Everest View Trek

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Everest View Trek

URL: https://ascendhikes.com/package/everest-view-trek-nepal/

Destination
Nepal

Activity
Trekking

Start / End Point
Kathmandu to Kathmandu

Duration
8

Region
Everest Region Treks

Max. Altitude
3,867 m

Best Season
March to May, or mid September to November

Activity Per Day
5-7 hours

Per Person From
USD 975

Group Size
1 – 14

Trip Difficulty
Moderate

Accommodation
Guest house

BLD
Breakfast, Lunch and Dinner

Everest View Trek

The Everest View Trek is a popular trekking route in the Everest region of Nepal. It is a relatively shorter trek compared to the Everest Base Camp Trek but still offers breathtaking views of the world's highest mountain, Mount Everest, as well as other stunning peaks in the region. This Trek usually starts with a flight from Kathmandu to Lukla (but Ascend Hikes do that trip from Jiri as well), a small mountain airstrip. From Lukla, trekkers make their way through picturesque Sherpa villages, lush forests, and scenic landscapes. The route typically passes through Namche Bazaar, Tengboche, Khumjung, and other villages in the Khumbu region.

The Everest View Trek, also known as the Everest Panorama Trek, is a thrilling journey in Nepal's Khumbu region, offering trekkers breathtaking views of Mount Everest and towering Himalayan giants like Lhotse, Ama Dablam, and Nuptse. This moderately difficult trek is suitable for those seeking an unforgettable Himalayan experience without the strenuous challenges of reaching Everest Base Camp. The Khumbu region, rich in cultural heritage and natural beauty, is home to the legendary Sherpa people, known for their mountaineering expertise and warm hospitality.

As you traverse the Everest Panorama trails, you'll encounter charming Sherpa villages, traditional Buddhist monasteries, and the spirit of adventure that permeates the air. The highlight of the Everest View Trek is witnessing the majestic Mount Everest in all its glory from vantage points like Namche Bazaar, Tengboche Monastery, and the Everest View Hotel. The interplay of light and shadow on Everest's colossal form is an experience that transcends mere sightseeing, creating a profound connection with the raw power and beauty of nature.

Nestled at an altitude of 3,880 meters (12,730 feet), the Everest View Hotel holds the distinction of being the highest-altitude luxury hotel in the world. This haven offers a unique opportunity to experience the magic of the Everest region with unparalleled comfort and amenities. The Everest View Trek is dedicated to the Everest View Hotel, making it an unforgettable adventure for both seasoned trekkers and first-time Himalayan adventurers.

Trip Itinerary

Day 01: Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport in Kathmandu, you will be greeted by a representative who will assist you with the transfer to your hotel. Take the day to rest and explore the vibrant city.

Drive Distance
5-6 km

Drive Duration
a hours

Meals:
BB

Place:
Kathmandu

Accommodation:
Guesthouse

Day 02: Flight to Lukla (2,860m/9,383ft) and Trek to Phakding (2,652m/8,700ft)

Take an early morning flight from Kathmandu to Lukla, the starting point of your trek. After landing in Lukla, begin trekking towards Phakding, a small village located at an altitude of 2,652 meters. The trail offers beautiful views of the Dudh Koshi River and the surrounding landscapes.

Trek Distance:
9 km

Trek Duration
4-5 hours

Highest Altitude:
2,860m

Flight Hours:
30 minutes

Meals:
BLD

Place:
Phakding

Accommodation:
Guest house

Day 03: Trek to Namche Bazaar (3,440m/11,283ft)

Continue your trek from Phakding to Namche Bazaar, the main trading center of the Everest region. The trail takes you through lush forests, crosses suspension bridges, and offers panoramic views of the Himalayas. Namche Bazaar is a bustling Sherpa town with shops, restaurants, and stunning views of Everest.

