



Everest View Trek - 7 Days



Trip Facts

Destination	Nepal
Duration	7 Days
Group Size	2-30
Trip Code	DWTK02
Grade	Easy
Activity	Everest Treks
Region	Everest Region
Max. Altitude	3,855m Tengbuche
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Domestic flight (Ktm-Lukla-Ktm) and Pick up & Drop off by Private Transportation (Hotel-

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Everest View Trek is a short but beautiful journey to the Everest region to catch the exceptional views of the tallest mountain in the world, Mt. Everest while avoiding heavy...

Discovery World Trekking recommends all our valuable clients arrive in Kathmandu before 3 pm a day earlier than the trek departure date to attend the trip briefing. We organize a trip briefing to recheck equipment, gear, and materials, you are

taking to the trek so that you do not miss the essentials. We will also provide other essential information about the trek. Further, we advise our trekkers to add at least 1 or 2 days extra for this trek to compensate for the possible local flight delays. It will ensure that you will not miss your international flight back home.

About the Trip

Everest View Trek is a short but beautiful journey to the Everest region to catch the exceptional views of the tallest mountain in the world, Mt. Everest while avoiding heavy trek and chances of altitude sickness. This trek is suitable for all age groups.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  Scenic flight to Lukla
-  Mount Everest (8,848m)
-  Relaxed and easy trek in the Everest region
-  Sagarmatha National Park (UNESCO World Heritage site)
-  The famous Sherpa town - Namche Bazaar
-  Highland wildlife like musk deer and Himalayan Monal
-  Ancient monastery in Tengboche
-  Wide range of flora and fauna
-  Other beautiful high peaks - Mt. Lhotse(8,516m) and Cho Oyu (8,201m)

What is Included?

- ✔ Domestic flight (Kathmandu – Lukla – Kathmandu) costs and airport departure taxes
- ✔ Total six nights. Five nights rooms with attached bathroom - Lukla, Phakding, and Namche (3 N). One night in a standard room at Tengboche.
- ✔ Standard meals (7 Lunches, 6 Dinners, and 7 Breakfasts) during the trek
- ✔ Government licensed English-speaking Discovery World Trekking experienced trek leader and porter to help your luggage. Per trekker luggage weight limit is 9 kg.
- ✔ Guides and porter's cost, their meals, insurance, salary, lodging, transportation, flight, and other necessary equipment
- ✔ Water purification tablets for safe drinking water
- ✔ Sagarmatha National Park entry permit fee
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.
- ✔ Snacks (cookies) and seasonal fresh fruits every day
- ✔ All government, local taxes, and official expenses
- ✔ Rescue operation arrangement in case of complicated health conditions (funded by travel insurance)
- ✔ Souvenir - a company's T-shirt & cap
- ✔ Discovery World Trekking trek achievement certificate
- ✔ Farewell dinner in Kathmandu at the end of the trek

What is Excluded?

- ⊖ International flight airfare
- ⊖ Nepal entry visa fees at Tribhuvan International Airport
- ⊖ Excess baggage charges (Limit is 9kg per person)
- ⊖ All accommodation and meals in Kathmandu, before and after the journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- ⊖ Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fees, extra porters, etc)
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude heli-rescue and evacuation (compulsory)
- ⊖ Tips for guide and porters
- ⊖ Additional costs caused due to circumstances beyond our control - including landslides, bad weather, itinerary modification for safety concerns, illnesses, change of government policies, strikes, etc
- ⊖ All the costs and expenses not listed in "cost includes" will be counted as excludes.

Overview

The Everest View Trek is a **short alternative trek** for those who want to avoid altitude sickness but still **enjoy the views of Everest**. This trek will take you to the extraordinarily famous Sherpa town of **Namche Bazaar**, where you will acclimatize while appreciating the Sherpa lifestyle and hospitality.

Along with Mt. Everest, you will also see the world's other high peaks, such as **Mt. Lhotse (8,516m)** and **Cho Oyu (8,201m)**. As you will be covering substantial altitude, you will be seeing a wide range of flora and fauna. You can spend days exploring the Sagarmatha National Park.

