



Everest Panorama Trek

Duration: 12 days

Difficulty: Medium

DoT No. 1888/071

PAN No. 601340433

NMA. AM#1171, TAAN

NRB No. 1573/021/072

Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 3890m

Season: Spring & Fall

Accommodation: Teahouse

Equipment: Basic trekking gear

Overview

The Everest Panorama Trek is an excellent introduction to the Khumbu region and offers some stunning views of Mount Everest, Lhotse and Ama Dablam. This trek is specifically designed for trekkers with an interest in the region but only limited time. As we remain at lower altitude compared to other treks in Khumbu, we require less time to acclimatise. But there are plenty of things to discover – from traditional villages to monasteries and, of course, impressive mountain views. You could be enjoying a cup of tea on the terrace of the Everest view hotel enjoying the stunning panorama of Mount Everest.

Your IHSA guide will put particular focus on exploring local villages – from small bakeries to the famous Hillary school. The trail itself is very well developed with comfortable and quirky tea houses along the way. All our treks can be booked as private trips - no large, impersonal groups but small, individual experiences.

Highlights:

- + Admire Mount Everest and contemplate the history of its exploration
- + Discover the Hidden Buddhist culture of Khumbu, the Sherpa heartland
- + Enjoy views of Kunde, Namche Bazaar, Ama Dablam, and Pachermo Peak
- + Join the monks for morning prayers at Tengboche Gompa.

Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

Everest Panorama Trek

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Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Boudha, Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic flight to Lukla & trek to Phakding (2610m/8563 ft.),35min flight+4-5hr walk

We fly to Lukla. From here we walk northwards up the valley of the Dudh Kosi (Milk River). We descend from the small plateau, down into the forested valley. After a pleasant hike (3-4h) we reach our destination: Phakding (2,652m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 04; Ascent to Namche Bazaar(3440m/11286ft.), 4-5hr walk

From here we follow the Dudh Kosi northwards. The trail will take us through magnificent forests of rhododendron, giant fir and magnolia. From Jorsale (2,805m), we cross the west fork of the river, the Bhoté Kosi, and start the steep climb to Namche Bazaar. The trail offers us stunning views of nearby 6000m peaks. After about 5hrs we reach the Sherpa village and gateway to Everest Base Camp, Namche Bazaar (3440m). Time for a cup of tea to celebrate today's achievement.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 05; Journey to Sherpa villages Kunde, Everest View, & Khumjung(3780m), 1-2hr walk

The day begins with a steep ascent towards Zarog and we continue to the famous Sherpa villages of Khumjung and Kunde (via Shyangboche). We'll visit the Hillary Memorial Viewpoint, his family memorial chortens, the Hillary School and the atmospheric Buddhist temple in Kunde. The trip offers us wonderful views of Khumbila, Ama Dablam, and Thamserkhu.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06; Journey onward Phortse(3680m), 4-6hr walk

We follow the trail out of Namche across the Yak hillsides to the Mong La. From here we descend and cross the Dudh Koshi river. Trekking poles might be particularly useful today. We'll be able to enjoy views of Mt. Everest, Ama Dablam, Kang Taiga, Thamserkhu and Taboche as well as other stunning peaks of the region.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Everest Panorama Trek

Duration: 12 days

Difficulty: Medium

Day 07; Overview of incredible Everest (3860m), 3-4hr walk

We climb some narrow paths in the pursuit of more impressive views of Everest and Ama Dablam as well as the entire valley. In the afternoon, we'll relax over some tea and coffee.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Trek to Tengboche(3870m), 3-4hr walk

The day begins with a pleasant walk and the crossing of the Imja Khola. We'll pass by a very popular stupa. From here we then follow a steep section to Tengboche. We'll visit the famous monastery, the museum and participate with monks during their prayers. Tengboche marks the high point of our trip. At this point, you can extend the trip and continue to the Everest Base Camp or if you would like to experience peak climbing, you can climb Island Peak with only a few additional days necessary.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09; Return to Namche(3440m), 5-6hr walk

We retrace our steps back to Phunki Thenga and then follow the trail towards Namche Bazaar.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 10/11; Descent to Lukla via Phakding (2610m/8563 ft.),5-6hr walk+35min flight

We retrace our steps from day 03&04. Although the path is all downhill, the unrelenting slope place a strain on the knees and trekking poles will come in handy. We take frequent stops where we can have a relaxed tea.

[Included meals: Breakfast+Lunch+Dinner & Bed and Breakfast in Ktm]

Overnight at teahouse & hotel in Ktm

Day 12; Departure from Kathmandu

Time to say goodbye: A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

Supplementary time

The flight from Kathmandu to Lukla significantly reduces the journey time compared to the trek via Jiri (which we also offer). The flight is the shortest and most popular way of gaining access to the region but the mountain weather is notoriously unpredictable and sometimes even during the best part of the season, flights are delayed or postponed for one or more days. We can also arrange for a Helicopter charter from Kathmandu to Lukla instead but this adds significant extra cost. We highly recommend that you take potential delays into account and allow for an extra day in Kathmandu.

