Everest adventure Tour

3 Star Hotel Package

1799USD per person

*Including healthy meals

5 Star Hotel Package

1899USD per person

*Including healthy meals

Trip Style: Trek + Raft + Safari

Trip Difficulty: Moderate +3

Our Everest Adventure Trek and Tour is specially designed for those who crave a multi-adventure experience, combining trekking, rafting, city tours, and wildlife safaris all in one unforgettable trip.

1. **Kathmandu City Tour Kick-Start:** Your **Everest adventure** journey begins with a full day exploring the vibrant city of Kathmandu. This bustling metropolis is steeped in history and culture, offering you a chance to dive into the heart of Nepal before embarking on your epic journey.
2. **Trekking in the Khumbu Valley:** After your time in Kathmandu, you'll hop on a flight to Lukla to commence a thrilling six-day trek in the incredible Khumbu Valley. Guided by our expert local Sherpa guides and team, you'll trek up to Tengboche Monastery, situated at a breathtaking 3,867 meters (12,687 feet). From this vantage point, you'll be treated to awe-inspiring views of the world's tallest peak, **Mount Everest**, and its majestic companions. During your six-day trek, you'll immerse yourself in the world of the incredible Sherpa people, explore the charming Sherpa villages of **Namche Bazaar, Khumjung, and Khunde**, and enjoy a tea break at the world's highest hotel, the Everest View Hotel. The views here are nothing short of breathtaking.
3. **The Sherpa Community:** As you embark on your trek through the Everest region, you'll have the unique opportunity to meet the legendary Sherpa people, an indigenous ethnic group renowned for their incredible mountaineering skills, unwavering resilience, and rich cultural heritage. These remarkable individuals call the rugged and challenging terrain of the Khumbu Valley their home, and they have made an indelible mark on the world of mountaineering.
4. **Pokhara's Peaceful Beauty:** Following your trek in the Everest region, you'll board a flight to Pokhara, one of the most enchanting cities in the world. Nestled 200 kilometers west of Kathmandu, Pokhara offers a serene environment with panoramic views of the Annapurna range, including the majestic Dhaulagiri, the seventh-highest mountain on Earth.
5. **Trisuli River Rafting:** But the adventure doesn't stop there! Get ready for a thrilling white-water rafting experience on the Trisuli River. With its exciting rapids, stunning scenery, and wildlife-spotting opportunities, Trisuli's white-water rafting is among the best in the world. After an exhilarating day on the river, you'll spend the night at a tented camp.
6. **Chitwan's Wildlife Safari:** From Trisuli, you'll be transferred to Chitwan, home to Chitwan National Park, a UNESCO World Heritage Site. This well-preserved wildlife habitat in Asia is a sanctuary for a wide range of wildlife, including tigers, rhinoceros, elephants, leopards, and countless bird species. The critically endangered one-horned rhinoceros is a star attraction, and Chitwan is one of the few places in the world where you can observe these magnificent creatures up close.
7. **Kathmandu Farewell:** Finally, after your Chitwan adventure, you'll fly back to Kathmandu for a last-day exploration of ancient cities like Patan and Bhaktapur. Meet locals, savor local cuisine, pick up souvenirs, and, in the evening, enjoy a heartwarming farewell dinner.

This **Everest adventure trek and tour** isn't just a journey; it's a once-in-a-lifetime experience that you'll treasure forever. Come and explore Nepal with local Sherpa experts like never before. Keep in mind that the itinerary can be customized to suit your holiday duration and interests. Your adventure awaits!

DURATION: 15 days

ITINERARY

Day 01:: Arrival in Kathmandu and Transfer to Hotel (1340M)

On a crystal-clear day, your journey to the heart of Nepal begins with a breathtaking flight into Kathmandu. From the airplane windows, you'll be greeted by the mesmerizing sight of snow-capped peaks stretching as far as the eye can see, an awe-inspiring prelude to the unforgettable adventures that await.

Upon your arrival at Tribhuvan International Airport, you'll receive a warm welcome from our team at **Mountain Sherpa Trekking and Expeditions.** They will be there to ensure your smooth transition to the beautiful city of Kathmandu. Our representative will guide you through the airport procedures and accompany you to your selected hotel.