This journey will **begin with a 45 minutes flight to Lukla**. It will be an enjoyable and very scenic flight. During the flight, you can even see the Annapurna Himalayan range.

After arriving in Lukla, we will start our trek via the banks of the **Dudh Koshi River** to enter the gateway of Everest - Namche Bazaar. We will acclimatize in this famous Sherpa town for a day. On the acclimatizing day, we will complete a side trek to Khumjung, explore the local yak farm, visit Edmund Hillary-funded school and Hospital, and enjoy the views of Everest from Everest View Hotel premises. People believe that Khumjung Monastery contains an ancient **Yeti Scalp**.

We will also visit airstrips in **Syangboche** while enjoying great views of Mt Everest and **Ama Dablam**. Then we continue our trek to Tengboche. Once again, from Tengboche, you will catch spectacular views of Mt. Everest and other high peaks.

We will also be visiting the ancient monastery of **Tengboche** to observe the monks offering prayers. Then we will return to Namche Bazaar and trek back to Lukla. The trail will get exciting as we cross high suspension bridges and dense forests. From the path, you might be able to spot highland wildlife, as you appreciate the beautiful scenery. The journey as a whole will indeed be very refreshing.

Discovery World Trekking offers hundreds of trek packages all over Nepal and several in the Everest region. We created this package for all age groups and people with almost all fitness levels because we believe that everyone should see Mt. Everest at least once in their lives.

Discovery World Trekking also offers the following popular packages.

[10 Days Everest Base Camp Trek](#)

[17 Days Everest High Pass trekking](#)

[7 days Everest Panorama Trekking](#)

[14 days Everest Base Camp Trekking](#)

[12 days Everest Base Camp Trekking](#)

Day to Day Itinerary

Day 1

Flight from Kathmandu (1,400 m / 4,593 ft) to Lukla (2,850m / 9,350ft) Trek to Phakding (2650m / 8562ft)

Itinerary Facts

Trek Distance	6.2km / 3.8miles
Flight Hours	40 minutes
Highest Altitude	2,850m / 9,350ft
Trek Duration	3 hours

After early morning breakfast, we head to Tribhuvan International Airport for a flight to **Lukla**. The flight is very scenic and provides stunning views of Langtang and the Annapurna Himalayan range. Upon arriving at the **Tenzing Hillary Airport** at Lukla, our trek begins. At first, we will trek 200m downhill to Thado Koshi River and cross a suspension bridge. From the bridge, the views of Mt. Kusum Kanguru look impressive. Soon after, you will be passing a small Buddhist village Ghat, before reaching **Phakding**. This day's trek will be short and enjoyable as we will be acclimatizing as well. After reaching Phakding, we will visit the local **monasteries**.



Overnight stay at Khumbu Travel Lodge (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 2

Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285 ft)

Itinerary Facts

Trek Distance	7.4km / 4.6miles
Highest Altitude	3,440m / 11,285ft
Trek Duration	6 hours

A long trekking day awaits us. We begin our trek early morning along the northern Dudh Koshi River banks crossing several suspension bridges over Dudh Koshi, including the **Hillary suspension bridge**. We will be trekking through forested trails to reach a small Sherpa village, known as Monjo. As you hike ahead, you will come to the Sagarmatha National Park Check Post where we register our permits before climbing through a thick, dense forest. From this forest, you will catch the first sight of Mt. Everest. However, we continue our trek further to reach **Namche Bazaar** - a famous Sherpa town, which is also known as the **gateway to Everest**.



Overnight stay at Sakura Guest House (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 3

Rest day to acclimatize at Namche Bazaar

You will have gained substantial elevation by reaching Namche Bazaar. So it is a perfect time to acclimatize. The town is full of places that **you can explore** - including numerous Wi-Fi-linked cafes and restaurants, souvenirs, gear shops, pubs, etc. You can choose to visit the **Sagarmatha National Park Visitor Center** or hike to the Sherpa towns of **Khumjung** and **Khunde**. To catch amazing views of Mt. Everest, we will also hike up to the Everest Hotel. After acclimatizing for a day, we will head back to our lodges and prepare ourselves for the next day.