Trek Distance:
11 km

Trek Duration
5-6 hours

Highest Altitude:
3,440m

Meals:
BLD

Place:
Namche Bazar

Accommodation:
Guesthouse

Day 04: Acclimatization Day in Namche Bazaar

Spend an extra day in Namche Bazaar for acclimatization. Use this day to explore the town, visit the local market, and hike to the Everest View Hotel for breathtaking views of Everest, Lhotse, and Ama Dablam. This helps your body adjust to the altitude and reduces the risk of altitude sickness.

Highest Altitude:
3800

Meals:
BLD

Place:
Namche Bazar

Accommodation:
Guesthouse

Day 05: Trek to Tengboche (3,867m/12,687ft)

Resume your trek and make your way to Tengboche. The trail passes through rhododendron forests and offers stunning views of the Everest region’s peaks. Upon reaching Tengboche, visit the famous Tengboche Monastery and witness the evening prayer ceremony.

Trek Distance:
10 km

Trek Duration
5-6 hours

Highest Altitude:
3,867m

Meals:
BLD

Place:
Tengboche

Accommodation:
Guesthouse

Day 06: Trek back to Namche Bazaar

Today, you will retrace your steps and trek back to Namche Bazaar. Enjoy the familiar trails, take in the surrounding beauty, and spend the night in Namche Bazaar.

Trek Distance:
10 km

Trek Duration
5-6 hours

Highest Altitude:
3440m

Meals:
BLD

Place:
Namche Bazar

Accommodation:
Guesthouse

Day 07: Trek back to Lukla

On the final day of your trek, hike from Namche Bazaar back to Lukla. This is your last chance to soak in the scenic views and reflect on your journey. Once you reach Lukla, celebrate the successful completion of your trek with your trekking crew.

Trek Distance:
17-18 km

Trek Duration
7-8 hours

Highest Altitude:
2860m

Meals:
BLD

Place:
Lukla

Accommodation:
Guesthouse

Day 08: Flight back to Kathmandu and Departure

Take an early morning flight from Lukla to Kathmandu. Upon arrival, you will be transferred to your hotel. Spend the rest of the day at leisure, exploring the city, or souvenir shopping. In the evening, you can enjoy a farewell dinner to celebrate your trekking adventure. On the next day, you will be transferred to the airport for your departure.

Drive Distance
5-6 km

Drive Duration
1 hour

Flight Hours:
30 minutes

Meals:
BB

Place:
Kathmandu

Accommodation:
Guesthouse

Day 09: Final departure

After all, complete your Everest view trek, our team will manage you to drop Trivuwan international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and Nepalese cultures. Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Cost Includes:

- Airport Pick up and drop.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- All the official expenses and paperwork (like Permit for peak climbing).
- All the domestic Flights and tickets (Ktm – Lukla – Ktm).
- Government license holder Ascend Hikes Experience English speaking Guide.
- A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.
- All the Government Taxes.

- All the Insurance of Guide and Porters.
- Farwell dinner in Kathmandu.

Cost Excludes:

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and others expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- All the accommodation and food before and after Trekking.
- Excess Baggage charge.
- Personal expenses: wi-fi, Battery charge etc…
- Staff tips
- All others things are Exclude which is not in the list of Include

Group Discounts Available

No. of Persons	Price per Person
1	USD 1,525
2	USD 1,095
3	USD 1,055
4	USD 975
5	USD 955
6	USD 925
7+	USD 903

Views from Everest view trails

Ascend Hikes organize One of the highlights of the Everest View Trek Nepal, the Tengboche Monastery, a significant Buddhist monastery located at an altitude of 3,867 meters (12,687 feet). This monastery offers panoramic views of Everest and its neighboring peaks, creating a stunning backdrop for trekkers and Everest View Trek is most popular trek in Everest region, which is wonderful experience beauty of the Everest Himalayan ranges views.

