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# Everest View Trek: Witnessing Everest

URL: <https://www.alpinewondertreks.com/trip/everest-view-trek/>

## Trip Code

AWTE-E003

## Destination

Nepal

## Activity

Trekking

## Start / End Point

Kathmandu / Kathmandu

## Duration

9

## Per Person From

USD 1,250

## Region

Everest Region

## Max. Altitude

3,850m

## Group Size

2 - 39

## Nature Of Trek

Trekking

## Best Season

Sept -Dec , Feb-May

## Activity Per Day

6-7 hours

## Transportation

Flight

## All Meals (Breakfast, Lunch & Dinner) during the trek

## Easy

## Highlights

- Panoramic Everest Views: Enjoy stunning views of Mount Everest and other Himalayan giants like Lhotse, Nuptse, and Ama Dablam.
- Sherpa Culture: Immerse yourself in the unique culture and lifestyle of the Sherpa people, known for their mountaineering expertise.
- Namche Bazaar: Explore the vibrant Sherpa capital, a bustling hub with shops, markets, and teahouses.
- Tengboche Monastery: Visit the famous Tengboche Monastery, the largest monastery in the Khumbu region and a spiritual center.
- Scenic Flight to Lukla: Begin your adventure with a thrilling flight to Lukla, the gateway to the

Everest region.

- **Sagarmatha National Park:** Trek through Sagarmatha National Park, a UNESCO World Heritage Site with diverse flora and fauna.
- **Comfortable Teahouse Accommodation:** Stay in cozy teahouses along the trail, enjoying warm hospitality and local cuisine.
- **Moderate Trekking:** This trek is suitable for those with moderate fitness levels, offering a less strenuous alternative to Everest Base Camp.

## Overview

The Everest View Trek, also known as the Everest Panorama Trek, is a popular trekking route in Nepal's Everest region. This trek offers a shorter and less demanding alternative to the classic Everest Base Camp trek, while still providing incredible views of Mount Everest and the surrounding Himalayan peaks.

The trek typically starts with an exhilarating flight from Kathmandu to Lukla, a small town with a unique mountainside airstrip. From Lukla, the trail winds through picturesque valleys, Sherpa villages, and lush forests, following the Dudh Koshi River. Trekkers will pass through the entrance of Sagarmatha National Park, a protected area that is home to diverse wildlife and vegetation.

A major highlight of the trek is reaching Namche Bazaar, a bustling Sherpa town that serves as the commercial and cultural center of the Khumbu region. Namche offers a variety of shops, restaurants, and teahouses, and is a great place to acclimatize to the altitude. The trail then leads to Tengboche Monastery, a significant Buddhist monastery perched on a ridge with panoramic mountain views.

Throughout the trek, you'll be treated to breathtaking vistas of Everest, Lhotse, Ama Dablam, and other snow-capped peaks. You'll also have the opportunity to interact with the friendly Sherpa people, learn about their unique culture, and visit their traditional villages. The Everest View Trek is an ideal choice for those seeking a memorable Everest experience without the challenges of high-altitude trekking.

## Best Season to Visit Everest View Trek

The best times to undertake the Everest View Trek are during the spring (March to May) and autumn (September to November) seasons. These periods offer the most favorable weather conditions for trekking in the Everest region.

- **Spring (March to May):** During this season, the weather is generally mild and pleasant, with clear skies and blooming rhododendron forests, which add vibrant colors to the landscape.
- **Autumn (September to November):** This is the peak trekking season in Nepal, offering excellent visibility, stable weather, and comfortable temperatures. The skies are clear, providing stunning views of the mountains.

Trekking during the winter (December to February) is possible, but it can be very cold, and some high-altitude areas may be snow-covered. The monsoon season (June to August) is characterized by heavy

rainfall, which can make the trails muddy and obscure mountain views.

