Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

Everest Panorama Trekking - 10 Days

Everest Panorama Trekking is short trekking in the Everest foothills that provides you a delightful scenic view of Mt. Everest and neighboring peaks along with a lot of opportunities to expose yourself to a mountain and alpine scenery if you are time bound or physically restricted to reach up to Everest Base Camp to enjoy the close-up views of Mt. Everest, then an ideal trek that offers breathtaking, panoramic vistas of some of the world's highest and most beautiful mountains.

Walk the exciting Everest Panorama trail following the rhododendron, pine, and fir forests, the glacier-melt milky fast flowing Dudh Koshi River, passing over many impressive suspension bridges, the homeland of world popular climbers and witness their well-preserved culture and monasteries.

After a short sightseeing tour in Kathmandu, we take a scenic flight to Lukla, where we begin our trek. Next, we trek up to the Sherpa capital, Namche Bazaar, rest there for two nights to ease acclimatization. Then, after spending some amusing moments at the Sherpa museum and Everest Photo Gallery, we continue to Tengboche and trek back through Khumjung village, the biggest locale of Sherpa people.

This is a great opportunity for any outsider of the Everest Region to get an insight into the sweet and simple Himalayan lifestyle. Finally, when you are trekking down and reach Jorsale, it calls upon the end of Everest Panorama Trekking. Within a short span of time, Everest Panorama Trekking offers you the sweet and picturesque sight of the Everest region.

Trekking around the tallest peak of the world is the dream of every trekker and adventure around the world. But this might not be possible for all due to time, health, and fitness factors. Everest Panorama Trek is a comparatively shorter and easier trek suitable for time-bound people of all ages who long to see Mt. Everest but cannot reach up to Everest Base camp due to physical or time matters.

There are still challenging tracks and steep inclines, but this is a shorter trek reaching 3900 meters. Without many struggles of high altitude and tough walking, you will get a brief overview of the Everest region via Everest Panorama Trek. Icicles Adventure Treks & Tours will help you make your Everest Panorama trek even more glorious by arranging all your requirements ranging from food, accommodation, transportation, equipment to insurance, medicine, tour guide, and much more.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel- Ramada Encore or similar
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing) during the trek (we provide rooms with private bathrooms and hot shower at Phakding, Namche and Lukla)
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers: 1 assistant guide) and porters (2 trekkers: 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Round trip flight Kathmandu – Lukla– Kathmandu including departure taxes
- Duffle bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS, National Park Permits
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Alcoholic drinks and cold drinks
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc.)
- Personal equipment and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,338 m.)

Welcome to the beautiful nation of the Himalayas! With your flight landing at the Tribhuvan International Airport (TIA) located in Kathmandu, in few moments after finishing your airport custom formalities you shall meet our representative who is going to be waiting for you at the terminal. After meeting up with them, you are going to be escorted towards a private tourist vehicle which will take you to your hotel in Thamel. Then after you can relax in your room for the time being or you may go outside and have a look around at the streets near by your hotel. Stay overnight at Kathmandu.

Accommodation: Hotel

Day 2: Kathmandu (1,338 m/4,390.) Sightseeing and Trek Preparation.

Kathmandu; a place widely known for being an arrival point for most of its foreign tourists, also serves as one of the best cities to travel in the world. It's your first morning in Kathmandu so we will let that thought sink in first of all. Now you get out of bed and have your hot crisp breakfast before getting in a tour vehicle to actually begin your sightseeing tour around the enigmatic UNESCO World Heritage Sites inside Kathmandu valley. Initially we climb up through 365 steps to reach the Swayambhunath Stupa which is also the most ancient and profound religious structure built in Nepal. Next, is the 2,000-year-old Hindu temple referred to as "Pashupatinath Temple" and the third stop will be to the largest stupa of Nepal which in the local terms is called the "Boudhanath Stupa". Last of all, a short visit to the exquisitely historic site visit to the Kathmandu Durbar Square shall be done to conclude our tour. Later in the evening, a short pre-trek meeting with your guide is scheduled to help you plan your upcoming trekking days and routes. Stay overnight at Kathmandu.

