- Halfway of Everest base camp trekking.
- Explore beautiful Sherpa village with a Buddhist culture.
- Enjoy the stunning view of world's highest mountains above 8000 meters: Everest, Lhotse and neighbor mountain Amadablam, Thamserku, Nuptse.

Everest view trekking is the most famous trekking in Nepal, also known as Everest Panorama trekking, Located in the Khumbu region. This short and easy trek is designed for those who have limited time. This trek can organize for a whole year. The Everest sunrise trekking is the half part of Everest base camp trekking. This trail follows the established route Sagarmatha national park. Probably, Everest view trekking best destination in Nepal.

Everest view trekking offers amazing snow-covered world highest Mountain View above 8000 meters: Everest (8848m) Lhotse (8516m) as well as Neighbor Mountain like Amadablam (6812m) Nuptse (7861m) Thamserku (6623m). Friendly Sherpa people live in the Khumbu region and explore Buddhist culture in different monasteries, Tengboche monastery is the famous monastery in this trek, rocky valleys, alpine forests and meadows, Mountain scenery with beautiful Sherpa village. Khunde and Khumjung village established the first hospital and school by Sir Edmund Hillary.

One of our clients explains to us his experience. "Early morning in Tengboche, the back door was open towards the view of Mount Everest, Amadablam, and the other peaks of the Himalayas. It was so beautiful with snow-capped mountains and the sky was full of stars. I think that was one of the most magical moments" Glacier Adventure Company carefully design itinerary make your holidays unforgettable. We have many successful records in the Everest view trekking.

Trip Facts

Price:
USD 1230

Duration:
11 days

Activities:
Hiking & Trekking, Tours & Sightseeing

Accommodation:
Teahouse (Lodge to Lodge)

Meals:
Breakfast in Kathmandu/ All the meals during trekking

Max. Altitude:
3870m Tengboche

Group Size:
Minimum 1

Best Season:
February, March, April, May, September, October, November & December.

Daily walking Hour:
5 to 7 hours

Transportation:
Car/Van/Plane

Route Map

Lhotse
Mount Everest
Nuptse
Chotlatse
Island Peak
N
W
E
S
Tawaste
Amadablam
Tengboche 3870m
Khumjung 3840m
Thamserku
Namche Bazar 3450m
Jorsale 2950m
Phakding 2650m
Lukla 2850m
Kathmandu
1300m

Day to Day Itinerary

Day 1:Arrival in Kathmandu (1300m)

Accommodation: Hotel | **Meal:** Welcoome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2:Kathmandu sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. The traveler meets Trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3:Kathmandu to lukla to Phakding(2650m)

Walking hr: 3hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, Brand new day. Travelers are entering Sherpa Land. Early morning after breakfast drive to Kathmandu airport, then short flight (40m) from Kathmandu to Lukla with beautiful mountain scenery. After Lukla, the trail descends until Thado Koshi then ascends to Phakding. Explore Amazing Sherpa village with beautiful mountains.

Day 4:Phakding to Namche(3450m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the exciting day for the travelers. First-time trekkers see Mt. Everest. After breakfast trekkers start walking for Namche. The trail follows the Dudh Koshi River and cross suspension bridge several times to reach Jorshalle. The Jorshalle is the entrance place to Everest National Park When the cross Hillary Bridge, then trail ascends until Namche. Namche is a beautiful village surrounded by beautiful mountains.

Day 5:Namche Acclimatization day!

Accommodation: Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a acclimatized day for adjusting the thin air. Namche is the main center of the Everest view trekking. There are a government office, Banks, ATM, Shops and Restaurants. After breakfast traveler goes for hiking to Khumjung Village (3840m) through Sangboche airport and Everest view hotel. On the way, the traveler enjoys with the blend of traditional customs of Sherpa indigenous peoples, views of snow-capped Himalayan range like Mt. Everest, Lhotse, Thamserku, and Amadablam.

Day 6:Namche to Tengboche(3870m)

Walking hr: 5hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Tengboche. The trail ascending until Sanasa than trail descends until Phugi Thaga after that the trail ascending until Tengboche through pine and rhododendron forest. This place has the biggest monastery in this region. The traveler sees the beautiful mountain views Mt Everest, Lhotse, Nuptse, Amadablam, Thamserku among many others.

Day 7:Tengboche to Monju (2950m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Tengboche is the final place on this trek. Early in the morning sees the sunrise golden mountain views back to the hotel then start walking. The trail descends to Fugi Thanga, cross the bridge, then the trail ascending to Namche. Take a lunch in Namche then the trail descending to Monju. Enjoy the same panoramic mountains views Everest, Lhotse, Nuptse, Amadablam and many others. Today is the last day to see Mt Everest below Namche.

Day 8:Monju to Lukla (2850m)

Walking hr: 5hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast trekkers start to walk. Today is the last day of your adventure Everest base camp trekking. The trail descends to Thado Koshi after that the trail ascending to Lukla. When reaching Lukla re-confirm ticket and visit around Lukla in the evening time.

Day 9:Lukla to Kathmandu (1300m)

Accommodation: Hotel | **Meal:** Breakfast & Lunch

Early in the morning after breakfast walk to Lukla airport, then the short flight to Kathmandu, transfer to hotel in Kathmandu, Your adventures finished take a rest and relax. Enjoy the day.

Day 10:Leisure day in Kathmandu (1300m)

Accommodation: Hotel | **Meal:** Breakfast & fare well Dinner

Today is leisure day, in case of bad weather in Lukla. If, Trekkers cannot fly on scheduled date and time from Lukla to Kathmandu. Free time to go shopping, the souvenir to your family members and friends. Enjoy the day.

Day 11:Departure day

Meal: Breakfast
We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Everest view trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they can change the best one of the whole group.

Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation two/three star hotel in Kathmandu breakfast included (4 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour Guide and Entrance fees
- Government license experience English speaking Guide. Two People one porter and 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Sagarmatha National Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Kathmandu to Lukla to Kathmandu/ airport tax
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Mineral water or boiled water, shower)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses not included in Price.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of the early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and the early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Everest views trekking located remote area in the Khumbu region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Everest view trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Everest view trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted safe Everest view trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Everest view Trekking is a remote mountain in the Khumbu region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Everest view trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.
First aid course.
Conservation &Biodiversity

Porter care

Trekking is adventures. Porter's job is a hard working job. They carry trekker suppliers and baggage that makes a journey easy and comfortable into the remote mountains of the Khumbu region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Everest view trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

Glacier Adventure Company Pvt. Ltd.