



Everest Panorama Trek

URL: <https://naatatravels.com/trip/everest-panaroma-trek/>

Duration

11 Days Days

Per Person Cost

USD 1670

Difficulty

Demanding

Group Size

1-12

Maximum Elevation

3860 meters

Accommodation

3-star hotel in Kathmandu
and lodges in Luka and
Namche Bazaar

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and
all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Trip Overview

The **Everest Panorama Trek** is one of the most magnificent treks in the world. During this trek, the trekking enthusiast get chance to follow the footsteps of Sir Edmund Hillary and Tenzing Norgay. The pair who set off on their epic journey in 1953 and DID IT!

Everest Panorama Trek begins with a sightseeing tour of the historical and cultural temples, shrines, gompas, stupas and famous streets in **Kathmandu**. The real adventure embarks as you land in Lukla Airport: one of the most dramatic airstrips that has also been featured in National Geographic.

The ascent

Furthermore, As we ascent towards **Namche Bazzar** we experience abundance of diverse Flora and Fauna. Another highlight of this trip is the cultural trek into the picturesque Sherpa land of the Khumbu valley. A place where you'll get a glimpse on the life of 'mountain people'.

We continue our trek to Tengboche, our last point which stands at 3860 meters from sea level. Once we reach Tengboche there is a monastery and inside there is a 20-foot sculpture of Buddha with ornate wall hangings, musical instrument and robes of Lamas. Most important of all we can get unobstructed views

of Mount Everest and other famous mountain ranges. It is the Finally we trace our step back to Lukla for a return flight to Kathmandu. For a more luxurious trek you can opt for [Everest Luxury Trek](#)

Highlights of the trek

*Chance to enjoy the Ceremony in the **Tengboche Monastery** along with incredible view of 20-foot sculpture of Buddha, musical instruments and robes of the Lamas.*

A short trek that gives you panoramic views of mountains

Enjoy the magnificent scenery of the Himalayan range near the Khumbu region with four of the world's six tallest peaks including Mt. Everest, Mt. Lhotse, Mt. Makalu and Cho Oyu rising above everything visible.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu Sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Day : Fly to Lukla and trek to Phakding

We take an early morning flight to Lukla which is where all Everest treks begin. After we land in Lukla we meet the rest of the team including our porters and get set for the trek. We walk on a trail that gradually descends to Cheplung village from where we can get a brief view of Mt. Khumbila. It is a sacred mountain that has never been climbed. From here on we gradually descend until Phakding.

Time:

3-4 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2651 meters

Day : Phakding to Namche Bazaar

After having our breakfast we continue our trail which passes through a pine forest and goes through Benkar valley. We cross Dudh Koshi river and after passing through the village of Chumoa and Monjo, we reach the entrance of Everest National Park. The trail then ascends steeply and after ascending for a while we reach Namche Bazaar which is the biggest town of Everest region. We stay the night in Namche Bazaar.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3438 meters

Day : Namche Bazaar: acclimatization

We spend a day more in Namche Bazaar to acclimatize to the high elevation and the thinning air. We take a tour of the town which has everything in its locker like ATMs, internet cafes, restaurants, government offices etc. We also take a tour of Sagarmatha National park and enjoy the views of Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and many more. We also visit the Hillary School and monastery nearby which houses a yeti scalp. We can also hike to Khumjung village if time permits. We stay the night in Namche Bazaar.

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3438 meters

Day : Trek to Tengboche

The trail today continues along the gushing glacial waters of Dudh Koshi and we walk along moderately

difficult trek with the views of mountains are always there to help us with every step. Once we reach Tengboche there is a monastery and inside there is a 20-foot sculpture of Buddha with ornate wall hangings, musical instrument and robes of Lamas. Most important of all we can get unobstructed views of Mount Everest and other famous mountain ranges. We will also sit through a prayer ceremony either in the evening or in the morning of the next day according to the way our trekking goes through the day.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3860 meters

Day : Trek back to Namche Bazaar

We have our breakfast and follow the same trail back to Namche Bazaar. We leave behind the mountains as we start descending to Namche Bazaar. We stay the night in Namche Bazaar.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3860 meters

Day : Trek to Lukla

Today we return to Lukla and this is the last day we trek in our journey. Today we have plenty of time to bounce back on the days of our trek and cherish the personal as well as the team's achievement. We can relax, have a hot shower and have a few celebratory drinks and enjoy in the evening.

Time:

3 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3804 meters

Day : Morning flight to Kathmandu

We have an early morning breakfast and take a flight to Kathmandu. You can catch a last minute glance of the mountains and breathe a sigh of fondness. Upon our arrival to Kathmandu our representative will guide you to your respective hotel.

Accommodation

3-star hotel

Meals:

Breakfast and lunch

Altitude:

1350 meters

Day : Leisure day in Kathmandu

Today is a leisure day in Kathmandu. You can do last minute shopping or anything that you feel you have missed today. You also have an option to extend your trip. Tonight there will be a THANK YOU farewell dinner program where we can recall all the fond memories of our trip.

Accommodation

3-star hotel

Meals:

Breakfast and dinner

Day : Final Departure

The trip concludes today. A Naata Trek and Tours representative will drop you at Trivuvan International Airport for your departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Domestic flights (Kathmandu-Lukla-Kathmandu)
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Trek and Tour's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Lukla in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal