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Everest View Trek - 8 Days

Join Everest View Trek if you are planning to visit Nepal in a quick time. Everest view trek is short and an easier one than other Everest treks that can be joined by any travel lover regardless of their age and fitness level. As the name explains itself, the Everest view trek offers wonderful close views of Everest and other surrounding peaks while offering a chance to explore culturally affluent friendly villages of Sherpas. No altitude sickness, no strenuous hiking; it is a simple and quick way to get an Everest trekking experience.

Our 8-day trek begins after you arrive at Kathmandu, followed by a short and scenic mountain flight to the Lukla airstrip. Enjoy breathtaking Himalayan views from the flight and get yourself out from the plane, of course, after landing. Then start your trekking through beautiful forests, alongside Dudh Koshi River, cross the long suspension bridge, overall enjoy the perfect mountainous atmosphere with glimpses of the white Himalayas that play hide and seek until we arrive at higher grounds.

The first day of trekking ends at Phakding, and we push ourselves towards Namche Bazar, walking through the foothills of the Himalayas, enjoying great views, exploring Sherpa cultures, traditions, and lifestyles. Namche Bazaar is a popular center place in the Khumbu region with happening local markets with plenty of local products on display. We hike up to Syangboche airport and Everest view hotel during this trip that offers excellent views of Ama Dablam, Nuptse, Lhotse, and other surrounding peaks.

Visiting monasteries, schools, and museums around nearby villages offer plenty of local exploration opportunities. In this way, we return to Lukla and Kathmandu in the next couple of days that concludes our short and easy Everest View Trek.

Everest View Trek is possible to do throughout the year, except for the monsoon months (July, August) is not advisable. Anyone with less time to spend in Nepal can get a delightful trekking experience in Nepal at the most popular Everest trekking region in just eight days. Additionally, this trek would also be a perfect one if you are looking to embark with your family with kids or the elderly.

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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
- 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 equipments 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)

Icicles Adventure welcomes you to the nation of Himalayas as you make your landing at the Tribhuvan International Airport (TIA) which is the only international airport located in the capital of Nepal. Our airport representative shall be waiting for you at the airport arrival terminal to pick properly welcome and greet you while showing you the generosity of Nepalese affection towards their guest like you. Now you shall be escorted to a private transport vehicle which is destined to take you to your respective hotel rooms. Inside your rooms, you can sooth your jet-lagged muscles and later go outside to have a look around at the touristic places near your hotel. Stay overnight at Kathmandu.

Accommodation: Hotel.

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

Hope you enjoyed your sleep yesterday because today as per our prior itinerary you are to go on a very educating sightseeing tour of the famous UNESCO World Heritage Sites which are scattered all over the Kathmandu valley. So, as you finish your breakfast, you along with your other trek mates shall start the tour by visiting the revered Buddhist stupa of Boudhanath which has gained worldwide attention due to its immense size. Then after we go to the sacred Hindu temple called Pashupatinath which according to its believers is one of the most important Hindu temple in the world for its ties with the divine Lord Shiva. Similarly, we visit The Monkey Temple or aka Swayambhunath Temple located at the top of hill which offers full 360-degree view of the entire city. To conclude our trip, we also take a side tour to the magnificent Kathmandu Durbar Square where historical items define the past legends of Kathmandu. Later in the evening, you shall have a short pre-trek meeting with your guide and can do some last-minute shopping for your trek which starts tomorrow. Stay overnight at Kathmandu.

Accommodation: Hotel - Included Meal: B

Day 3: Kathmandu - Lukla (2,800 m/9,184 ft) - Phakding (2,652 m/8,700 ft)

You need to wake up early today as we have scheduled an early morning flight to Lukla far away from Kathmandu. Those who are bored with polluted city areas should be thrilled with their upcoming flight to the lovely dust free naturally conserved Khumbu region of eastern Nepal. The flight is bound to take around 40 minute to reach Lukla as it is 138 km away from Kathmandu in the northeast direction. Picturesque mountain views welcome trekkers even before landing in Lukla, alongside that you can witness stunning scenario of lush green hills and torrential river flowing below you. With each passing minute trekkers get closer and closer to the naturally blessed Khumbu region. Now as soon as you land at the Lukla Airport, you are now guided by our trekking guide to give you your first trekking experience in eastern Nepal. In the starting phase of your trek today, you first descend down to a place called Chaurikharka and later ascend up towards Phakding village. We have planned this short trek while considering the fact that you have just reached at a high altitude of 2,800 meters above sea level. Thus, your body might need some time to get adjusted to the surrounding environment. Stay overnight at Phakding.