Overnight stay at Sakura Guest House (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Namche (3,440m / 11,285ft) to Tengboche (3,855m / 12,850ft)

Itinerary Facts

Trek Distance 3,855m / 12,850ft

Highest Altitude 3,855m / 12,850ft

Trek Duration 5 hours

After early morning breakfast, we start our trek to **Tengboche** following the Dudh Koshi River. From the route on clear days, you will get spectacular views of Everest and other surrounding peaks. Trekkers often spot local wildlife like musk deer, Himalayan Thars, and pheasants while they trek. The trail drops down as we cross the Dudh Koshi River and passes through rigorous pine forests to Tengboche monastery, then to a meadow with surrounding lodges. From Tengboche, you get stunning views of **Ama Dablam**.



Overnight stay at Paradise Lodge



Included meals (Breakfast + Lunch + Dinner)

Day 5

Trek from Tengboche (3,855m / 12,850ft) to Namche Bazaar (3,440m / 11,285ft)

Itinerary Facts

Trek Distance 9.2km / 5.7miles

Highest Altitude 3,855m / 12,850ft

Trek Duration 5 hours

We leave Tengboche in the morning and **head to Namche Bazaar** through a path that passes through dense forests, where you might get views of wildlife like pheasants, musk deer, mountain goats, or even snow leopard. As we proceed, we will be climbing down some steep winding slopes. The trail will pass through regions with prayer flags and chortens by the side. As we head back, you can click pictures as you enjoy the views of Everest peak and the backside of **Lhotse**. After arriving at Namche Bazaar, we head to our lodges for rest.



Overnight stay at Sakura Guest House (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 6

Trek from Namche Bazaar (3,440m / 11,285ft) to Lukla (2,850m / 9,350ft)

Itinerary Facts

Trek Distance 13.5km / 8.3miles

Highest Altitude (3,440m / 11,285ft)

Trek Duration 6-7 hrs

After breakfast, we will be hiking down a steep trail descending to the Hillary Suspension Bridge and then continue our trek through several local villages in and around Dudh Koshi River valley. Upon reaching Lukla, we will freshen up at our hotel and relax. In the evening you can **celebrate your successful trek**, after all, you have viewed the tallest peak in the world.



Overnight stay at Comfort Inn (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 7

Fly back to Kathmandu (1,400m / 4,593ft) from Lukla (2,850m / 9,350ft)

