



## EVEREST REGION TREK - 10 Days

### Overview:

Home of the renowned Sherpas, the mountain hardy people and the realm of Everest, this region needs no introduction. The airhead at Lukla serves as the gateway to the region. The trek passes through the picturesque Sherpa village of Namche Bazaar as you trek up or take an exhilarating helicopter ride to Tashinga. A day hike to the pristine Tengboche Monastery and a day hike to the quaint little village of Khumjung, tucked quietly amidst the gigantic Himalayan peaks gives a good insight about life in this part of the world.

### Trip Facts:

**Destination:** Nepal  
**Theme:** Adventure  
**Activity:** Trek  
**Difficulty:** Strenuous  
**Max Altitude:** 3,975m/ 13, 041 ft  
**Best Season:** April - May/ October - November

### Highlights:

- The flight to Lukla is a lifetime experience, with the thrill of landing and taking off from the shortest runway.
- Breathtaking mountain views throughout the trail as you walk through forests of birch, fir, juniper and rhododendron
- Hike to the beautiful Khumjung Village tucked quietly amidst the gigantic Himalayan peaks.



## Itinerary at glance:

Day	Program	Accommodation
1	Arrival in Kathmandu	Dwarika's Hotel
2	Fly to Lukla on a fixed wing flight	Everest Summit Lodge, Lukla
3	Trek to Monjo	Everest Summit Lodge, Monjo
4	Trek to Tashinga via Namche bazar OR Fly on a chartered helicopter to Tashinga	Everest Summit Lodge, Tashinga
5	In Tashinga- Acclimatization hike to Mong la	Everest Summit Lodge, Tashinga
6	In Tashinga - Day hike to Tengboche Monastery	Everest Summit Lodge, Tashinga
7	In Tashinga - Day hike to Khumjung and Hotel Everest View	Everest Summit Lodge, Tashinga
8	Fly back to Lukla on a Chartered Helicopter	Everest Summit Lodge, Lukla
9	Fly back to Kathmandu on a fixed wing flight	Dwarika's Hotel
10	Final Departure	

## Detailed Itinerary:

### Day 1: Arrival in Kathmandu

Altitude: 1,400 m/ 4,595 ft.

Upon arrival in Kathmandu and clearing customs and immigration at the airport, you will be met by one of our representatives and transferred to hotel.

Rest of the day will be at leisure.

*Overnight at Dwarika's Hotel, Kathmandu [-/-/D]*



## Day 2: Fly to Lukla by fixed wing

Flight Duration: 30 minutes approx.

Altitude: 2,850m/ 9350 ft.

Morning, fly to Lukla - your trailhead for the expedition ahead. Perhaps the most famous high-altitude airstrip in the world, Lukla was originally built by Sir Edmund Hillary's Himalayan Trust as an emergency evacuation runway for casualties brought to the Trust's hospital at nearby Kunde. As you fly, watch as rugged foothills give way to the snowline and then to soaring peaks. Depending on the visibility, you might catch a glimpse of Kanchenjunga, Lhotse and Makalu — the world's third-, fourth- and fifth-highest mountains.

The rest of the day is at leisure to relax.

**Note:** In case the Lukla Flights (to/from) are Diverted to Manthali airport-Ramechhap, we will have to wake up early in the morning for transfer to Manthali airport. It will be an approx. of 4 hours' drive to Manthali airport from Kathmandu and vice-versa.

*Overnight at Everest Summit Lodge, Lukla [B/L/D]*

## Day 3: Trek Lukla to Monjo

Altitude: Monjo - 9300 ft. / 2,835 m

Trek duration: approx. 5 hours (depending upon walking pace)

After breakfast, meet the Sherpa crew and take your first steps along the trail that the Dalai Lama called "the steps to heaven." After about a five-hour trek stop for the night in the quaintly picturesque valley of Monjo. Today's trek with a gentle climb up the mountainside on the left bank of the Dudh Kosi and follows a path with continuous ups and downs, as you cross streams, pass through a forest and tiny villages until reach your accommodations for the night at Everest Summit Lodge.

