

Everest Trek



Trip Duration: 12 days

Grade: Moderate

Trek type: Tea House Trek

Highest Elevation: 3870m

Accommodation: Guest House and Hotel

Transportation: Private tourist bus/ domestic flight

Activities: Culture tour and trekking



Trip Highlights

- Plenty of flora and fauna.
- First hand experience with the Sherpa people.
- Magnificent view of Mt. Everest and its surrounding peaks
- Mountain flight to Lukla.
- Kathmandu culture tour.

Everest Trek

It will give us great pleasure to introduce you to magnificent view of the world's highest peak. Perhaps if you will be fulfilling a long held desire. in viewing Everest in this way The magic of Everest lures trekkers from all over the world to trek up the best-known trail in the Himalaya. A spectacular trek which offers stunning panoramas of snowy peaks and plenty of time to visit the famous villages and Monasteries. It is truly an incredible experience of a stunning region and its fascinating people.

Trek summary

We start our trek from Lukla after a 30 minute flight from Kathmandu, where our adventure really begins. During trekking, we spend several days moving through the homelands of the Sherpa people, and visiting Buddhist monasteries and views of Mt. Everest, Ama Dablam, Themserku and surrounding peaks. We have a rest day at Namche Bazaar, the bustling market village in the heart of Sherpa country, which will give us time to explore its culture and meet the locals. Spending an extra day in Namche village

gives us time to acclimatize, which is an important factor.



Kathmandu city tours:

Kathmandu was originally called "Kastha Mandap", a magnificent pagoda style Hindu temple in the heart of the valley. It is believed to be the centre point of the valley and was built by a single tree. It was constructed during the Malla Kings dynasty between 16th and 17th century. As time passed by there were a lot of visitors from all corners of Asia. These individuals contributed their arts,

cultures, architecture and religion on their visit to Kathmandu, which is still visible as one wanders round the alleys and the surroundings. Due to its interesting history, fascinating cultures, characters and a very peaceful and harmony religion, visiting Kathmandu is a unique experience. the surroundings. Due to its interesting history, fascinating cultures, characters and a very peaceful and harmony religion, visiting

Kathmandu is a unique experience.



Thyangboche Monastery

Optional Tour



If you have extra days you could fly or drive down south to Chitwan National Park for couple of days.

Chitwan National Park:

The Royal Chitwan National Park, established in 1973, is one of the richest and most spectacular wildlife sanctuaries, situated 75 airmiles south west of Kathmandu in tall grass land and magnificent forests. In this panorama jungle setting inside the 960 square km park is found one of the greatest wildlife in South East Asia. One horned Rhinos,

several species of deer, sloth deer, wild boar, fresh water dolphins, bison, marsh muggers, leopard and crocodiles, over 450 species of birds, 67 different kinds of butterflies and the elusive nocturnal Royal Bengal Tiger. Nowadays the National Park can be easily visited on all levels of budget. A typical day inside the park includes early morning jungle walks, elephant rides, dugout canoe rides, jungle

drives, sunset walks, elephant bathing and many others. The evening can be spent visiting a Tharu village, where you get a rare opportunity to witness a traditional Tharu dance. A fifth of the park is made up of the floodplains of the Narayani, Rapti and the Reu Rivers and is covered by dense tall Elephant grass interspersed with forests of silk cotton (Kapok), Acacia and Sisam trees.

Outline Itinerary

- * Day 1. Arrival in Kathmandu. Trip briefing. Welcome dinner with culture dance.
- * Day 2. Morning city tours for half day. After lunch afternoon free.
- * Day 3. We fly to Lukla(2,800m) Trek to Phakding (2,600m)
- * Day 4. Trek to Namche Bazaar
- * Day 5. Acclimatisation day at Namche Bazaar. Explore the Namche village.
- * Day 6. Trek to Thyanboche
- * Day 7. Trek back to Namche -excursion to Kumjung
- * Day 8. Trek to Phakding
- * Day 9. Trek to Lukla
- * Day10. Fly back to Kathandu
- * Day11. Free day in Kathmandu
- * Day12. International Departure

Cost Includes:

- * Arrival / Departure by private vehicle
- * Welcome dinner with culture dance
- * Accommodation in Kathmandu Hotel on BB basis.
- * Twin sharing rooms on treks on full board basis –all meals
- * City tours with qualified tour officer
- * Experienced Trekking Guide
- * Entrance Fees for city tours and National parks
- * TIMS –Permits – (Trekking Information Management System)
- * Domestic airfare
- * All necessary ground transportation
- * Sight Seeing
- * Sleeping bags
- * First-aid medical kit for trekking
- * Porters
- * Insurance for Porters and Guide

Cost does not include:

- * Visas
- * International airport taxes
- * Transfers outside of the tour program
- * All optional additional tours and activities during free time
- * Item of personal natures e.g; food and beverages, laundry, souvenirs etc.,
- * Tips
- * Travel insurance

09/12/2010

Namaste Suman,

On behalf of Julie and I, Merry Christmas and an exciting 2011. Thank you once again for taking us on a remarkable trek through Nepal. The memories will stay with us forever. Although the photo album is beautiful they don't exceed the experience. The highlight of the trek was your company together with G1,Supa,Cheering and especially Kalsang. I would and have recommended the trek to friends and especially you as their guide.

Love Wayne & Julie.

Australia

Explore Nepal

Suman Lama

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Explore Nepal is one of the leading trekking companies in Nepal and we have vast knowledge and experience with every trekking routes in Nepal. We have been organizing rewarding adventures in the Himalayan Kingdom for many years. We trek all the traditional routes off and on the beaten tracks. Our commitment to cultures and environment is as strong as ever.

Explore Nepal comprises of well-educated and ecologically -concerned staffs of very high standards. Our primary goal is to present you with wonderful travelling opportunities and culturally enriching adventures. We pride ourselves on the level of experience that every one of our guides possesses. They have trekked and guided in all regions of Nepal and have a deep knowledge about every aspect of trekking in the Himalayas.

We offer treks in every region of Nepal comprising both camping and tea houses for our more classic and popular treks and bring our own camps for the remote treks. Trekking is the ultimate way to experience the beauty and culture of Nepal.

Why travel with us?

Our commitment to Eco-Tourism:

Besides having over two decades of identifying and pioneering new areas, thereby providing you absolute wilderness trekking away from the main trails, we ensure you of new experiences. We, as much as possible, organise our trekking(s) as eco-friendly! All our guides and staff are very well versed regarding this subject as well. All our meals are cooked using kerosene fuel or gas. We do not use firewood as fuel to help preserve the beauty of nature and its environment from destruction.

Your safety also is our top priority. The welfare of our staff and porters is no less important; they are fully

insured and well equipped with the necessary gear for all kinds of climate conditions and terrains. We offer you professional staff, quality equipment and excellent food, with a varied menu. Our expert guides and staff will add extra harmony to your Himalayan adventure.

Our Trips

With over two decades of experience pioneering new trekking areas, we have the most thrilling and exceptional trekking routes to offer you. For unlimited adventure, come and share the fascinating ever-varied Himalayan landscapes with the ever-smiling Nepalese people.

We can offer you a choice of graded trips, ranging from leisurely to moderate, or, adventurous to seriously challenging. We can also tailor a trek to suit all kinds of people, including beginners, families with children, students, and the elderly - and strong, fit, adventurous climbers.

Feel the spirit of adventure!

