

Everest View Trek - 9 Days

About the Trek

Everest View Trek is a perfect option for those who cannot reach Everest Base Camp but still wish to witness the beauty of the Everest region. This trek offers majestic Himalayan views, cultural experiences, and stunning landscapes, all without requiring a climb to the Everest Base camp.

Flight to Lukla

The journey begins with a flight from either Kathmandu or Manthali to the world-famous Tenzing-Hillary Airport in Lukla. From here, we start our trek.

Lukla to Phakding

On the first day, we descend through Chauri Kharka, which means a pasture area for grazing yaks and cattle. We walk alongside the milky-white Dudh Koshi River, its gentle yet strong flow echoing through the valley, flanked by lush green forests and riverbanks. We reach Phakding, and in the evening, we hike a bit uphill to visit a well-known Buddhist monastery. After exploring, we return to our lodge for the night.

Phakding to Namche Bazaar

The next day, we continue our journey through Tok Tok village, reaching Monjo, where we enter the Sagarmatha National Park at the first army checkpoint. Here, we verify our permits and ensure we are not carrying any restricted items. We cross a suspension bridge and pass through Jorsalle, following the Dudh Koshi river bed toward the iconic Hillary Suspension Bridge.

Namche Bazaar

Ascending further, accompanied by strong winds, colorful prayer flags, and yak and mule caravans, we reach our first Everest viewpoint at Top Danda. This leads us to Namche Bazaar, often referred to as the gateway to Everest. Despite its remote location, Namche feels like a small town, energizing all trekkers. From here, we see peaks like Kongde, Thamserku, and Kusum Kanguru.

Acclimatization Day

The following morning is reserved for acclimatization. We hike up to the National Park Viewpoint and visit the Sagarmatha Museum. The trail continues past Syangboche Airport, one of the world's highest airstrips. We reach the stunning Everest View Hotel. Surrounded by snow-capped mountains like Ama Dablam and other 8000m peaks, including Everest itself, we enjoy a peaceful tea break with breathtaking views. We also visit Khumjung village and return to Namche for the night.

Trek to Tengboche

The next day brings a different experience as we head toward our final destination, Tengboche. The trail offers breathtaking views of towering mountains and peaceful paths adorned with prayer wheels and stupas. We pass Phungi Thanga and ascend through beautiful rhododendron forests, finally arriving at Tengboche.

Tengboche Monastery

Tengboche Monastery, located in Tengboche village (Khumjung area), is the largest Tibetan Buddhist monastery in the Khumbu region. It is central to the Sherpa community. From here, we capture unforgettable views of Tawache, Everest, Nuptse, Lhotse, Ama Dablam, and Thamserku.

Return Journey

After spending time in this sacred place, we begin our return journey via Namche and Lukla, and finally fly back to Manthali or Kathmandu, marking the end of the Everest View Trek.

PRICE INCLUDES

- Airport transfers: Pick-up and drop-off from the airport in a private vehicle.
- Kathmandu–Lukla–Kathmandu flight: Round-trip domestic flight with airport transfers.
- Accommodation: Kathmandu (2 nights twin-sharing BB basis).
- Accommodation: Teahouse lodges during the trek (twin-sharing basis).
- Meals: Breakfast, lunch, and dinner during the trek, including tea/coffee.
- Guide & porters: Experienced, English-speaking trekking guide and porter (1 porter for every 2 trekkers).
- Permits & paperwork: Sagarmatha National Park Permit, Khumbu Rural Municipality Permit, and TIMS Card.
- Medical kit: A Basic first aid kit carried by the guide.
- Duffle bag: A trekking duffle bag for use during the trip.
- Government taxes: All applicable government and local taxes.

PRICE EXCLUDES

- International flights: Flights to and from Nepal.
- Nepal visa: Entry visa fees for Nepal.
- Accommodation in Kathmandu: Hotels before and after the trek (can be arranged upon request).
- Meals in Kathmandu: Lunch and dinner before/after the trek.
- Personal expenses: Snacks, drinks, Wi-Fi, battery charging, and hot showers during the trek.
- Travel insurance: Mandatory insurance covering emergency evacuation and medical expenses.

- Trekking gear: Sleeping bags, trekking poles, and down jackets (available for rent).
- Tips & gratitude: Tips for guides, porters, and staff (recommended but optional).



DETAILED ITINERARY

Day 1: Arrival in Kathmandu

Welcome to Kathmandu, Nepal. Upon your arrival at Tribhuvan International Airport, our team will greet you and transfer you to your hotel. We will brief you about your trip and introduce you to your guide. After your introduction, the bustling streets of Thamel will await you, where colorful shops, trekking gear stores, and cozy cafes will give you a taste of the adventurous journey ahead.

Day 2: Fly to Lukla - Trek to Phakding

The day starts with an early morning scenic flight to Lukla, a thrilling experience as we land at Tenzing-Hillary Airport, surrounded by towering peaks. After meeting our trekking crew, we enjoy breakfast before setting off on foot. The trail takes us through charming Sherpa villages, crossing suspension bridges over the Dudh Koshi River. A gentle walk leads us to Phakding, where we settle in at a cozy teahouse. In the evening, we explore the Phakding Monastery, soaking in the peaceful atmosphere.