Once you've checked in and had some time to refresh, the remaining hours of the day are at your leisure, providing the perfect opportunity to explore your surroundings and acclimate to the unique atmosphere of Nepal.

As the day comes to a close, you'll retire to your comfortable accommodations, knowing that your journey with us has begun in the best possible way. Our team is dedicated to making this an unforgettable experience for you. Welcome to Nepal, and get ready for the adventure of a lifetime.

5 *Hotel: Yak and Yeti or Marriott Hotel

3* Hotel: Sampada Garden Resort or Nomad hotel

Day 02:: Full Day guided sightseeing of Kathmandu City.

Your second day in Nepal is a vibrant immersion into the rich history and spirituality of the Kathmandu Valley. After a hearty breakfast, we embark on a full-day sightseeing adventure, exploring the city's renowned World Heritage Sites.

1. Swayambhunath - The Monkey Temple: Our journey begins at the iconic Swayambhunath Stupa, affectionately known as the Monkey Temple. Here, you'll not only be captivated by the stunning architecture and ancient religious significance but also share the space with the playful resident monkeys.

2. Kathmandu Durbar Square: Next, we venture to the enchanting Kathmandu Durbar Square, a UNESCO World Heritage Site that will transport you back in time. Explore the historic Hanuman Dhoka Palace, Kumari Ghar, the residence of the Living Goddess - Kumari herself, and immerse yourself in the local markets, where you can interact with the warm-hearted locals.

3. Boudhanath - The Giant Stupa: We continue our journey to the colossal Boudhanath Stupa, one of the largest in the world. Here, we take a break for a delightful lunch at a rooftop restaurant that offers panoramic views of the Langtang and surrounding peaks.

4. Pashupatinath - Holiest of Hindu Sites: Our final stop for the day is the sacred Pashupatinath Temple, a place of deep spiritual significance for Hindus. As you explore the temple complex, you'll witness the vibrant rituals and ceremonies that take place on the banks of the Bagmati River.

After this enriching day of exploration, we return to your hotel to refresh and unwind. In the evening, you have a choice: savor a cultural dinner at a local authentic restaurant with a mesmerizing cultural show, or opt for a more intimate experience by having dinner with a Sherpa family. This unique opportunity allows you to delve into Sherpa culture and savor authentic Sherpa and Nepali cuisine.

As the day comes to a close, you'll retire to your comfortable hotel, filled with the vibrant memories of your cultural journey through the heart of Kathmandu. An unforgettable adventure awaits you tomorrow!

5 *Hotel: Yak and Yeti or Marriott Hotel

3* Hotel: Sampada Garden Resort or Nomad hotel

Day 03:: Fly to Lukla (2840M) & Trek to Phakding (2800M) - Approx. Trek 4 hrs.

On this day, we begin the thrilling leg of your journey. We'll take a scenic flight to Lukla (2780m), the gateway to the legendary Everest Base Camp. Upon landing, our diligent team of porters will assist in carrying your luggage, ensuring a hassle-free experience.

As we set out, the trail unfolds before you, and you'll have the opportunity to admire the picturesque Sherpa settlement of Choplung. The path winds alongside the Dudh Koshi River valley, offering stunning views. Our journey continues, gently ascending to the village of Ghat (2530m) before reaching our final destination for the day, the welcoming village of Phakding.

Here in Phakding, you can relax and recharge for the adventures that lie ahead. Your stay includes all meals, allowing you to savor the flavors of the region and prepare for the next leg of your remarkable journey. Rest well, as we have more exciting experiences awaiting us on the morrow.

Best Available Sherpa Lodge accommodation

Day 04:: Trek to Namche Bazaar (3440M) - Approx. Trek 6 hrs.

After a hearty breakfast, our journey takes us through the enchanting pine forest, leading us alongside the Dudh Koshi River. Along the way, we'll traverse numerous suspension bridges and pass through Sherpa settlements like Benkar, Manjo, and Jorsale. As you continue your ascent, you'll be treated to glimpses of the serene Mt. Thamserku (6618 m) after crossing the check post.