Overnight in a local lodge. Walking time 3 -4 hrs, Included Meals: B, L, D

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Lukla Flights

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/11,283 ft)

Our adventure has still many phases left for us to enchant upon, hence you shall now wake up with the great feeling of being near the Himalayan mountains. After waking up, you shall be served with mouth-watering breakfast which needs to fill your tummy to the fullest in order to make sure that you can complete the entire trek without getting weak during your trek. Continuing our endeavor, we now ascend further while enjoying the mesmerizing scenic view of Mt. Thamserku after reaching Benkar village. Trekkers have to cross the milky white Dudh Koshi river several times

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through high suspension bridges where strong wind blows through during the afternoon. Going through we now arrive at Monjo village and Jorsale which is also the entry point to enter into the Sagarmatha National Park. Here your trekking permits are checked by the relevant officers after which you continue walking in the direction of Namche Bazaar. Before reaching Namche Bazaar, we are to take some rest at Chautara from where trekkers can enjoy all encompassing view of the snowcapped mountains which be worth remembering. Lastly, we reach the crescent shaped bustling town of Namche Bazaar where are to stay for the night and have our dinner. Stay overnight at Namche Bazaar.

Overnight in a local lodge. Walking time 5-6 hrs, Included Meals: B, L, D

Day 5: Namche Bazzar - Syangboche-Everest View Hotel

The freezing night ends with the glowing rays of sunlight hitting this scenic town called Namche Bazaar. So, as you wake up and have your breakfast as usual, just remember that today is the most important day of our entire trek as we plan to head for the Everest View Hotel which is situated at very high elevation of 3,962 meter for which it has been named as the “Highest Hotel in the world”. Due to its location, trekkers can enjoy the crystal clear panoramic view of the Himalayan mountains including the most popular Mt. Everest. The Everest View Hotel is Japanese build deluxe hotel which offers trekkers a chance to enjoy their food while being able to see the highest mountain of the world, Mt. Everest without any disruptions. Not only that but the short hike to Everest View Hotel lets trekker see Mt. Amadablam, Mt. Lhotse, Mt. Nuptse and many others to if they want to. Other side trip includes visiting Hillary School or the monastery which previously used to have the scalp of a Yeti. Later we again descend down to Namche Bazaar and enjoy visiting some of its popular cafes and restaurants before returning back to your lodge for the night. Stay overnight at Namche Bazaar.

Walking time 4 - 5 hrs, Included Meals: B, L, D

Day 6: Namche- Lukla

Well we hope you enjoyed viewing the soaring summit of Mt. Everest as we now have to head down all the way to Lukla today. After finishing our breakfast, we shall pack our bags and tighten our shoe laces to continue our trek which goes downward to the lower hill areas of Lukla from Namche Bazaar. Keeping our easy pace walk we again cross several high suspension bridges, you may remember walking by the trail as you previously been there few days ago. Continuing on, we now cross the Hillary Bridge and other several bridges which can be seen copiously festooned with Buddhist prayer flags all over. Now as the altitude decreases and the amount of oxygen molecules starts increasing so you may feel the air getting denser and denser. Similarly, the temperature also starts to rise higher than at Namche bazaar as trekkers try to approach Lukla which is located far below Namche Bazaar. Trekkers can encounter many stupas and monasteries, mani walls along their route down to Lukla and can start hearing the sound of rushing Dudh Koshi River flowing strenuously below. We pass through several forested trails with rhododendron and pine trees covering large areas while seeing some of the last glances of the snowcapped mountains. As you reach Lukla, you take rest inside a local lodge and spend your remaining time by enjoying the local dishes before going to sleep. Stay overnight at Lukla.