## Why Choose Alpine Wonder Treks and Expeditions for your Everest View Trek?

- **Experienced Guides:** We provide knowledgeable and experienced guides who are familiar with the Everest region and Sherpa culture.
- **Carefully Planned Itineraries:** Our itineraries are designed to ensure proper acclimatization and maximize your enjoyment of the trek.
- **Quality Teahouse Accommodation:** We arrange for your stay in comfortable and clean tea houses along the trekking route.
- **Logistics and Support:** We handle all the necessary logistics, including permits, transportation, and porter services.
- **Personalized Service:** We are committed to providing personalized service and catering to your individual needs and preferences.
- **Safety First:** Your safety is our top priority. We adhere to strict safety standards and provide necessary support in case of emergencies.
- **Competitive Pricing:** We offer competitive and transparent pricing for our Everest View Trek packages.
- **Responsible Tourism:** We practice responsible tourism, respecting the local culture and environment.

## Itinerary of a Typical 6-Day Everest View Trek:

### Day 1:

Upon arrival in Kathmandu, you will be greeted and transferred to your hotel. Spend the day exploring the bustling city, preparing permits, and checking trekking gear. Overnight in Kathmandu.

**Trek distance:**

10km

**Highest altitude:**

1400

**Start point:**

Kathmandu

**End point:**

Kathmandu

**Mode of transportation:**

Private Transportation

**Meals:**

B

**Accommodation:**

Hotel in Kathmandu

## Day 2:

We began our adventure with an early morning flight from Kathmandu to Lukla. This 25-30 minute flight is an exhilarating experience, offering breathtaking aerial views of the Himalayan foothills. Upon arrival at Lukla's Tenzing-Hillary Airport, one of the most unique and thrilling airports in the world, we'll meet our trekking crew and begin our trek.

Our first day's trek is a relatively easy and scenic hike to Phakding. We'll descend slightly from Lukla, passing through Sherpa villages, cultivated fields, and along the banks of the Dudh Koshi River. The trail offers glimpses of snow-capped peaks in the distance. This initial trek helps us to acclimatize to the altitude.

**Trek distance:**

6.2km

**Trek duration:**

3hours

**Highest altitude:**

2,610m

**Flight hours:**

30m

**Flight distance:**

135km

**Start point:**

Kathmandu

**End point:**

Phakding

**Mode of transportation:**

Flight

**Meals:**

B,L,D

**Accommodation:**

Guesthouse

## Day 3:

Today's trek takes us to Namche Bazaar, the Sherpa capital and the main trading hub of the Khumbu region. The trail follows the Dudh Koshi River, crossing several suspension bridges, including the famous Hillary Suspension Bridge, which spans a deep gorge.

We'll ascend through beautiful pine and rhododendron forests, with opportunities to see diverse flora and fauna. As we approach Namche, the climb becomes steeper. Namche Bazaar is nestled in a horseshoe-shaped valley and offers stunning views of the surrounding mountains.

**Trek duration:**

6-7 hours

**Highest altitude:**

3,440m

**Start point:**

Phakding

**End point:**

Namche

**Meals:**

B,L,D

**Accommodation:**

Guesthouse

## Day 4:

Acclimatization is crucial for a safe and enjoyable trek. We'll spend the day in Namche Bazaar, allowing our bodies to adjust to the higher altitude.

We'll take a day hike to explore the surrounding areas. Options include hiking to the Everest View Hotel, which offers panoramic views of Mount Everest, Lhotse, Ama Dablam, and other peaks. We can also visit the Sherpa Culture Museum to learn about the history and traditions of the Sherpa people. Another option is to hike to the villages of Khunde and Khumjung, where we can see traditional Sherpa life and visit the Khumjung Monastery.

**Trek duration:**

4 hours hiking

**Highest altitude:**

3440m

**Start point:**

Namche

**End point:**

Namche

**Meals:**

B,L,D

**Accommodation:**

Guesthouse

## Day 5:

Today, we trek to Tengboche, home to the most important Buddhist monastery in the Khumbu region. The trail offers stunning views of Mount Everest, Lhotse, Nuptse, and Ama Dablam.

