama-Dablam, Mt Lhotse, Mt, Makalu, Island Peak and many more.

Trip Facts

Trip Duration	7
Trip Grade:	Moderate
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs
Elevation	3,870m/12694ft
Accommodation	Tea House
Group Size	2-15 PAX
Trip Start	Kathmandu-Kathmandu
Trip End	Lukla

Itinerary Details

Day 01 : Arrival at Kathmandu [1,350m/4,428ft] meet the Airport and drive to Hotel over night Hotel and evening we can talk more about the trip.

Arrival at Kathmandu [1,350m/4,428ft] meet the Airport and drive to Hotel check-in room then be refresh and evening you can walk around your Hotel tourist sport take the best dinner. overnight Hotel Kathmandu.

Day 02 : Kathmandu - Lukla - Phakding [2,652m/8,700ft]: 3 - 4 hrs trek (walking time only) ovr night in Phakding.

Early morning, you fly from Kathmandu to at Lukla & it will be 35- 40 minutes scenic flight, you will have time to stroll around, while the guide sort and divide the loaded baggage to be carried by porters. A guide will manage the lunch place depending upon the time of arrival at Lukla. We then take an easy walk to Phakding village for the overnight stop and rest of the time stroll around the village for local knowledge. than dinner overnight Phakding.

Day 03 : Phakding - Namche Bazaar [3440 m/11,280 ft]: 5 - 6 hrs trek , it is 2 hour mountain flat and 3 hour up the hill to namche bazaar.

After breakfast we will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before reaching the village of Monjo the entrance gate of the Sagarmatha National Park. When entering the National park boundary we descend and a gradual walk brings us to the suspension bridge over the Bhotse-Koshi river to Jorsalle village, the last village till Namche Bazaar. Namche is a prosperous trading town and the capital of the Khumbu Region Namche Bazaar over Namche Bazaar,

Day 04 : Acclimatization day at Namche Bazaar

We will spend a day in Namche Bazaar resting and allowing our bodies to become acclimatized to the altitude of (3,440m/11,283ft). After breakfast, we will go to visit Everest View Point hotel for wonderful panoramic with mount Everest all Himalayas range, if Saturday can be seen many people in Saturday market for shopping to fulfill their daily needs and only one shopping market in the surrounding areas. Also, you can visit the Sherpa Museum as well a great place to learn Sherpa culture and history of mountaineering and stroll back to the hotel for overnight Namche Bazaar.

Day 05 : Namche - Tengboche [3,870m/12694ft]: 4 - 5 hrs trek.

Today after breakfast we start our trek with a pleasant walk through the forest with a magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde peak with the view of the eastern snow capped mountains. The trail leads uphill through the forested path and the hard walk to get to Tyangboche. One of the most beautiful place in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam/Thamserku/Mount Everest/nupsche mountain much more we can see from there. overnight Tengbuche Village.

Day 06 : Tengboche to Monjo [2,840m/9,315ft]: 4 - 5 hrs

This is one of the best sunrise days with Mt. Everest and Himalayas before breakfast, After breakfast The trail leads down a hill through the forested path of silver fir, blue pines, rhododendron and some few magnolia and birch trees and with great memories and after crossing the suspension bridge over the Dudh Koshi river trek onwards to the Sanasa and re-track to Monjo or Phakding for the overnight stay.

Day 07 : Trek to Lukla: 4 - 5 hrs trek.

After Breakfast -We trek back with enjoying the lush green scenery around and passing through the incredible mountain scenery and local Sherpa village. After your arrival at Lukla, you have time to stroll around the areas and guide will re-confirm your flight ticket and enjoy the last celebrate dinner with your crew member overnight Lukla.

Day 08 : Lukla - Kathmandu

Flight back to Kathmandu transfer you to your hotel. You may have time to relax after a long journey and take back your breath and rest at your hotel with ending your Himalayan trip with us. Overnight in Kathmandu.

Day 09 : Departure days

Today, after having breakfast, we will accompany you to the airport for the returning flight. We bid you farewell at the airport hoping to see you again, Have a nice journey!

Cost Includes

- Airport / Hotel / Airport pick up & drop by private car or van. It depends on the group.
- Two nights accommodation in 3-star category hotel in Kathmandu located tourist center, or up to you.
- Meals on full board (Breakfast, lunch, and dinner) during the in trekking.
- Local fresh fruits like orange, apple, banana, and grape, etc.
- All accommodations during the trek.
- Everest trekking map.
- Both ways domestic flight from Kathmandu/ Lukla/ Kathmandu with airport tax.
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipment, transportation, local tax for Guide and porter
- Group medical supplies (first aid kit will be available).
- If you need we will provide your sleeping bag, down jackets, Duffle bag and, if necessary, etc.
- All necessary Government paper works and national park entry permits and TIMS Card etc.
- Travel & Rescue arrangement.
- All government taxes and Vat.

Cost Excludes

- Meals yourself Kathmandu (L+D).
- Your Travel insurance.
- International airfare.
- Nepal entry visa (You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind drinks (Alcoholic, hot and cold drinks)
- Personal shopping and laundry etc.
- Personal trekking Types of equipment.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tour and sightseeing and other activities etc.

Map