The path then follows the riverbed of Dudh Koshi to the confluence of the Bhote Koshi and Dudh Koshi rivers, offering a breathtaking view of Mt. Everest and the Nuptse-Lhotse ridge that will leave you in awe. After about a 3-hour ascent through the captivating pine forest, we'll finally arrive at the prosperous trading and administrative hub of Namche Bazaar.

Here in Namche Bazaar, you'll rest for the night at a cozy lodge, surrounded by the stunning Himalayan landscape. Your adventure is just beginning, and the wonders of the region will continue to captivate you. Enjoy a well-deserved rest and recharge for the days to come.

Best Available Sherpa Lodge accommodation

Day 05:: Acclimatization/rest day at Namche - Approx. hike 3 hrs.

Today, in the vibrant hub of Namche Bazaar, we take a vital pause to acclimatize ourselves to the high altitude of 3,440 meters (11,286 feet). As seasoned Sherpa experts, we strongly recommend spending two nights in Namche Bazaar to allow your body to adjust effectively before proceeding to Tengboche.

After a nourishing breakfast, our experienced Sherpa guide will lead you on an exhilarating day hike that takes you even higher above Namche Bazaar. This day's adventure will introduce you to two of the most picturesque Sherpa villages, **Khunde (3,840 meters or 12,598 feet**) and **Khumjung (3,790 meters or 12,434 feet)**. As you ascend, you'll have the chance to visit the world's highest-located hotel, where you can savor a cup of coffee or tea while gazing at the mesmerizing beauty of Mt. Everest. The view also encompasses the majestic Ama Dablam, Thamserku, Khaantaiga, and the surrounding wonders of the Khumbu Valley.

In the afternoon, we'll return to our lodge for a rejuvenating hot shower and some well-deserved refreshment. You can relish a hot and hearty meal in the evening, ensuring you're energized and prepared for the incredible journey that lies ahead. Acclimatization is a crucial step, and our experienced team is dedicated to your safety and comfort. Enjoy this day of exploration, and get ready for more unforgettable experiences on the horizon.

Best Available Sherpa Lodge accommodation

Day 06:: Trek to Tengboche Monastery (3860M) - Approx. hike 4-5 hrs.

Today, after a satisfying breakfast, we embark on our trek. The trail begins fairly flat, offering breathtaking vistas of some of the world's most renowned peaks, including Mt. Everest, Ama Dablam, Nuptse, and Lhotse, while granting us up-close encounters with Thamserku and Khangtaiga.

As we continue, we may be fortunate enough to spot the region's wildlife, such as musk deer and vibrant pheasants. The trail gradually descends to the banks of the Dudh Koshi River, where a mesmerizing chain of prayer wheels awaits. Crossing the river via a bridge, we face a challenging ascent through fragrant pine and juniper forests, ultimately leading us to Tengboche.

As we reach Tengboche, the backdrop is adorned with the grandeur of Ama Dablam, Nupte, Mt. Everest, and a multitude of other majestic peaks. Here, the renowned Gomba, or Tengboche Monastery, comes into view, adding to the cultural and natural marvels of this journey.

Tonight, we'll rest in a comfortable lodge, surrounded by these remarkable landscapes. All your meals are included, ensuring you have the sustenance needed for the adventure at this elevation. Tengboche, situated at approximately 3,870 meters (12,697 feet), is a significant point on your journey.

Tengboche is indeed one of the best viewpoints for Mt. Everest, offering a spectacular and unobstructed view of the world's highest peak. While gazing at Mt. Everest from Tengboche, you can also feast your eyes on several other stunning mountains in the region. Some of the prominent peaks visible from Tengboche include Ama Dablam, Nuptse, Lhotse, Thamserku, and many more, making it a panoramic paradise for mountain enthusiasts.

Best Available Sherpa Lodge accommodation

Day 07:: Trek to Manjo (2800M) - Approx. Trek 6-7 hrs.

