

## EVEREST VIEW TREK



The **Everest view Trek** is an excellent alternative short trek in the Everest region. We gradually hike into Khumbu valley with the visit to authentic Sherpa capital of Namche Bazaar whilst being surrounded by stunning mountain panorama, Sherpa village, Monasteries, and valleys. This fabulous trek offers a real insight lives of the [Sherpa people of Everest](#). The trek begins from Lukla and walks up to Tengboche (3,870m/ 12,694ft), where the world highest monastery is located. This is the highest altitude village you can reach on Everest Tengboche, where we get some of the best views of the world's highest peak mount Everest as well as other eight thousander peaks. Tengboche is well-known tourist destination in Everest popular for the view of some of the most amazing landscapes on the planet. **Everest short view trek** is ideal for any weekend hillock trekkers who love being close to Himalayas views and especially wishes to enjoy the view of Everest while also having a short and comparatively easy trek in Everest area.

If you want to know other trekking options, we also have many alternative trekking routes itinerary in Everest regions as per the interest and preferences of each trekker. If you wish to do quite longer trek than Everest view our 17 days [Everest base camp trek](#) would be a perfect choice. This is one of the most popular treks in Khumbu regions. Gokyo Valley trek is another highly recommended beautiful trek in Everest region. If you are physically fit and would like to do high pass trek then [Gokyo Chola pass Everest base trek](#) would be the best option.



Activity Levels:

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

11 days

### AT A GLANCE

- Everest view trek is a Moderate Adventure Trek. This is your ideal venture into the Khumbu for those who want short trek

- Everest mid-hill trek is full of landscapes, mountain culture with a taste of the gentle wild.
- Six days on paths where legends once tread, & it's these trails that take you up to the peak of all Peaks.

### **Cost Includes**

- Healthy meals during entire trek: 3 times
- Best Mountain Lodge with hot shower on trek
- Flight Kathmandu-Lukla-Kathmandu
- All airport transfers by Private vehicle
- Expert Local Sherpa guide: Certified by Gov.
- Necessary Porters: 1 porter between 2 people
- Best 3/5 Star Hotel room in city with breakfast
- Welcome dinner at Authentic Restaurant
- MST kit bag, Group medical kit & trekking Map
- Sleeping bag, Down Jacket & company t-shirt
- Private vehicle for ground transportation
- All park entrance fees and trekking permits
- Guides and porters pay, meals and insurance
- Full day sightseeing tour of Kathmandu city

### **Cost Excludes**

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu: \$7-10 per Meal
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter
- Battery Charges & internet on trek
- Unforeseen Cost such as Flight Cancellation

## **ITINERARY**

### **Day 01: : Kathamandu (1,300m/ 4,264ft) transfer to Hotel**

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Mountain Sherpa Trekking & Expeditions display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa Culture. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you can enjoy the best Nepali food and cultural show. Dinner included overnight stay at hotel in the Kathmandu.

### **Day 02:: Kathamandu (1,300m/ 4,264ft) overnight stay at hotel**

After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. After this you will visit Living goddess home and Kathmandu Durbar square. Locally this, Old royal palace area is called Basantapur Area or Hanuman dhoka Durbar Square. Our next sightseeing will be at Buddha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant. After Lunch, we will visit Hindus temple

Pasupatinath and tour for today is finished. It normally takes 5-6 hours tour to visit all these 4 monuments within Kathmandu city. Afternoon free for packing for trek and getting ready. Breakfast included. Overnight stay hotel in the Kathmandu.

**Day 03:: Kathamandu - Lukla- Phakding (2,652m/ 8,700ft)- overnight stay at Mountain Lodge**

Estimated time: 3-4 hours estimated height gain: ~1352m/ 4436ft Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called "trekking peaks". Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding where we will stay overnight. All meals included. Mountain Lodge accommodation.

**Day 04:: Trek to Namche Bazaar (3,440m/ 11,280ft)- overnight stay at Mountain Lodge**

From Phakding we follow the valley of the Dudh Kosi River, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola River and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m).