*Overnight at Everest Summit Lodge, Monjo [B/L/D]*



Day 4: Trek to Tashinga via Namche Bazar OR Fly to Tashinga by a chartered helicopter

Altitude: Namche - 11,220 ft. / 3,420 m

Tashinga - 11,800 ft. / 3,598 m

Trek duration: approx. 6 - 7 hours (depending upon walking pace)

Set off after breakfast crossing over a wooden bridge to the right bank of the Dudh Kosi (Milk River) as it tumbles down, white with glacial suspension, from the high Gokyo Lakes. Leaving the villages of Chumao and Monjo behind, enter Sagarmatha National Park at Jorsale. Following a short walk along the riverbed of the V-shaped valley, the river forks – to the right is the Dudh Kosi and to the left is Bhote Kosi which leads to the famous peak of Nampa. After a short distance along the Bhote Kosi you begin a steep ascent to Namche. The trail zigzags and halfway into your trek to Namche Bazaar, a gap in the trees offers your first sight of Everest (29,027 ft. / 8,848 m). If the weather is clear, the top of the southwest face is visible behind the long Lhotse-Nuptse Ridge.

The climb eases somewhat and the town appears ahead. Surrounded by an amphitheater of peaks — Thamserku (21,711 ft. / 6,618 m), Kwangde Ri (20,297 ft. / 6,187 m) and Khumbila (17,724 ft. / 5,402 m) — Namche is the largest and most prosperous town in the Khumbu region. The town is a central hub for the area and its renowned bazaar, held every Saturday, sells everything from livestock and vegetables to traditional crafts such as hand-woven aprons and Tibetan boots. Lunch at Namche.

After lunch, continue trek to Tashinga. Arrive at Everest Summit Lodge set amid pine forests overlooking the Dudh Koshi valley with breathtaking views of Ama Dablam (21,965 ft. / 6,695 m), Thamserku, the Taboche Peak and Khumbila, said to be the spiritual abode of the patron demigod of the Khumbu region.

OR

You may fly on a chartered helicopter to Tashinga. Upon reaching Tashinga, we will check into the hotel and freshen up.

*Overnight at Everest Summit Lodge, Tashinga [B/L/D]*



### Day 5: In Tashinga - Acclimatize hike to Mong-la.

Hike duration: 3 hours approx. (depending upon walking pace)

Today, we will utilize the day as an acclimatization hike skipping the crowded traditional trail and exploring the lower section of the Gokyo Valley. Enjoy the walk on the relaxed pace on one of the most amazing settings.

Our walk will continue till the ridge of Mong-la from where you can have the stunning mountain views. On a clear sunny day, you can have view of Thamserku (21,711 ft. / 6,618 m) and Khumbila (17,724 ft./ 5,402 m).

Mong-la is a small settlement on the ridge, heading towards the popular trekking destination, Gokyo and Chola pass. If lucky, there are chances of seeing the Nepal`s national bird – Lophophorus, Musk deer, Himalayan Vulture etc.

Spend some time at Mong-la and hike downhill to Tashinga.

Remaining of the day will be at leisure.

*Overnight at Everest Summit Lodge, Tashinga [B/L/D]*

### Day 6: In Tashinga – Day hike to Khumjung

Trek duration: 6 hours approx. (depending upon walking pace)

Hike Grade: Moderate

After breakfast, we will hike to the nearby Sherpa village of Khumjung, where one can witness the magnificent view of Mt. Ama Dablam. In Khumjung, at least one of the family members of each household is a climbing guide and has climbed Everest.

While in Khumjung, meet and chat over a cup of tea with one of the Sherpa climbers from the village (subject to his/her availability).



Further, visit the Sir Edmund Hillary School, the first school in Khumjung built by Sir Edmund Hillary in 1961.

Also visit the Khumjung Monastery, the second oldest monastery in the Everest region which houses the 'Yeti scalp' and is worth a visit.