The trek from **Tengboche to Manjo** is a scenic journey in Nepal's Khumbu region. After witnessing a stunning sunrise over the Himalayas and having breakfast, you'll start your descent from Tengboche through lush forests of rhododendron and pine trees, with breathtaking views of Ama Dablam and other peaks.

The trail leads you to Namche Bazaar, a bustling Sherpa town and trading hub with plenty of places to rest and refuel. You'll cross several exhilarating suspension bridges over the Dudh Koshi River, offering stunning river and landscape views.

Passing through charming Sherpa villages like Jorsalle, you'll have opportunities to interact with locals and experience their way of life. The trail closely follows the banks of the Dudh Koshi River, creating a serene and spiritual atmosphere with prayer wheels and mani stones.

After a day of trekking, you'll arrive in Manjo, a peaceful village in the heart of the Khumbu region, where you can rest and enjoy the tranquility. The trek involves an elevation descent from Tengboche (3,870 meters) to Manjo (2,835 meters). The distance is approximately 10-12 kilometers, and it takes 6-7 hours, depending on your pace and stops.

This journey offers a mix of natural beauty, cultural experiences, and a glimpse into the daily life of the Sherpa people.

Best Available Sherpa Lodge accommodation

Day 08:: Trek to Lukla- Approx. hike 4 hrs.

After a nourishing breakfast, we commence our trek from the tranquil village of Manjo, nestled in the Khumbu region. Manjo sits at an altitude of approximately 2,835 meters (9,300 feet), while Lukla, our destination, is situated at about 2,800 meters (9,186 feet). This leg of our journey involves a gentle descent, providing a more leisurely walking experience.

The distance from Manjo to Lukla spans roughly 6-8 kilometers (3.7-5 miles), and typically takes around 4-5 hours to complete, depending on our pace and any stops we make along the way. The trail leads us through a lush, forested area, surrounded by serene greenery.

As we trek, we'll pass through charming villages like Phakding, Chumoa, and Chheplung, granting us insights into the local culture and the chance to connect with the welcoming residents. Approaching Lukla, a sense of achievement washes over us as we reach the gateway to the Everest region. Lukla is a bustling town and the central hub for flights to and from Kathmandu.

Our journey culminates in **Lukla,** where we can unwind, celebrate our accomplishments, and prepare for our flight back to Kathmandu.

At this moment, we extend our heartfelt gratitude to our Sherpa guide for their unwavering support, professionalism, and unwavering dedication throughout our adventure. Their guidance and expertise were instrumental in ensuring everyone's safe return to Lukla, leaving us with cherished memories and a profound appreciation for the remarkable journey we've shared.

Best Available Sherpa Lodge accommodation

Day 09:: Fly to Kathmandu & same day Fly to Pokhara- Hotel

After enjoying our breakfast, we will board a flight back to Kathmandu. Upon our arrival at Kathmandu's domestic airport, we will check in for another picturesque city in Nepal. The flight from Kathmandu to Pokhara is a brief 25-minute journey.

Upon landing at Pokhara airport, you will be swiftly transferred to your hotel. After checking in and refreshing, you can take some well-deserved rest following your trek. In the afternoon, we'll leisurely explore the enchanting city of Pokhara.

We'll begin with a delightful boat ride on the serene Fewa Lake, followed by savoring some delectable dishes and a cup of coffee. As we soak in the breathtaking views of the towering peaks and their reflections on the tranquil lake, it's a moment to be truly stunned by nature's beauty. Breakfast is included, ensuring you have the energy needed for this day of exploration and relaxation.

5* Category Hotel: Pokhara Grande or Fish Tail Lodge

3* Category Hotel: Hotel City inn Or Hotel Splendid View

Day 10:: Sarangkot hill sun rise tour & Full day Tour of Pokhara city.

In the early morning, we embark on a scenic drive to Sarangkot, a vantage point renowned for its breathtaking sunrise views. From Sarangkot's northern side, you can feast your eyes on the majestic Dhaulagiri and the Annapurna mountain range stretching far into the western horizon. On the southern side, Sarangkot provides a captivating overlook of the city of Pokhara itself, leaving you enthralled by the sunrise's splendor.