Itinerary Facts

Flight Hours 40 minutes

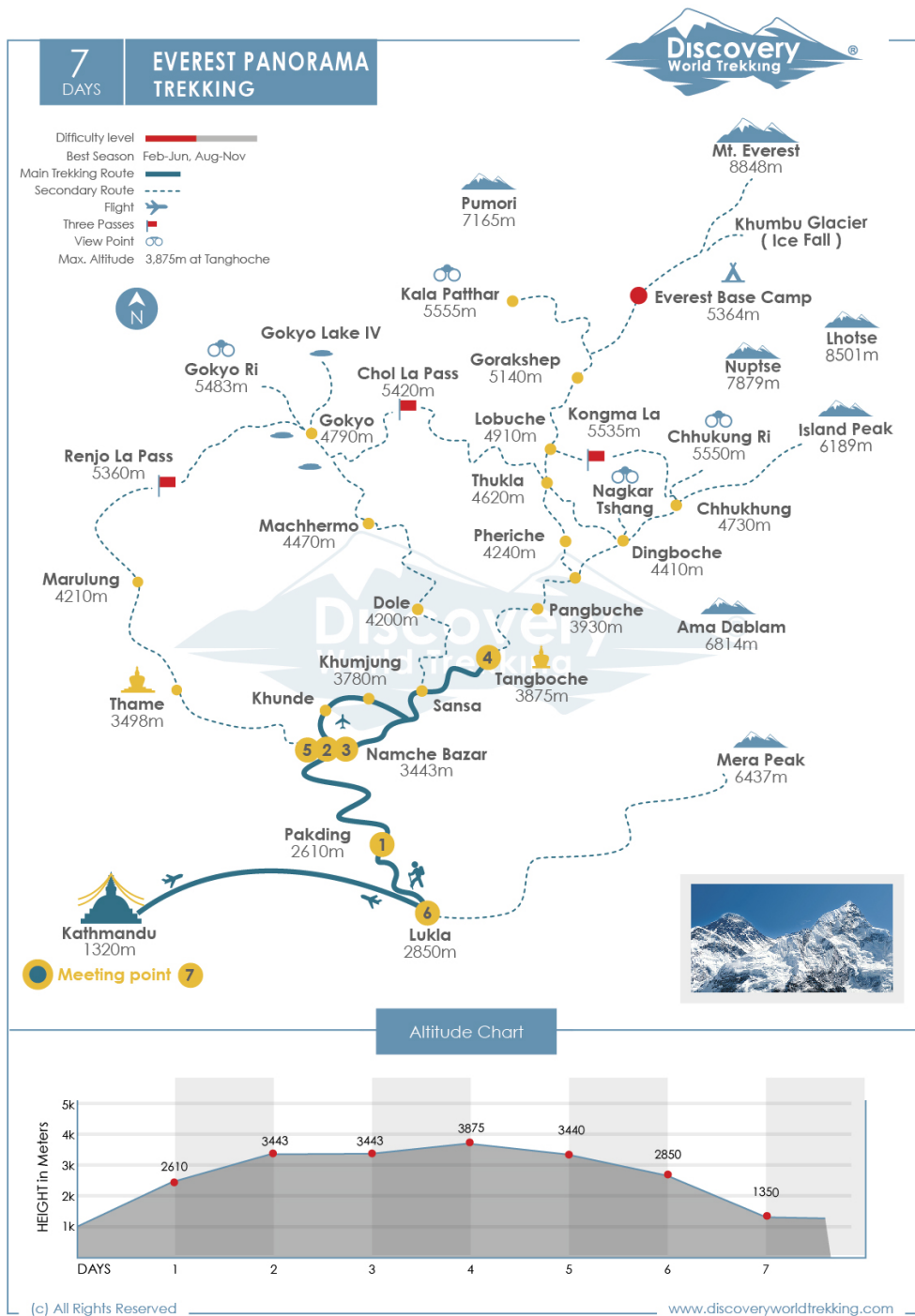
If all goes according to the schedule, we will be **flying back to Kathmandu** in the early morning after breakfast. After arriving in Kathmandu, you can choose how to spend your time in Kathmandu. You have several options - like exploring

Kathmandu city and its UNESCO world heritage sites. If you want, we can provide experienced guides for the Kathmandu city tour so that you will not miss the main attractions.



Included meal (Breakfast)

Route Map



Altitude Chart



DAY	1	2	3	4	5	6	7
Altitude (m)	2610	3443	3443	3875	3440	2850	1350

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Trips Notes

The beginning of Everest Panorama Trek

You will arrive in **Kathmandu at Tribhuvan International Airport**. You will require at least one overnight stay at a hotel in Kathmandu. The next day, early in the morning, we will take a domestic flight to Lukla that takes approximately 40 minutes.

This package includes Kathmandu-Lukla- Kathmandu flight costs.

Complimentary Airport Transfer

Discovery World Trekking provides free airport arrival and **departure transfer for our valuable clients booking the Everest Panorama Trek package**. Our representative will be at Tribhuvan International Airport, holding a pamphlet with your name on it. They will offer you a garland or a Khada as a welcome gesture and take you to your hotel in a private vehicle.

Accommodation Details During The Trek

The Everest Base Panorama Trek is a 7-day hike requiring six nights lodge to lodge stay at trek regions. We will arrange the best available lodges in those areas. You will be staying five nights in rooms with an attached bathroom at Lukla, Phakding, and Namche (3N). In Tengboche, you will stay in a standard room. All rooms are twin sharing rooms.

Solo trekkers will stay in single private rooms with an attached bathroom at Lukla, Namche, Phakding (3N), and a single standard room at Tengboche.

You will require two nights hotel stay in Kathmandu before and after the trek but, it is not included in the package. Kathmandu has a wide range of hotels that suit all budgets and tastes.

Meals

This trek takes place at high elevations in the periphery of the world's highest peaks, which means you require carbohydrates, proteins, and other nutrients. Though the choices may be less, we will provide you with enough nutritious and tasty food during the trek.

