



● Trekking at a Glance

DURATION

9 Days

MAX ALTITUDE

3860 m

BEST TIME

Mar-May & Sep-Nov

ACCOMMODATION

Hotel, TeaHouse, Lodge

THE OVERVIEW

Everest Panorama Trek can be done by any traveler, adventure enthusiasts along with their friends, family and loved ones regardless any risks of acute mountain sickness, age, and fitness levels. In short period of time, you can get an overall trekking experience at Everest region with rewarding natural and cultural highlights. Everest Panorama Trek is a popular scenic holiday in Everest region of Nepal that allows every traveler to get insights into local Sherpa cultures and traditions with an opportunity to view beautiful Himalayan sceneries of world's highest peak Mt. Everest and neighboring Himalayas like Amadablam, Lhotse etc. Following the popular Everest route, walking...

01

Arrival in Kathmandu

Arrival at Kathmandu International Airport and transfer to hotel.

ALT: 1,400 m MEAL: Not Included

02

Fly to Lukla and Trek to Phakding

Fly from Kathmandu to Lukla (2850m) and trek to Phakding.

ALT: 2,600 m HIKE: 3–4 hours MEAL: B, L, D

03

Trek from Phakding to Namche Bazaar

Trek along the Dudh Koshi River to Namche Bazaar.

ALT: 3,400 m HIKE: 5–6 hours MEAL: B, L, D

04

Namche to Everest View Hotel / Khumjung

Hike to Everest View Hotel and overnight at Khumjung.

ALT: 3,800 m HIKE: 4–5 hours MEAL: B, L, D

05

Khumjung to Tengboche

Trek through forests to Tengboche village.

ALT: 3,870 m HIKE: 5–6 hours MEAL: B, L, D

06

Tengboche Monastery Visit and Trek to Manjo

Visit Tengboche Monastery and trek down to Manjo.

ALT: 2,835 m HIKE: 5–6 hours MEAL: B, L, D

07

Trek from Manjo to Lukla

Final trekking day back to Lukla.

ALT: 2,850 m HIKE: 2,850 m MEAL: B, L, D

08

Fly Back to Kathmandu

Fly from Lukla to Kathmandu and transfer to hotel.

ALT: 1,400 m MEAL: Breakfast

09

Departure

Transfer to airport for final departure.

MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport arrival and departure transfers
- Hotel accommodation in Kathmandu with breakfast (twin sharing)
- Tea house / lodge accommodation during trek (twin sharing)
- Meals during trek (Breakfast, Lunch, Dinner, Tea/Coffee)
- Kathmandu–Lukla–Kathmandu flight with taxes
- Porter service (1 porter for 2 trekkers)
- Licensed guide and porter insurance
- Khumbu Pasang Lhamu Entry Permit
- Sagarmatha (Khumbu) National Park fee
- Kathmandu sightseeing tour
- Duffle bag
- First aid kit
- Filtered drinking water

- What's Not Included

- International airfare
- Nepal visa fee
- Travel and rescue insurance
- Personal expenses (phone, laundry, bar bills, battery charging)
- Lunch and dinner in Kathmandu
- Tips for guide, porter, and driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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