We'll pass through more Sherpa villages and forests, and cross several suspension bridges. The final ascent to Tengboche involves a climb, but the reward is worth it. Tengboche Monastery is located on a ridge and offers breathtaking panoramic views. We may have the opportunity to witness a Buddhist ceremony at the monastery.

**Trek distance:**

17.9km

**Trek duration:**

5-6 hours

**Highest altitude:**

3,850m

**Start point:**

Namche

**End point:**

Tengboche

**Meals:**

B,L,D

**Accommodation:**

Guesthouse

## Day 6:

We begin our descent back towards Namche Bazaar. We'll enjoy the trail from a different perspective,

taking in the beautiful scenery and mountain views.

We'll have lunch along the way and continue our trek through the forests and Sherpa villages.

**Trek distance:**

17.9km

**Trek duration:**

4-5 hours

**Highest altitude:**

3,340m

**Start point:**

Tengboche

**End point:**

Namche

**Meals:**

B,L,D

**Accommodation:**

Guesthouse

**Day 7:**

Our final day of trekking takes us back to Lukla. We'll descend through the familiar trails, enjoying our last views of the Khumbu region.

Upon arrival in Lukla, we'll board a flight back to Kathmandu. This concludes our Everest View Trek. In Kathmandu, you'll have time to relax and reflect on your trekking experience.

**Trek distance:**

27.5

**Trek duration:**

7-8 hours

**Highest altitude:**

2650m

**Flight hours:**

25-30 minutes

**Start point:**

Namche

**End point:**

Lukla

**Meals:**

B,L,D

**Accommodation:**

Guesthouse

**Day 8:**

Take an early flight from Lukla to Kathmandu after breakfast .30 min flight , you will return to city and be taken to your opulent hotel.

**Highest altitude:**

1400

**Flight hours:**

30m

**Flight distance:**

135km

**Start point:**

Lukla

**End point:**

Kathmandu

**Meals:**

B,L,D

**Accommodation:**

Hotel in Kathmandu

**Day 9:**

After completing an unforgettable trekking adventure, it's time to say goodbye to Nepal. You will be transferred to the airport for your departure or can choose to extend your stay for further exploration.

**Trek distance:**

10km

**Trek duration:**

20m drive

**Highest altitude:**

1400m

**Start point:**

Kathmandu

**End point:**

Airports

**Mode of transportation:**

Private Transportation

**Meals:**

B

## Useful Information:

**Accommodation:**

Accommodation during the Everest View Trek is in teahouses. Teahouses provide basic but comfortable lodging with twin beds and shared bathrooms.

**Food:**

During the trek, you will be served three meals a day. The food is generally simple but nutritious, including Nepali dishes like dal bhat, noodles, and momo, as well as some Western options.

## **Altitude Sickness:**

Altitude sickness is a potential concern on this trek. The itinerary includes an acclimatization day in Namche Bazaar to help prevent it. It's important to stay hydrated, ascend slowly, and inform your guide if you experience any symptoms.

## **Currency and Money Exchange:**

The local currency is the Nepali Rupee (NPR). It's best to exchange your currency in Kathmandu before heading to Lukla, as exchange facilities are limited in the higher regions. While some tea houses and shops may accept foreign currency, it's advisable to carry Nepali Rupees for most of your expenses.

## **Communication:**

Mobile network coverage is available in some parts of the Everest region, particularly in Namche Bazaar. However, coverage can be unreliable in more remote areas. Many tea houses offer Wi-Fi, but it usually comes at an additional cost and the connection can be slow. Consider purchasing a local SIM card in Kathmandu for better connectivity.