We will provide **seven breakfasts, seven lunches, and six dinners** during the trek. Some of the popular menu items are:

Seven breakfasts - Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, Honey Tibetan bread or Chapati, Local Tsampa porridge, Eggs, Pancakes, Muesli Breads, fruits, Vegetables, Hot Drinks (varieties of teas and coffees, hot chocolates, etc.)

Seven lunches - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni dishes, Tenduk Spaghetti Noodles, Thukpa, Pasta, Vegetable curry, Potatoes, Vegetables, Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Desserts, (Rice Pudding, Apple pie), etc

Six dinners - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni, Tenduk Spaghetti, Noodles Thukpa, Pasta, Vegetable Curry, Potato items, Vegetable and Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Korean Raman, Desserts (Rice Pudding, Apple pie), Hard Drinks, Steaks, etc

The menu contains traditional, Asian, and western cuisine, but as we climb up, the menu gets shorter. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea, and garlic soup(must) at high altitudes. Fresh vegetables are great for your health as well.

Though plenty of **non-veg items** will be available at trek regions, **we do not recommend** them because the meat in trek regions may not be hygienic. We highly encourage you to avoid dairy, alcoholic, caffeinated items, and hot chocolates.

All personal bills (alcoholic drinks, hot (tea/coffee), and cold drinks) in tea houses/Lodges or cafes except

standard meals (Breakfast, Lunch, Dinner with seasonal fruits) are excluded from the package.

Best Season to trek

The weather is the crucial factor you need to consider before deciding to participate in Everest View Trek. Adventurers, locals, and trek enthusiasts hike to Everest Base Camp trek throughout the year, but there are ups and downs based on seasons. The best trek season is during the spring and autumn as the sky is crystal clear, the chances of rain are minimum, and there are no clouds. Clear azure skies provide the most spectacular vistas, while the favorable warm temperature makes the trek heavenly.

During winter, the trek becomes challenging due to heavy snowfall and cold temperature but, it also excites some trekkers. Similarly, summer coincides with the monsoon in Nepal, so the path is a little slippery and wet.

January to February

This time is the coldest, especially from early January to early February. There is heavy snowfall in the trek regions resulting in frigid temperatures. Though the daytime may be warm and admirable with clear skies, the nighttime is extremely cold, but the trek is possible in these months. Discovery World Trekking conducts safe Everest View Treks during these months, but if you are allergic to colds, you shouldn't trek during these months.

Temperature: Temperatures ranges from 15°C to -5°C

March to April

It is one of the best seasons for Everest View Trek due to favorable weather. You can get stunning views of the Himalayan ranges and glaciers. March being the beginning of the spring season, the weather starts to warm up. During these months, all flora and fauna, dormant throughout the winter, come back to life feeding and breeding in the sun-kissed temperatures. Temperatures start increasing from the mid of March, and with clear skies, snow mountains look their best.

Temperature: Around 18 °C during the day and around 6 °C at night

May to June

This is also the perfect time for trekking, right before the rainfall. Rainfall in Nepal starts from the end of June and lasts till mid-August. The mix of spring and summer seasons makes the trek much more enjoyable.

Temperature: Around 25°C during the day and around 7°C at night

July to August

The rainfall hits its peak during this time at altitudes below 3500 meters. Due to heavy rainfall, flights to Lukla may get canceled at the beginning or end of the trek, but trekkers trek to Everest Base Camp during these months. The hike is challenging but not impossible. We do conduct safe Everest View Treks during this time. If you trek during these months, you will witness spectacular views of the waterfalls in comparatively uncrowded trails.

Temperature- Around 27°C during the day and around 10°C at night

September to October

These months also form one of the perfect Everest View Trek seasons. Large numbers of trekkers visit Everest reason during these months. As the monsoon slowly ends, a perfect trekking climate sets in. The temperature goes up to 20 degrees during the daytime and falls to 5 degrees at night. Most trekkers enjoy trekking the most at this time due to the clear skies, which provide stunning views of the mountains. Tourists coming for Everest View Trek view in these months can also enjoy the festive mood of Nepalis as two major Nepali festivals - Dashain and Tihar that fall during these months.