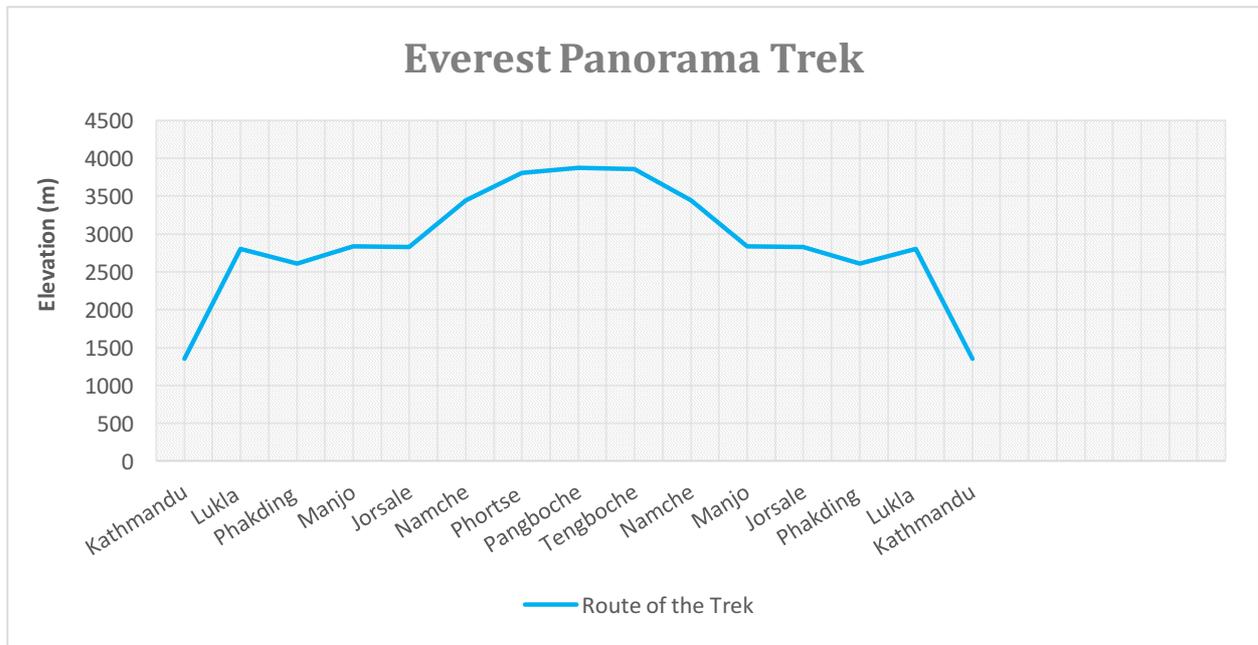
Everest Panorama Trek

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You can use your extra time here in Nepal by doing many exciting activities like rafting, jungle safari, Bunje jumping, Mountain flights or simply enjoy the bustling streets of Kathmandu.

Altitude Profile



Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

Trek Duration:

Standard itinerary – 12 days. Can be shortened or extended depending on time and Fitness

We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 12 days Everest Panorama Trek
- + Guide and porter services
- + Food throughout the trip
- + KTM to Lukla flight & return
- + Airport pick up & drop off personally. For details see below.

Everest Panorama Trek

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Price: USD 1050 per person with group size of 2

Comfort Package:

As Basic and

+ 3* Hotel in Kathmandu

+ Sightseeing with guide. For details see below.

Price: USD 1165 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details.

Includes:

- + All airport transfers. We'll pick you up personally
- + 3N Accommodation in a quality 3* hotel with breakfast in Kathmandu [upgrade possible]
- + sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + mountain flight from KTM-Lukla & return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Personal clothing and equipment
- Personal travel insurance /medical/trip cancellation/rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Excess baggage charges over 30kg of personal luggage
- Any costs associated with early departure from the expedition
- Gratuities
- Tips for Guides & Porters
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt

Everest Panorama Trek

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+ **Hotel upgrade in KTM: [35 USD for 4* hotel, 90 USD for 5* hotel per night]**

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ **Optional Extended Route [continue to following destinations]**

If you prefer to extend the trip and continue to Gokyo via Cho La Pass or Rolwaling Tesi Lapcha Pass or if you would like to climb peaks then Island Peak, Mera Peak, Phacharmo Peaks offers are there rather than return to return to Lukla, this can also be arranged.

+ **Private Helicopter (750 USD for Kathmandu to Lukla)**

For a more adventure and experience ride from Kathmandu Lukla

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may

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want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu and USD 35 – 45 per day whilst trekking in the Everest region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious

Everest Panorama Trek

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Difficulty: Medium

emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good Trip...