Day 3: Trek to Namche Bazaar

After breakfast, we continue towards the famous Namche Bazaar. The trail follows the river, passing through Monjo, the entrance to Sagarmatha National Park. Along the way, we cross the legendary Hillary Suspension Bridge, swaying high above the rushing river. A final steep ascent brings us to Namche, a lively town nestled into the mountainside. Here, trekkers from around the world gather, sharing stories over hot tea.

Day 4: Acclimatization Day

To acclimatize to the altitude, we spend the day exploring Namche and its surroundings. A short hike to the Everest View Hotel offers breathtaking views of Everest, Lhotse, and Ama Dablam. We also visit the Sherpa Museum, which provides insights into mountaineering history and the culture of the Khumbu region. The rest of the day is free to explore the narrow streets of Namche, visit bakeries, the market, local shops, and take a trip to Khumjung village, including its school.

Day 5: Trek to Tengboche

Leaving Namche, the trail gently ascends and then descends towards the Dudh Koshi River, passing through pine forests and yak pastures. We stop for a tea break at, where we get breathtaking views of Ama Dablam. After crossing Phungi Tenga, we make the final uphill climb to Tengboche, home to the famous Tengboche Monastery. The monastery, set against a stunning mountain backdrop, is the spiritual heart of the Everest region. We spend the evening soaking in the peaceful atmosphere.

Day 6: Trek Back to Namche Bazaar

Our trek returns to Namche Bazaar by the same route. Our hearts and memories remain there. Due to time and work constraints, this time we're only going as far as Tengboche. But with the desire to reach base camp next time,

Day 7: Trek Back to Lukla

Our last trekking day takes us down through Monjo and Phakding, crossing familiar bridges and villages. The sense of accomplishment is strong as we reach Lukla.

Day 8: Fly Back to Kathmandu

We take the morning flight to Kathmandu, bidding farewell to the mountains. Once back in the city, the day is free to relax, shop for souvenirs, or visit local sights. In the evening, Trek Curator hosts a farewell dinner, celebrating the journey with delicious food and lively conversation.

Day 9: Departure

Our Trek Curator team will accompany you to the airport to bid you farewell.



ADDITIONAL INFORMATION

Permit and Visa

For the Everest Base View Trek, trekkers need to secure the Sagarmatha National Park entry permit, which is a requirement for all visitors. Additionally, the TIMS Card (Trekking Information Management System) is mandatory. Both permits can be obtained through registered trekking agencies like ours. Most nationalities can acquire a tourist visa upon arrival at Tribhuvan International Airport in Kathmandu. For quicker processing, an online visa is available via the official Nepal Immigration website. Be sure to have a valid passport (with at least six months of validity), passport-sized photos, and the visa fee in USD cash.

For Visa Information.

Transportation

The trek kicks off with a scenic 35-minute domestic flight from Kathmandu to Lukla, which serves as the most common starting point. For those with time constraints or emergencies, a helicopter transfer is an option. Although road transfers are possible, they significantly extend the trek's duration. Keep in mind that local transportation options are quite limited, as most trekking routes are accessible only on foot.

Accommodation and Services

In this region, trekkers can find tea houses and lodges that offer basic rooms equipped with beds and blankets. Meals typically feature local Nepali cuisine, including favorites like dal-bhat, noodles, and soups. Some higher-end lodges provide hot showers and Wi-Fi, though these amenities may come with extra charges.

Best Season

Autumn (September to November) boasts clear skies, stable weather, and breathtaking mountain views, making it the ideal time for trekking. Spring (March to May) is marked by blooming rhododendrons, moderate temperatures, and fewer crowds. Winter (December to February) brings cold conditions with heavy snowfall, while the monsoon season (June to August) is characterized by rain and a risk of landslides.

Booking Policy and Required Documents

To secure accommodations during the peak trekking season, early booking is highly recommended. The booking process requires a valid passport copy, travel insurance (which must include emergency helicopter evacuation), and passport-sized photos for the trekking permits. To confirm the trek, a deposit of 20-30% is necessary, with the remaining balance due upon arrival in Nepal.

For [Booking & Cancellation Policy](#): [click here](#)

Emergency Evacuation and Safety Tips

Altitude sickness can occur at elevations above 3,000 meters; therefore, it's important to acclimatize properly and stay hydrated. Keeping the contact numbers for local guides and travel agencies handy can be very helpful. In emergencies, helicopter evacuations are available from Gorakshep, Pheriche, and Lukla, but ensure this is covered in your travel insurance. Also, make certain your travel insurance includes coverage for high-altitude trekking (up to 4,500 m) and emergency evacuation. Basic health posts are accessible in villages, while advanced hospitals are located in Kathmandu for serious cases. If you experience headaches, nausea, or dizziness, please inform your guide immediately.