Temperature- Around 20°C during the day and around 6°C at night

November to December

As winter slowly begins, snow falls start in the Himalayas, and it eventually gets tough to trek. Nights get very cold. November treks are easier with sparkling days and amazing views of glorious mountains. The daytime temperatures are very stable, but nights are cold. From December, the temperature starts to get very low due to snow.

The weather in the Himalayas is unpredictable and changes quickly.

Acclimatization

The **highest elevation** you will be reaching in the 7 Days Everest View Trek is **3,875m at Tengboche**. This package includes a day at Namche for proper acclimatization. The chance of being affected by altitude sickness is negligible.

Your trekking leader and guide have extensive first aid training and are well-experienced. We also use oximeters to monitor your oxygen level to detect signs of altitude sickness. Further, we have designed our itinerary to prevent altitude sickness. You will be ascending slowly, taking regular breaks, and we suggest you drink plenty of water every day. We guarantee your health will be in reliable hands. In severe mountain sickness cases, the only cure is to descend immediately. Your group leader has the authority to stop your ascent based on the condition of trek members. You need to understand that some individuals are more vulnerable than others.

Trip Grade: Fitness level, Medical, and Health

The **Everest View Trek** is an **easy trip** to see Mt. Everest close without reaching Everest Base Camp. However, this is not a casual journey. The trekking route involves hiking along the rocky mountain, steep ascents, descents, and straightforward paths.

So the trip is not very demanding. Novice trekkers of **all age groups can join this trek**. You do not need any technical experience or skills. However, the fitter you are, the more you will enjoy the hike. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Trekking Group/Single

We organize groups as well as **private treks**. If you have your group, you will be eligible for discounts but, you will not get discounts for groups we assemble. We can handle all group sizes and add an assistant guide for trek groups with 12 or more trekkers.

A typical day

Each day comes with a **unique trek experience**, enjoying the scenery, taking photos, and exploring the local villages. Our experienced and friendly trek guides/Sherpas will share with you information and historical facts about the places as you trek. Porters will carry our luggage but, you need to carry a small regular day bag pack for valuable items.

The day starts with an early morning hot cup of tea/coffee, and we set off on the day's walk around 7 to 8 am, depending on the duration and nature of the day's walk.

After trekking for three to four hours, we serve lunch around midday on the route to the next destination. After lunch, we will rest for an hour and then continue. The afternoon walk will be shorter. Once you reach our overnight lodge/tea house/tent, you can snack on the extra dietary food. In your free time, before dark, you can explore nearby places.

We will serve dinner around 6 to 7 pm. After dinner and before going to bed, you are free to engage in friendly conversations and discuss your experience with each other. Your leader/guide will brief you about the next day's plan. After this briefing and before going to bed, you can enjoy reading books, watching mountaineering videos if available, or playing onboard games like monopoly or cards. Most foreigners also learn simple Nepali words from our crew.

Communication during the trek

During the **Everest View Trek**, you can **use internet service** at the lodges but, it comes with some extra service charge. Once we reach high altitudes, we will communicate by phone for safety. Discovery World Trekking will remain in contact with all of its trek groups at least once a day through trek leaders to ensure everyone is safe and comfortable. If you want, you can buy a local sim in Kathmandu. However, depending on the network you use, the signals might not be strong enough.

Wi-Fi is available in lodges/tea houses but comes with an extra cost.

Extra personal expenses

You will need to cover the accommodations and meals during your stay in Kathmandu. Besides these costs, you need personal spending money for the visa process, travel insurance policy purchase, beverages, snacks, tips, and souvenirs. We recommend you to **carry cash** (major currency) and **exchange them for Nepali Rupees in Kathmandu**.

Electricity, water on trekking

Throughout the lodges at Everest View Trek regions, you can get electricity for your camera and mobile for a small price. You can buy packed mineral water from local lodges or en route shops during the trek. In addition, you can carry your water bottle and fill it with boiled or filtered water from lodges for a small price.

You shouldn't drink water from rivers, taps, and wells in the trek regions for hygiene concerns.

Travel Insurance Policy

This trip grade is easy, but it takes place at higher elevations, and there is a tiny chance of altitude sickness and other hazards. Hence **travel insurance is compulsory**. The policy must cover medical and helicopter rescue expenses at the highest altitude.

