Everest Panorama Trek



Trip Overview

None other than the highest peak in the world, Everest is one of the most thrilling and adventurous journeys to embark on.

But, are you able to challenge yourself and push your physical abilities? Well, you could. But not everyone is.

Wait, that doesn't mean one will miss this golden chance to gaze at the panoramic vistas. The Everest Panorama Trek is not just for seasoned mountaineers but for everyone with a sense of adventure and a desire to witness nature's grandeur.

Through the crisp air of Lulka and Namche Bazar, you will head towards the top of the hill to the Sherpa capital of Namche through the blooming and vibrant colors of Sherpa villages and Buddhist monasteries. The ancient rhododendron forest, Sagarmatha National Park, and panoramic vistas of mountains including Everest, Lhotse, Nuptse, and Ama Dablam are some of the rewarding scenery as you hail on the Everest Panorama Trek. You will further explore the Milk River and Tengboche village, which is known for its monastery at the highest altitude along with a diverse flora and fauna. Moreover, you will experience the culturally rich Sherpa lifestyle and diverse cuisine.

This trek is framed as a 7-day trek by Pure Adventure. However, you can alter it per your budget, preference, and routine. This trek is more than a physical journey; it is also a voyage of self-discovery. You will be heading to the top of the world (well, almost!).

Trip Itinerary

- 1 - Arrive in Kathmandu (1300m)
- 2 - Fly to Lukla and trek to Phakding 2610 m 3 to 4 hours
- 3 - Phakding to Namche Bazar 3440m 6 to 7 hours 9 k.m
- 4 - Acclimatization day in Namche Bazar and Hike to Khumjung (3860 m 3 to 4 hours)
- 5 - Trek to Tengboche 3864m 5 to 6 hours
- 6 - Tengboche to Namche Bazar 3440m 5 hours
- 7 - Namche Bazar to Lukla 2860m 7 to 8 hours
- 8 - Fly to Kathmandu

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Both way flight to Lukla & Guide flight
- Trekking crew Salary and Insurance Cost
- Two Night hotel in Kathmandu with B.B plan
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Meals During Trek and Lodge

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking domestic flight other than planned
- Tipping for trekking crew

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes

Sunscreen and sunglasses with UV protection
Money
Watch
Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

- Extra items

  First aid kit
  Passport-sized photos and passport photocopies
  Binoculars
  Personal medications
  1 swiss type knife
  Sleeping bags and sheets,
  Rucksack, backpack, and a small day pack
  Water bottle
  Water purification tablet solution

Faqs

1. **What is the best time for Everest Panorama Trek?**

   The best time for the Everest Panorama Trek is during the spring (March-May) or autumn (September-November). This time is for moderate temperature and clear sky. If you want a quieter experience, you can prefer trekking in June-August and December-February.

2. **What permits do I need for Everest Panorama Trek?**

   you will need a Trekker's Information Management System (TIMS) and a Sagarmatha National Park entry permit.

3. **What is the average cost for the Everest Panorama Trek?**

   Typically, you can expect to spend around 1200 USD to 2500 USD. However, it depends on your accommodation, group size, and travel packages.

4. **Can I travel solo to Everest Panorama Trek?**

   Well, technically yes. But it is always recommended to trek with a guide or with your group as it will be more safer and enjoyable.

5. **What kind of insurance do I need for Everest Panorama Trek?**

   It is recommended to get comprehensive travel insurance which includes medical emergencies, trip cancellation, and helicopter evacuation.