



Everest Panorama Trekking - Itinerary

1. Day 01: Arrival in Kathmandu Airport. (1350m)

Upon arrival in Kathmandu International airport our airport representatives pick you up and transfer to the hotel. You are shortly briefed about the trip at our office and you can relax for rest of the evening or roam around Thamel to get familiar with new city. - B

2. Day 02: Fly to Lukla (2860m) and trek to Phakding (2610m) – 35 min. Flight & 3 hrs trek

After breakfast early in the morning, we take scenic flight to Lukla. This is 35 minute of astounding flight offering marvelous views of Langtang, Everest range. We fly over the large village of Chaurikharka and local small Sherpa villages. In Lukla, you meet our supportive team at Lukla and start trek to Phakding. Trek follows downhill through bank of Dudh Koshi. We cross Dudh Koshi River after Kusum Drargka, a large stream. On the way we pass the large village of Chhiplung, Chaurikharka, Ghat. This trek route leads crossing with some suspension bridge, several potatoes and barley fields. On the way enjoy with stone carving chant of Tibetan Buddhism, Buddhist prayer flag and monastery we are in Phakding 2640m Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

3. Day 03: Phakding to Namche Bazaar (3450m/11318ft) – 5/6 hrs

Today's trekking is a bit difficult and uphill after Jorsalle. After breakfast we enter the Sagarmatha National Park in Monjo village, crossing the suspension bridge over Dudh Koshi. The park preserves the rare floras and faunas. So, we get to observe the rare species of Himalayan region. Then again, we cross several bridges before ascending to the heart of Khumbu region, Namche Bazaar. Namche is known as the Sherpa Capital and get way to Mount Everest. During trek you are presented with striking views of Everest from Top Danda. Beautiful Mountain Ama Dablam and Kongde Ri Kishum Kangaru are waving. Reach at Namche Bazaar 3440m Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Day 04: Namche Bazaar to Tengboche (3860m/13664ft) – 6 hrs

Another amazing day in trip, we go by eastern ridge with views of rhododendron forest and descend through the forest. Explore Sherpa museum and take breathtaking panoramic view of Mount Everest, Lhotse, Amadablam and many more Himalay. We cross Dudh Koshi River along with spectacular views of Thamsarku and Amadablam and after that we ascend uphill which leads us to the Buddhist land. We may see Himalayan Thar and Pheasants along the way. Now, we reach Tengboche Village 3867m. Here we can see the famous Tengboche Monastery which is also a pilgrimage destination for Tibetan Buddhists. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Day 05: Tengboche to Namche Bazaar – 5 hrs

This is the day to return back Namche Bazaar and the path leads downhill to Phungitenga and we continue flat trail until Namche. Here you can explore The Everest National Park Museum which houses many

mountaineering and Himalayan artifacts. Trekking down the same way back offers the same beautiful views of local settlements along with the amazing Himalayan views. Passing through many villages of different ethnic groups of people offers a chance to explore their daily living style and traditional values. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Day 06: Namche Bazaar to Lukla – around 6 hrs

Today is the last day of our trek. We trek back to Lukla through same route leaving Namche Bazaar. Crossing several suspension bridges with observation of Sherpa settlements during the trail is much memorable. Our goal today is to reach Lukla before the sunset for celebration of our successful trip. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Day 07: Flight from Lukla to Kathmandu – 35 min. flight

We take scenic flight back to Kathmandu from Lukla. And maybe you can do shopping or buy souvenirs for your friends and family after reaching at Kathmandu. Or better you can relax, have some massage and dine the best meals of the city in some of the best restaurants in Thamel. You can join the evening meal and cultural program provided by Sunrise Adventure Treks.

8. Day 08: Departure/Farewell

After winding up a successful trip, our representative drops you off to the airport for your further journey. You are dropped to the airport around 3 hours before the departure so that there may not be any delays. Have a safe journey! You can also join another trip program in Nepal with Sunrise Adventure Treks and Tour.

INCLUSIONS

All airport pick up and departure

All transportation two flight ticket -fly Kathmandu to Lukla & Fly out from Lukla to Kathmandu ,A/C car, tourist deluxe bus during trips

Three star category hotel in the city in twin sharing bed with breakfast basis & standard trekking lodge during trekking

Kathmandu sightseeing with city tour guide

Whole accommodations during trips

Some necessary equivalents as we can provide

Full board meals during trekking as mention in the itinerary (Breakfast,Lunch, Dinner)

First aid medicine items

Trekking permit & TIMS card (Trekking Information Management System)

Necessary staff, guide & porters their salary, accommodation, meals and their insurance,two professional guide (for two guest one Sherpa porters to carry baggage)

One especial cultural show and farewell dinner program

Our government tax official expenses

EXCLUSIONS

All your personal expenses any types of drinks

Tour entrance fee in the city, your extra meals in the Kathmandu, bar bills etc,

Clients international air ticket

Clients travel insurance & tips for the trekking crew

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)