Everest View Trek

The Everest View Trek

while the Everest view trek doesn't take you all the way to Everest Base Camp, it still provides a wonderful opportunity to experience the beauty of the Everest regions Himalayan ranges. Trekkers can enjoy close-up views of peaks like Ama Dablam, Lhotse, Nuptse, Cholatse, Thamserku, and many more mountains' ranges among others. The trek also allows you to immerse yourself in the Sherpa culture, visit local villages, and interact with the friendly local people around the Namche Bazar and huge valley of Khumbu village.

Best time for this trip

The Everest View Trek is best during spring (March to May) and autumn (September to November) seasons due to favorable weather conditions, clear skies, and pleasant temperatures. These months offer an unforgettable adventure in the Khumbu region, allowing visitors to witness the majestic Everest and enjoy panoramic Himalayan vistas.

Things to carry

Here are the must necessaries equipment recommended to pack for the trekking to Khobra Danda trek.

Travel Documents to carry.

Valid Passport (incase some place you need it).

Debit/Credit Cards (For your own safety).

PP Size Photo (2 Pieces) (need for the permits).

Insurance paper and contact address (need for the rescues).

Family members / company's contact address.

Medical/First Aid.

Small First Aid Kid – Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.

Medications and prescriptions – Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

Head wear according as weather.

1. Sun Cap: to protect sun burn during the day trip.
2. Warm Hat: need for the high altitude to avoid cold.
3. Neck Gaiter (Scarf): protect your neck to keep warm.
4. Head lamps: remote area, most needed.

Footwear comfortable for trekking.

1. Normal Socks (3-4Pairs)
2. Warm Socks (1-2 Pairs)
3. Trekking Shoes: comfortable to hikes.
4. Sports Shoes: for the evening.
5. Slipper: a pair for the evening and the morning.

Eye care as your health condition.

1. Sunglasses: important to protect your eye.
2. Eye drop: better to have one.

Hand Wear.

1. Thin Fleece glove a pair: keep your hand warm.
2. Wind Stopper glove a pair: useful for high altitude.
3. Walking Stick: it helps a lot on the trekking.

Bag Packs,

1. Day Bag Maximum 35L for during the day hike.
2. Duffle Bag 40L -60L waterproof would be better.

Toilet and daily used things.

1. Hand sanitizer: to clean your hand.
2. Toilet Paper and Wet Tissue, it needed.
3. Toothbrush: it is daily used things.
4. Soap and Shampoos: you need every day in the mountain.
5. Towel: important to have one.

Budy Weare suitable for season.

Thermal Top Base Layer (2-3 pieces).

2. Fleece Jacket (1Piece).
3. Gore Tex Jacket (1 Piece).
4. Warm Jacket (1-2 Piece).
5. Insulated Down Jacket (1 Piece).
6. Cotton T-Shirt (2-4 Pieces).
7. T-shirt – Sport- quick dry and breathable (1-2/1-2 Pieces).

Lower part of Body wear.

1. Thermal Layer (1 Piece)
2. Fleece Trouser (1piece)
3. Light Trekking Pant (1-2 pieces)
4. Quick dry Trekking Pants (2-3 Pairs)
5. Half pants (1-2Pieces)
6. Under Wear (3-4 pieces)

Miscellaneous.

1. Pocket Knife (Swiss): travelling knife is must important.
2. Umbrella / Raincoat: if it is rain would be useful.
3. Nail Cutter: in the mountain most useful.
4. Altimeter Watch: to discover altitude.
5. Power Bank: in the remote area, must needed,
6. Camera, your future memories.

Water Drinking bottle and Sleeping Bags

Frequently Asked Questions

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What is the best time to do the Everest View Trek?

The best time for the Everest View Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear skies, and moderate temperatures, making it ideal for trekking. However, the trek can also be done in the winter (December to February) and summer/monsoon (June to August), but the weather conditions can be more challenging and less predictable.

Do I need a permit for the Everest View Trek?