## **Tipping:**

Tipping is a common practice in Nepal, especially in the tourism industry. It's customary to tip your trekking guide and porter at the end of the trek if you're satisfied with their service. The amount depends on the group size, trek duration, and how well they served you.

## **What to Wear:**

Layering is crucial for this trek. Temperatures can vary significantly depending on the altitude and time of day. Pack clothing that you can easily add or remove, such as:

- Base layers: Wool or synthetic
- Mid-layers: Fleece jackets
- Outer layer: Waterproof and windproof jacket
- Trekking pants
- Thermal underwear
- Warm hat and gloves
- Sun hat
- Comfortable trekking socks

## **Physical Fitness:**

While the Everest View Trek is considered moderate, it's still important to be in good physical condition. Some pre-trek training, such as hiking, jogging, or cycling, can be beneficial.

## **Travel Insurance:**

Comprehensive travel insurance is essential for this trek. Ensure that it covers high-altitude trekking, medical expenses, emergency evacuation, and trip cancellation.

## Permits:

You will need the following permits for the Everest View Trek:

- Sagarmatha National Park Permit
- Local Area Permit

Alpine Wonder Treks and Expeditions will assist you in obtaining these permits. Please provide us with your passport details and necessary documents in advance.

## Best Months:

### Spring (March to May):

- Temperature: Moderate, with daytime temperatures ranging from 10°C to 20°C (50°F to 68°F) at lower altitudes and 0°C to 10°C (32°F to 50°F) at higher altitudes.
- Weather: Generally stable with clear skies.
- Additional factors:
  - Rhododendrons are in bloom, especially in the lower and middle hills.
  - Less crowded than autumn.

### Autumn (September to November):

- Temperature: Similar to spring, with daytime temperatures ranging from 10°C to 20°C (50°F to 68°F) at lower altitudes and 0°C to 10°C (32°F to 50°F) at higher altitudes.
- Weather: The most stable and clear weather of the year.
- Additional factors:
  - Peak trekking season, so trails and teahouses can be busier.
  - Post-monsoon, so the air is clean and visibility is excellent.

## Packing List for Everest View Trek:

- Trekking boots.
- Warm clothing, including layers, a down jacket, and fleece.
- Waterproof jacket and pants.
- Sleeping bag (can also be rented).
- Backpack.
- Sun hat, sunglasses, and sunscreen.
- Personal toiletries and medications. Headlamp or flashlight.
- Camera and extra batteries.
- Water bottle.
- First-aid kit.
- Cash in Nepali Rupees.

# FAQ's

## **Is the Everest View Trek Difficult?**

The Everest View Trek is considered a moderate trek, suitable for those with a reasonable level of fitness.

## **2. How high is Namche Bazaar?**

Namche Bazaar is located at an altitude of 3,440 meters (11,286 feet).

## **3. Do I need prior trekking experience?**

Prior trekking experience is not mandatory, but it can be helpful.

## **4. What is the weather like on the trek?**

The weather varies depending on the season. Spring and autumn offer mild temperatures and clear skies, while winter is cold, and monsoon is rainy.

## **5. What type of accommodation is available?**

Accommodation is in teahouses, which offer basic but comfortable facilities.

## **6. What kind of food will I be eating?**

You'll be eating a mix of Nepali and some Western-style dishes.

## **7. How much water should I drink per day?**

It's recommended to drink at least 3-4 liters of water per day to stay hydrated.

## **8. What are the chances of seeing Mount Everest?**

The Everest View Trek offers excellent views of Mount Everest.

## **9. What is the culture like in the Everest region?**

The culture is predominantly Sherpa, with a strong influence of Tibetan Buddhism.

## **10. Are there any ATMs on the trail?**

ATMs are available in Lukla and Namche Bazaar, but it's best to carry sufficient cash.

## Group Discounts Available

No. of Persons	Price per Person
2 - 40	USD 1,250

## Address

Tarkeshwor -4, Namuna basti,  
Kathmandu, Nepal