Accommodation: Hotel – Included Meals: Breakfast

Day 3: Kathmandu - Lukla (2,800 m.) Phakding (2,652 m.) 3 hrs

Enjoyed your tour yesterday? Well then, we have many more dramatically overwhelming moments lined up for you from this day onward. Waking up early, we now head to the domestic airport departure terminal for our flight which is going to take us to a town called Lukla which acts as an entry point for trekkers wanting to trek inside the stunning Everest region. Our flight may last up-to 40 minutes or so and so trekkers can use this moment to have a look at the first glances of the beautiful Himalayas. In this way, trekkers approach the Lukla airport where they get the first-hand personal experience of trekking as we are to ascend higher towards a small village called Phakding. We are now completely surrounding by staggeringly gorgeous hills which gives us the feeling of intense solitude far away from the noisy city areas. Initially our trail descends down to Chauri Kharka and starts going up which takes us deeper inside the Khumbu region. Lastly with short 3-hour trek, we close up our first trekking day by reaching Phakding village where we shall check into a local lodge and remain there for the following night.

Accommodation: Local lodge – Included Meals: B, L, D – Walking time: 3 hrs.

Lukla Flights

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The primary gateway to the Everest Base Camp Trek is via a flight to Lukla (2840m), which lands at one of the world's most extreme airports: Tenzing-Hillary Airport. Positioned on a narrow plateau above a steep cliff with a short and narrow runway, the flight itself is as thrilling as it is challenging. Weather conditions here are notoriously unpredictable, with visibility shifting rapidly, which adds a layer of excitement to the journey.

Ramechhap Airport

During the busy trekking seasons in spring (March, April) and autumn (October, November), Kathmandu Airport faces significant congestion, leading most flights to Lukla to operate from Manthali Airport in Ramechhap, approximately a 4-5 hour drive from Kathmandu. To avoid this drive, you can opt for a helicopter flight from Kathmandu, though this is an additional expense.

Weather

Flights to Lukla are dependent on clear weather and stable conditions. Delays or cancellations are common due to sudden shifts in weather, which may extend your trekking plans by a few days. We recommend adding buffer days to your itinerary to mitigate any disruptions to your return travel plans.

In the event of prolonged delays, a helicopter transfer to Lukla is an alternative, although this incurs additional costs and is not included in the standard trek package. While helicopters can operate in some conditions that planes cannot, extreme weather can ground them as well. In such cases, we will endeavor to arrange a helicopter charter, subject to availability and weather permitting. Please note, helicopter availability is limited and may lead to delays.

We ask for your flexibility and understanding in these situations. If weather conditions prevent flights for an extended period, an alternative is to drive to Tham Danda—a challenging 20-hour journey—and begin the trek from there. This route is prone to difficulties, especially in adverse weather, requiring extra days and considerable patience.

Should conditions make the Everest Base Camp Trek unfeasible, we can redirect to other treks such as Annapurna Base Camp or Langtang Gosainkunda. While these treks do not lead to Everest Base Camp, they offer stunning views and rewarding experiences.

Your cooperation and flexibility are crucial in navigating these complexities, ensuring a memorable and enjoyable trekking experience regardless of the route.

Day 4: Phakding - Namche Bazaar (3,440 m.) 5 - 6 hrs

After breakfast, we shall continue our trekking and head higher towards Namche Bazaar which is one of the most densely populated Himalayan towns of Khumbu region. Our path today is filled with several up and down hill trail routes as we have to cross the Dudh Koshi River many times. Along the way trekkers reach Benkar village and once there they are presented with the captivating view of Mt. Thamserku (6,608m) covered white snow gleaming with sunlight. Later on, with some extra river crossings, we arrive at Monjo village where few local lodges can be seen alongside the trek trail. Slightly further is Jorsale village where trekkers have to show their trekking permit at the check point adjacent to the entrance gate of Sagarmatha National Park. Here onward, we shall cross the windy

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bridge named after the famous mountaineer Edmund Hillary and get a heartily welcoming site of various Himalayan mountains as wield our way towards Namche. Upon reaching the lovely crescent shaped town where we are to spend the following night inside one of its lodges, trekkers can shower, enjoy Free Wi-Fi and delicious foods. Stay overnight at Namche Bazaar.

Accommodation: Local lodge – Included Meals: B, L, D – Walking time: 5 – 6 hrs.

Day 5: Namche Bazaar: Acclimatization Day

Mountain scenery welcomes trekkers for yet another day in the bustling tourist filled town of Namche Bazaar. Today trekkers get to spend their entire day in Namche Bazaar to make sure that we get properly acclimatized for our upcoming journey which is bound to go at higher altitudes than Namche Bazaar. One should never mess around with altitude as it can get pretty risky for you to continue on with your trek. With the increase in altitude, your body struggles to receive needed amount of oxygen in your blood streams which are necessary for the proper functioning of your vital organs such as brain and heart. Keeping that in mind, you have to manage your itinerary accordingly with a full day just for acclimatization in Namche Bazaar. Nonetheless, you can go out and make short decent hikes to nearby villages and monasteries as it enhances your body's ability to acclimatize. Staying inside one's, room whole day can make matter worst so you have to remain active for the entire day in which you can travel anywhere but close to Namche Bazaar. Magnificent mountain vistas can help you pass the day easily while the foreign bars and cafes can be a great place to get a conversation going. You never know when you can find some new friends up in the Himalayas. Stay overnight at Namche Bazaar.