After soaking in the stunning vistas from Sarangkot, we return to our hotel for a hearty breakfast. Following

breakfast, we set out on a full day of exploration in Pokhara. During our sightseeing tour, we visit the following sites:

Davis Fall: Known locally as Patale Chhango, this natural wonder is located in the southern part of the Pokhara valley. It's where the water from Fewa Lake cascades down a rock face into a deep gorge, creating a series of mesmerizing waterfalls. This site is immensely popular with both tourists and locals.

Gupteshwor Cave: Situated just 2 kilometers from Pokhara airport and across from Davis Fall, this revered cave stretches almost 3 kilometers in length. It features spacious hall-sized chambers and some passages where you may need to crawl on all fours. Of special significance to Hindus, the cave houses a preserved phallic symbol of Lord Shiva in the same condition as when it was discovered.

Tibetan Refugee Camps: The Tibetan villages of Tashiling in the south and Tashi Palkhel in the north of Pokhara are well-known for their production and trade of woolen carpets and various handicrafts. The original Tibetan settlers arrived in this region in 1959-60.

Mountain Museum: The International Mountain Museum in Pokhara boasts a remarkable collection of artifacts, original mountaineering gear, stories, and photographs related to the mountains and their inhabitants.

This day of exploration promises a rich blend of natural wonders, cultural experiences, and historical insights, providing a deeper appreciation of the Pokhara region.

5* Category Hotel: Pokhara Grande or Fish Tail Lodge

3* Category Hotel: Hotel City inn Or Hotel Splendid View

Day 11:: Drive to Rafting start Point and half day rafting- Tented Camp (B/L/D)

After savoring a delicious breakfast, we will transfer you to Charaudi, the starting point for our rafting adventure. Charaudi is conveniently located between Pokhara and Kathmandu, approximately 117 kilometers from Pokhara, accessible via a private vehicle that offers a scenic four-hour drive.

Upon your arrival in Charaudi, our experienced rafting guide will extend a warm welcome and accompany you to the riverside, where our exciting rafting adventure will commence. You'll receive a comprehensive rafting briefing to ensure safety and a clear understanding of the activity.

The rafting experience will be exhilarating and span approximately 2 hours. After this thrilling rafting session, we'll take a break to relax, enjoy some snacks, and engage in team-building activities. We'll then continue our rafting journey for another 2 hours, navigating through exciting rapids with names like TWIN ROCK, LADIES DELIGHT, UPSET, and SURPRISE.

Following a satisfying lunch, you'll check in to your room and have some time for rest and relaxation. You can explore the nearby village, take a refreshing dip in the pool, or partake in other adventure activities available at the resort.

As evening descends, we'll gather around a campfire and relish a delightful BBQ dinner, creating a perfect ambiance for camaraderie and storytelling. You'll spend the night at the resort, ensuring a well-deserved rest after an action-packed day of adventure.

Enjoy an overnight stay at a resort nestled on the banks of the river, providing a serene and picturesque setting for a restful and rejuvenating night's sleep.

Day 12:: Half day Rafting & Drive to Chitwan National park (80m)-Resort/Lodge (B/L/D)

Following a satisfying breakfast, gear up for another exciting rafting session that promises about 3 hours of

adrenaline-pumping adventure on the **Trishuli River.** Experience more thrilling rapids as you navigate the river's twists and turns.

Once the rafting session concludes, we will embark on a drive to Chitwan National Park for an enthralling jungle safari. Upon your arrival at the resort, you will receive a warm welcome from our resort guide. After checking in, our guide will provide a comprehensive briefing about the programs and activities planned for the following days.

Your overnight stay will be at a hotel within Chitwan National Park, and all your meals are included. This marks the beginning of your exciting wildlife adventure in this pristine natural environment.