We can recommend insurance companies based on our previous client experience, but we do not sell insurance policies.

We request our valuable clients to send their detailed insurance information within a week of booking. In emergencies, we will use your insurance policy and other informational documents to arrange a swift evacuation and transfer you to medical centers.

Before you buy travel insurance, make sure to call the insurance company and recheck if they have Heli-rescue and evacuation up to 4000m. Do not just believe what is written on their website.

Passport and visa

All foreigners except Indians require a visa to enter Nepal. You can get an on-arrival Visa at the Tribhuvan International Airport.

For a visa application, you will require a passport with at least six months of validity, a passport-size photo, and visa fees. **The current cost of the visa fee is USD 50 for 30 days**, which you can pay in cash. Citizens of China and the SAARC countries will receive a free visa. Citizens from certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) may not receive on-arrival visas. So if you are a citizen of any one of these countries, you will have to contact your local Nepalese embassy.

Government can change visa policies without notice, so please check <https://www.immigration.gov.np/> for the latest information.

Money exchange

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs 120 NPR).

You can exchange major foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Money exchanges display the exchange rates visibly for the public. If you have INR (Indian Rupees), please note that only INR notes of 100 and 2000 are legal in Nepal.

Despite having the security advantage of a traveler's cheque, we recommend cash exchange so that you can avoid hassles like lengthy processes and a high bank commission. You can also withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu. Many of these ATMs are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee using your foreign card.

If you use the money exchange facilities at banks and financial institutions, the service fee charge imposed is about four percent or more depending upon the bank. Trek regions have no banks and money exchange services, so you should exchange your money in Kathmandu based on your expense estimations. Trek regions only accept Nepalese currency.

Most banks in Asia do not accept old, torn, or faded foreign currency notes, so make sure you have new, clean notes.

How Much Luggage Can I Bring to 7 days-Everest View Trek?

We assign one porter for every two trekkers. **Per trekker luggage weight limit is 9 kg**, so one porter will not carry more than 18 kg of combined luggage. We never overload our porters. Even though porters will carry most of your luggage, we expect you to carry a regular backpack for your valuables. We recommend you bring only the essentials to the trek. You can store your excess baggage either in your hotel or our store for free.

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey in our Office.

Trek Safety




We take our valuable guests' safety seriously. We **will be carrying all the necessary gears, equipment, and first aid kits prepared to face any situation**. Our leaders and guides have completed extensive first aid training. If a trekker falls sick due to the altitude, your trek leader has the authority to decide whether to continue the ascend or descend immediately. We also make sure that all trekkers trek as a group.

Equipment Checklist




Equipment lists for Everest Panorama Trek

We recommend you to bring basic clothing and accessories for the trek. Porters will carry your luggage, but they will not carry more than 18 kg of combined weight. We provide one porter for every two trekkers. So per trekker luggage limit is 9 kg. If you require, we can arrange one porter per trekker. Here is a **list** we have prepared **to help you pack things** for the trek.


Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide-brimmed hat
-  Headlight with extra batteries









Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes

Hands

-  Lightweight gloves
-  Heavyweight winter gloves

Body





-  Hiking shirts
-  Long-sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants

Footwear








-  Hiking Boots
-  Thick wool socks (Take an extra pair of thick light socks)

Essential gear





-  Backpack or daypack (Size depends on whether you take porter or not).

-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best for high altitude trekking)





Toiletries

-  Medium size drying towel
-  Toothbrush
-  Toothpaste
-  Deodorant floss
-  Biodegradable bar soap
-  Nail clippers
-  Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

-  First aid kit
-  Extra passport photos and passport photocopies
-  Notebook and pen
-  Binoculars

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
01 Apr, 2023 - 07 Apr, 2023	\$1190 \$850
05 Apr, 2023 - 11 Apr, 2023	\$1190 \$850
08 Apr, 2023 - 14 Apr, 2023	\$1190 \$850
12 Apr, 2023 - 18 Apr, 2023	\$1190 \$850
15 Apr, 2023 - 21 Apr, 2023	\$1190 \$850



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Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

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