**Day 05:: Namche Bazaar- overnight stay at Mountain Lodge**

Acclimatization is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar (5 hrs). If you are physically well for Acclimatization, you could trek up to THAME Sherpa Village and return to Namche. All meals included. Mountain Lodge accommodation.

**Day 06:: Trek to Tengboche (3,870m/ 12,694ft)- overnight stay at Mountain Lodge**

The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m. The view from here is rightly deemed to be one of the world's most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablam, Kantega and Thamserku provide an inspiring panorama of Himalayan giants. We will spend the night in Tengboche village. All meals included. Mountain Lodge accommodation.

**Day 07:: Trek back to Manju or Phakding (2,840m/ 9,315ft)- overnight stay at Mountain Lodge**

This is easy day and short day. All the way descend via Namche bazaar. You can spend time around Everest view hotel at Khumjung and take lunch at Namche and slow trek down to Manju. All meals included. Mountain Lodge accommodation.

**Day 08:: Manju- Lukla (2,860m/ 9,383ft)- overnight stay at Mountain Lodge**

Finally we return to Lukla where the trek begin, the route gently easy toady. All meals included Overnight stay Mountain

Lodge accommodation.

**Day 09:: Lukla- Kathmandu- overnight stay at Hotel**

After breakfast, fly to Kathmandu (this is scenic flight of 35 min). Drive to Hotel and easy day at Kathmandu city for rest day or shopping. Breakfast included.

**Day 10:: Kathmandu- overnight stay at Hotel**

This is actually an extra night stay at Kathmandu in case flight delayed to Lukla- Kathmandu due to bad mountain weather or any other problems. This extra night in Kathmandu will always safe from any delays or problems. If you have very limited time, you can still customize trek program. Breakfast included.

**Day 11:: Depature**

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime. Breakfast included.

## ACCOMMODATION



4 Nights Deluxe accommodations in Kathmandu at 3 Star/ 5 Star Category Hotel as per itinerary



6 Nights best Mountain lodge comfortable room with attached bathroom & hot shower where available



All accommodation is on a twin sharing basis [Single rooms can be organized during trek with extra cost]



For the 4 Nights hotel in Kathmandu single rooms are available at a supplementary cost.

**What kind of food I can expect during lodge trek??**

----- **Morning Breakfast [6:30-7:30 AM]** -----

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet etc
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread etc
- Porridge with Honey, musli with milk etc

----- **Afternoon Lunch [12:30 - 1:00 PM]** -----

- Curry with Rice, Pasta, Noodles item, fried rice and fried Potatoes, Mo.Mo etc

----- **Evening Dinner [6:00-8:30 PM]** -----

- Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal bhat tarkari - a soup of lentils with rice and a vegetable curry, Lassani, Pizza, Home Made Pasta etc
- Fried potatoes with vegetables, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse



**Extra special from Mountain Sherpa Trekking** 😊

👍 Enough boiled water after dinner

👍 Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant

----- **Safe Drinking Water** -----

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

## VITAL INFORMATION

### \*\*\*\*\* Climate and Seasonality \*\*\*\*\*

Nepal is subject to monsoon which determines the choice of trekking areas depending on the season: Spring Seasons [March to May] is ideal to watch the explosion of vegetation, including rhododendrons, and from around the [Annapurna sanctuary trek](#) to [Everest base camp trek](#), Generally clear skies in the morning, marked cloudiness in the late afternoon. The more we advance towards the month of May (monsoon), the more clouds rise early.

[Mid September to November] This is the main trekking season in Nepal. Day temperatures in Kathmandu are approx. above 20degC. Skies are usually clear and days on trek are sunny and mild with clear mountain views. Nights will be colder with temperatures dropping as low as to -5degC at the higher altitudes.

Summer Season Starts from June to September. [Dolpo trekking](#) and [Mustang trekking](#) of Nepal, and Tibet tour can be done in the monsoon.