Yes, you need to obtain permits to trek in the Everest region. The two main permits required are the Sagarmatha National Park Permit and the TIMS (Trekkers' Information Management System) card. These permits can be obtained through a registered trekking agency in Nepal or the Nepal Tourism Board in Kathmandu.

What is the level of difficulty for the Everest View Trek?

The Everest View Trek is considered a moderate trek. While it doesn't require technical climbing skills, it

involves trekking at high altitudes and requires a reasonable level of fitness. The trail includes uphill and downhill sections, and the altitude can pose a challenge for some trekkers. It’s important to acclimatize properly, stay hydrated, and maintain a steady pace throughout the trek.

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Are accommodations and meals available along the trekking route?

Yes, there are tea houses and lodges available along the Everest View Trek route. These provide basic accommodation with twin-sharing rooms and communal dining areas. The tea houses offer a variety of meals, including local Nepali dishes, as well as international cuisine such as pasta, soups, and snacks. However, as you go higher in altitude, the options may become more limited.

Is it possible to hire a guide or a porter for the trek?

Yes, it is possible to hire a guide or a porter for the Everest View Trek. Hiring a guide can provide you with valuable insights into the local culture, help with navigation, and ensure your safety. A porter can assist in carrying your backpack, allowing you to trek with less weight on your shoulders. Hiring a guide or a porter can be arranged through a trekking agency or independently in Kathmandu or Lukla.

What are the risks and challenges associated with the Everest View Trek?

Altitude sickness is a significant risk when trekking in the Everest region. It’s important to acclimatize properly and listen to your body. Other challenges include changing weather conditions, steep and rocky trails, and the physical demands of trekking at higher altitudes. It’s essential to be prepared, pack suitable gear, and trek with a reputable agency or experienced guide.

Useful Information

Visa Requirements:

Most travelers to Nepal require a visa to enter the country. You can obtain a tourist visa upon arrival at the Tribhuvan International Airport in Kathmandu or apply for it in advance at the Nepalese embassy or consulate in your home country.

Travel Insurance:

It is highly recommended to have travel insurance that covers high-altitude trekking and climbing activities. Make sure your insurance policy includes emergency medical evacuation, as well as coverage

for trip cancellation, lost luggage, and other potential incidents.

Flights to Lukla:

The journey to Island Peak typically begins with a flight from Kathmandu to Lukla, the nearest airport to the Everest region. Flights to Lukla are operated by domestic airlines and are subject to weather conditions. It's advisable to book your flights in advance and be prepared for possible schedule changes or delays.

Accommodation in Kathmandu:

In Kathmandu, you'll find a wide range of accommodation options, ranging from budget guesthouses to luxury hotels. Thamel is a popular area for tourists and offers a variety of hotels, restaurants, and shops.

Local Currency and Expenses:

The local currency in Nepal is the Nepalese Rupee (NPR). It's recommended to carry some cash for small expenses, as credit cards may not be widely accepted in remote areas. ATMs are available in Kathmandu, but they may be limited in other locations. It's also advisable to carry small denomination USD bills as they can be easily exchanged.

Communication and Internet:

Most major towns and trekking routes in Nepal have access to mobile networks and internet services. Local SIM cards can be purchased in Kathmandu for better connectivity during your stay. However, keep in mind that the availability of network coverage and internet speeds may vary in remote mountainous areas.

Health and Vaccinations:

Prior to your trip, consult with a healthcare professional or travel clinic for up-to-date information on recommended vaccinations and health precautions for Nepal. Common vaccinations include those for hepatitis A and B, typhoid, tetanus, and influenza. It's also important to bring any necessary medications and a basic first aid kit.

Responsible Trekking:

Practice responsible and sustainable trekking by respecting local customs and traditions, preserving the environment, and supporting local communities. Carry out any trash you generate, use designated teahouses or lodges for accommodation, and hire local guides and porters to contribute to the local economy.

Address

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