Overnight in a local lodge. Walking time 6 -7 hrs, Included Meals: B, L, D

Day 7: Fly back to Kathmandu

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As scheduled, today we have an early morning flight back to Kathmandu which can take us over some of the most beautiful hills and valleys. After flying for about 40 minutes, you shall be transferred to your hotel rooms by a representative of Icicles Adventure. While inside your room, you can rest and stay relaxed or may go out for some souvenir shopping in the Thamel area. Last of all, you shall return back to your hotel room and start packing up all your things for your departure flight tomorrow. Stay overnight at Kathmandu.

Overnight in hotel. Included Meals: B

Day 8: Final Departure

Today is the day when you depart from Nepal and travel back to your home nation. Hence, a representative delegate of Icicles Adventure shall escort and transfer you to the International Airport 3 hours prior to your flight time. Hoping that we were able to help you get the trip of your dream and give you the best trekking experience that we could, we shall bid you farewell. We wish you a safe and sound flight back home.

Included Meals: B

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FAQ

1. Is this trek for me?

Everest View trek is the best option for all those travel lovers who wants to see more in less time. If you have just a week holiday and want to see Everest from close range, then of course Everest view trek is for you. It is a short and easy trekking trip with excellent views of Everest and other nearby Himalayan region with insights into local Sherpa culture.

This trek can be done by any normal physically fit individual without previous trekking experience. Therefore this trek is for you regardless your age and interest level.

2. What should my insurance policy cover for Everest View Trek?

Travel Insurance is compulsory for all of our trips. And for this Everest View Trek it is recommended to get yourself insured that covers helicopter rescue operation up to 4000m. You can get travel insurance online from your home country easily.

3. Why acclimatization is necessary?

Acclimatization means adapting to changing atmosphere at higher altitudes where air is thinner and your body needs some time to keep up the blood flow. Getting to know about acclimatization can be a life saver. So, if you are trekking and climbing at higher altitudes then it is very necessary to know about AMS, its preventive measures, symptoms and cure.

4. What will happen if I get sick or injured? What are the chances of AMS in this trip?

The chances of getting sick during the trek and getting caught by AMS are very less during this Everest view trek. However, if any symptoms of altitude sickness are noticed, then our trained and experienced trekking guide will take you to the lower altitudes, if you get injured first aid medications will be applied and airlifted to Kathmandu only if condition further worsens.

5. When is the best time to go for Everest view trek?

Like most of the Nepal trekking trips, Spring and Autumn are the two main seasons for this Everest view trek too. During this March, April and May capture the blossoming rhododendron forests, while, during September, October, November get excellent views of Everest Himalayas in quick time within a week.

6. What are meals available during this trek?

While you are at Everest view trek, along the trekking trails from Lukla to Lukla, you will be served with full board meals, i.e. Breakfast, Lunch and dinner in a day. And before heading to Lukla, we recommend you to buy some dry fruits and energy bars like raisin, cashew nuts, Mars etc. for quick energy boost that will supply extra energy into your body. All in all, you will be eating typical Nepali, Indian and Tibetan style yum food.

7. Where I will be sleeping on this trek?

During the trekking days of Everest view trek, you will be sleeping at tea houses along the trails. This being the popular route, plenty of tea houses are available. These lodges range from basic to standard facilities with mostly on

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twin sharing basis.

8. Where can I get the best shot of Everest and other Himalayas during this trek?

The best views of Everest, Nuptse, Lhotse, Amadablam and other Himalayas during this trek are seen from deluxe Everest view hotel. Don't miss to capture these Himalayan highlights from this point.

9. Can I recharge my camera batteries during Everest view trek?

Yes you can recharge your batteries at tea house for little extra charge. Usually, the plug in are made available at dining halls only, not at bed rooms. If you wish to skip all these, then you are advised to bring extra set of batteries.

10. What are the related trips for Everest view trek?

There are quite a few options for Everest view trek. Everest Base Camp Trek, Gokyo Lakes Trek, Everest High Passes Trek are related treks at Everest region while if you are looking for short and easy treks, then Ghorepani Poonhill trek can be another option for you.

11. Is this trek customizable?

Yes, like most of our trips, Everest View Trek can also be tailor made as per need and requirements of our valuable clients. Either you are looking for one more acclimatization days at Namche or trying to skip a day to make it even quicker, we will try to make it happen accordingly. Let us know your travel plan.