*Overnight at Everest Summit Lodge, Tashinga [B/L/D]*

### Day 7: In Tashinga - Day hike to Tengboche Monastery

Trek duration: 6 hours approx. (depending upon walking pace)

Hike Grade: Moderate

This morning, hike to Tengboche Monastery. Looking across the valley, you can see the path sloping diagonally up towards the famous monastery of Tengboche, but first you must descend to the river. This takes about an hour, descending steeply in a series of zigzags to the Dudh Kosi river.

A little way further on is a small hamlet, Phunki Tanga, where you could stop for a cup of tea. It is 2-3 hours from the bridge to reach the monastery at a slow, even pace. At first you climb steeply up through a pine forest, thankfully in the shade, and then emerge to walk up a long gentle straight path that rises like a ramp to the monastery. Emerging at the top, there is a mandala gateway and a huge chorten, which are passed before your first sight of the gompa. The setting is nothing short of magic and it is incredible to think that the temple was burnt down only a few years ago and was re-built largely through the efforts of the Sir Edmund Hillary Trust.

There is a Visitors Centre, and, in the afternoon, it is possible to sit down inside the temple for afternoon prayers. Conch shells are blown, the monks arrive, and visitors are expected to sit quietly on the right-hand side of the temple. We will have lunch in one of the lodges in Tengboche. After exploring the area and enjoying the awesome panoramic



view of the Himalayan giants with Everest as the crowning glory, we will trace back our trail to our hotel at Tashinga.

*Overnight at Everest Summit Lodge, Tashinga [B/L/D]*

### **Day 8: Heli sightseeing of Everest and fly back to Lukla on a Chartered Helicopter**

After breakfast, we will fly back to Lukla on a Chartered helicopter, but first we will fly over the Everest Base camp for the ultimate Everest experience, hovering up the valleys of the Khumbu region surrounded by the snowcapped Himalayan peaks along with some of the highest mountains in the world, the view from the vantage point of a helicopter is exhilarating.

After taking off from the lodge, the helicopter will make a stop at the ride side on Kalapathar (weather permitting), allowing you to enjoy, photograph and savor the breathtaking view of the Mount Everest and the other great majestic peaks that surround it. This is a rare and a fascinating opportunity to embrace the legendary Himalayas and discover the ineffable beauty that is guaranteed to be one of the most mesmerizing experiences ever.

After this is accomplished, fly to Lukla on the same helicopter.

Rest of the day is free on own to explore.

*Overnight at Everest Summit Lodge, Lukla [B/L/D]*

### **Day 9: Fly to Kathmandu by fixed wing flight**

Morning, fly to Kathmandu on a fixed wing flight.



Upon arrival in domestic airport, Kathmandu, you will be transferred to the hotel. Remaining of the day will be at leisure.

*Overnight at Dwarika's Hotel, Kathmandu [B/-/D]*

## Day 10: Final departure

Today, you will be transferred to the airport for the journey back home. [B]

### Trip Ends

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**Note:** All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]

### Trip Includes:

- All transfers and tours in a private vehicle as per the above program.
- 2 nights' accommodation at The Dwarika's Hotel, Kathmandu on half board basis.
- 2 nights' accommodation at Everest Summit Lodge, Lukla on full board basis.
- 1 night accommodation at Everest Summit Lodge, Monjo on full board basis.
- 4 nights' accommodation at Everest Summit Lodge, Tashinga on full board basis.
- 7 nights/ 8 days Everest region trek with porters and English-speaking Nepali Trek Leader.
- Everest Park Fee and TIMS (Trekking Information Management System) card.
- Supplement food during the trek.
- Transfers in private vehicle in Kathmandu.
- Activities/Excursions/day hikes/trek accompanied by guide.
- Meals as mentioned in the itinerary.





### Trip Extras:

- Airfare [*Will be quoted separately*]
- Sightseeing tours in Kathmandu.
- Insurance and rescue of any form.
- Cost arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Excess baggage.
- Tipping
- Refreshments, bottled drinks and photography charges in the monasteries and monuments.
- Expenses of personal nature such as bar bills, communication charges, laundry, tips etc.
- Any other expenses that are not mentioned in the above cost.