Accommodation: Local lodge – Included Meals: B, L, D

Day 6: Namche Bazzar - Tengboche (3860m.) 5-6 hrs

Our trek today is going to be taking us to Tengboche village which hosts the largest monastery of Khumbu region aka Tengboche Monastery. As usual get out of your comfy bed, enjoy your breakfast while being accompanied by the gorgeous mountains and then make a move on towards our next destination for the day. Our beginning phase of the trek takes us on a trail filled with many ups and downs as we make a beeline towards Tengboche village. Due to your rest at Namche Bazaar yesterday, your body is now fully adjusted to the surrounding environment. Trekkers can see wide range of diverse vegetation growing at these kinds of altitudes which also prove to be a very secure habitat for many wildlife. Making our way through a very smooth trail, we now reach at a place called Sansa. After this place, we have to cross Dudh Koshi river once again via a high suspension bridge which shall be festooned with colorful Buddhist prayer flags. Himalayan mountain views keep our eyes occupied all throughout the entire phase of trekking today. Later after walking for about 5 hours, trekkers can see a small cluster of lodges and houses ahead their trail which can only mean one thing that they have managed to arrive at Tengboche village. One of the highlight of being here is that trekkers can visit the popular ancient Buddhist monastery where prayers are carried out which can be a very rejuvenating experience for them. Additionally, the view of Mt. Ama Dablam becomes very clear from Tengboche. Stay overnight at Tengboche.

Accommodation: Local lodge – Included Meals: B, L, D – Walking time: 5 – 6 hrs.

Day 7: Tengboche – Khumjung - Namche Bazzar - Jorsale (2,740 m.) 5 - 6 hrs

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A comfortable day lies ahead us as we are going to descend down from here onward. With the gradual decline in the elevation, breathing tends to get far easier. After having our breakfast and packing up all our necessary, we start descending down to Khumjung which lies at the elevation of 3,790 meters above sea level. At Khumjung, trekkers can take a visit to Khumjung Hillary School which can be a very place worth visiting to. Ahead we shall move towards back to Namche Bazaar and down to Jorsale where we are going to end our trek for this day. Domesticated animals can be seen grazing around as we head down to lower altitudes while children gaze at you with a smile on their face. Naturally blessed trails make this day comfortable and the air gets denser throughout the drop in the altitude. After reaching Jorsale, you can rest your exhausted body's by taking a much-needed shower and eat locally made dinner before going to bed. Stay overnight at Jorsale.

Accommodation: Local lodge – Included Meals: B, L, D – Walking time: 5 – 6 hrs.

Day 8: Jorsale- Lukla: 3 - 4 hrs

Here on ward, we are going descend all the way down to Lukla airport. So, after having our breakfast and with a filled-up stomach, we along with our trekking guide start descending through a very scenic trail festooned with rhododendron forests and pine trees. Green lush vegetation approaches us while the air becomes easier to breathe in with every step down the valley. We are to cross the Dudh Koshi river several times through many high suspension bridges before ultimately reaching Lukla later on. At Lukla, we are going to stay for one more night before heading back to Kathmandu tomorrow morning. Stay overnight at Lukla.

Accommodation: Local lodge – Included Meals: B, L, D – Walking time: 3 – 4 hrs.

Day 9: Fly back to Kathmandu

Remember our flight may get cancelled due to uncertain weather conditions of Lukla airport, but nevertheless we plan on getting back to Kathmandu today. Hence, we shall wake up early and have our breakfast before getting on our plane for a 40-minute flight back to the vibrant capital city of Kathmandu. Upon landing in Kathmandu, you get transferred to your hotel rooms where you can put your luggage down and relax before going out for some souvenir shopping around the local shops as it is your final day in Kathmandu. Stay overnight at Kathmandu.

Accommodation: Hotel – Included Meals: Breakfast

Day 10: Final Departure

Sadly, today your 10 days Everest Panorama Trek comes to an end. Subsequently a representative of Icicles Adventure shall take you to the International Airport for your flight back to your homeland. We hope that our trekking staff was able to help you make a long-lasting memory in Nepal during your trek in the magnificent Everest region. With a hope to see you again in Nepal soon, we shall now say goodbye to you.

(Breakfast included)