Winter, from Mid December to late February, the cold is dry, the clear sky, the sunshine ... Many benefits without the tourist season. For example, a short trek like [chisopani and Nagarkot Trek](#), [Ghorepani poon hill trekking](#), Ghandruk Village trek would ideal for Winter Treks.

### \*\*\*\*\* Travel Insurance \*\*\*\*\*

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses.

For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage. You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the trip.

## FAQS

### How Fit Do I Need to Be to Do the Everest Base Camp Trek?

Everest view trek is a moderate Adventure Trek. But, a reasonable level of fitness is required .If you are relatively fit and don't have time for longer trek. This short Everest view trek in Khumbu would be ideal options. There are few steep ascent and descents walking. So, this trek isn't suitable for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor. We suggest you to do some physical fitness programs such as running, swimming, hiking before embark on your journey.

### What sort of accommodation can I expect in Kathmandu and in trekking?

We use standard rooms at quality hotels in Kathmandu with breakfast included. Along the Everest View trek routes, mountain lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room.

### Do your guides have trekking guide license and first aid training for high altitude?

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our [Trekking Guides Profiles](#) and Training Certificates.

### Is Mountain Sherpa trekking staff insured?

Our company insures all our trekking staff members, including guides, cooks, Sherpas and porters. Please browse though Company Information pages to view insurance details.

### Should I Buy My Gear at Home or in Nepal?

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gears in Kathmandu.

You also rent out down gear and sleeping bags, which are the most sensible option if you don't think you'll be using them again for a while.

## WHY BOOK WITH US

### CUSTOMER SERVICE CHARTER

Mountain Sherpa Trekking & Expeditions are committed to providing excellent service. We will provide all the necessary help and support to ensure an enjoyable trip for you. Where we can, our focus is travelling sustainably to offer you a meaningful and low impact journey through Nepal.

We are committed to remaining honest and transparent to our clients, providing one on one consultation up until departure. We expect our clients to take advantage of this service either face to face or over the telephone/Skype to ensure a well prepared tour, we also provide pre-departure group briefings and look forward to any post-departure feedback. All of our



previous clients have been highly satisfied with our service and it is important to us to maintain this in the years to come. Nepal is a land of many surprises and Mountain Sherpa trekking & Expeditions does our best to set the right expectations of the places, people, systems and services you may come across while visiting Nepal.

### **CARE OF STAFF & PORTERS**

- All of our staff; tour, trekking & climbing guides, porters and other crew are insured for the journey.
- Our porters are well looked after and our company abides by a maximum carry load of 30kg per porter.
- Our staffs are regularly trained in different skills and competencies that are valuable during the trek or tour.
- Our staff also participates in volunteering activities throughout the year in rural Nepal.

### **SHERPA CHILDREN EDUCATION FUND**

Mountain Sherpa trekking & Expeditions works closely with & is one of the main supporters of Mountain Sherpa Foundation, a non-political and non-profit social organization. Our foundation provides much-needed head start scholarships to less fortunate Sherpa children. In Nepal many children grow up in remote mountain villages, deprived of basic education. The Mountain Sherpa Foundation mission is to help the next generation find their way to a brighter future. For every booking of your trip, a small donation is made to this fund to provide full education scholarships to children. So far, we have 7 children in our program, and it grows every year. By doing this, we honor the dreams of our elders to make a better world. Although the Mountain Sherpa foundation is supported by Mountain Sherpa Trekking & Expedition, we always welcome kindness of friends. For more details visit: [Mountain Sherpa Foundation](#)

### **LOCALS SHERPA GUIDES & STAFF**

Mountain Sherpa Trekking & Expeditions employee expert local Sherpa guides & staff. So, we assure 100% safety & guaranteed successful trip in Himalaya with us. We utilize as many local resources as possible, including local Sherpa guides and produce. With sustainability a main focus of ours, we do promote the new destinations to tourists which will in turn maximize the benefits for the local people of Nepal. We encourage the Nepali locals to preserve their culture and communities by sharing with them the understanding of the benefits of sustainability.