All meals included

3-4 * Category Resort: Landmark Forest Park or Green park Resort

4-5* Category Resort: Kasara Resort

Day 13:: Full day Jungle Activities including Elephant Ride- Resort/Lodge (B/L/D)

On the second day of our Chitwan adventure, we have a full day of thrilling jungle activities planned for you. Here's a description of what you can expect:

- **Jungle Safari:** Your day begins with an exciting jungle safari. Accompanied by experienced guides, you'll explore the diverse ecosystems of Chitwan National Park. Keep your eyes peeled for wildlife sightings, including rhinoceros, deer, monkeys, and a wide variety of bird species. The park is home to a rich and diverse range of wildlife, making it an ideal place for nature enthusiasts.
- **Elephant Bathing:** Get up close and personal with these gentle giants as you have the opportunity to participate in an elephant bathing session. Bathing elephants is not only a unique experience but also an opportunity to interact with these magnificent creatures and learn more about their care and conservation efforts.
- **Visit the Elephant Breeding Center:** Chitwan National Park is renowned for its elephant breeding program. You'll visit the Elephant Breeding Center to see the adorable elephant calves and learn about the conservation and breeding efforts aimed at protecting these majestic animals.
- **Canoe Ride:** Enjoy a serene canoe ride along the Rapti River. As you glide through the tranquil waters, you'll have the chance to observe various aquatic species and enjoy the peaceful ambiance of the park's waterways.
- **Tharu Cultural Program:** In the evening, immerse yourself in the local Tharu culture. You'll be treated to a traditional Tharu cultural performance, featuring dance and music that reflect the vibrant heritage of the indigenous Tharu people.

Overnight at hotel in Chitwan National Park: After a day packed with jungle adventures and cultural experiences, you'll retire to your comfortable hotel within Chitwan National Park for a well-deserved rest. All your meals for the day are included, ensuring you have the energy for this exciting day of exploration and immersion in the heart of the jungle.

3-4 * Category Resort: Landmark Forest Park or Park Safari Resort

4-5* Category Resort: Kasara Resort

Day 14:: Fly to Kathmandu & Meet with Local Peaple during tour of Bhaktapur & Patan.

Following breakfast, we will arrange for your transfer to Bharatpur Airport for your flight to Kathmandu. Upon your arrival in Kathmandu, we will drive to **Bhaktapur city**, which is approximately a 45-minute journey.

In Bhaktapur, you will embark on a sightseeing tour of this medieval city in the Kathmandu Valley, also known as

Bhadgaon. Bhaktapur was one of the three kingdoms of the Mallas and boasts a rich cultural heritage. During your visit, you will explore key attractions such as the Lion Gate, the Picture Gallery, the Golden Gate, and the Palace. These sites showcase the remarkable Newari craftsmanship, featuring intricately carved wooden windows and latticework.

Subsequently, we will also visit Patan city, renowned for its fine arts and temples. Your guided tour of Patan will take you to various places of interest, including **Patan Durbar Square**, Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple, Golden Temple, and more.

After this enriching tour, we will drive back to Kathmandu, concluding a day filled with cultural exploration and appreciation of the valley's historical treasures.

5 *Hotel: Yak and Yeti or Marriott Hotel

3* Hotel: Sampada Garden Resort or Nomad hotel

Day 15:: Drive to Airport and Departure (B)

Following breakfast, our dedicated representative and our office vehicle will be ready to provide seamless transfer to the airport for your connecting flight home. It has been an immense pleasure to serve you, and the team at **Mountain Sherpa Trekking and Expeditions** deeply values the bonds we've forged during your time with us. We wholeheartedly appreciate your choice in making us your travel partner and for choosing to explore the incredible country of Nepal.

We are confident that your trekking experiences in the stunning Sherpa land of the Khumbu region and the diverse adventure activities you've enjoyed will leave you with cherished memories of a well-enjoyed vacation. Until we meet again, dear friends—Ciao!

Please Note: While we make every effort to adhere to the provided itinerary, there may be occasional adjustments required due to local trail conditions or weather. Additionally, the trekking itinerary may be subject to slight modifications based on the acclimatization progress of our trekkers. This adventure takes you into remote, high-altitude terrain, and we prioritize flexibility when needed to ensure the safety of your trip and, above all, your well-being. Your understanding in this matter is greatly appreciated.