

Everest Panorama Trek

Everest Panorama Trek takes you up high along trails to Tengboche Monastery (3850m). This is less arduous than the other Everest treks and is a short and scenic trek, which offers a superb view of the world's highest peaks, including Everest, Lhotse, Thamserku, Ama Dablam and many other snowy peaks. We fly from Kathmandu to Lukla airstrip in the Khumbu region and trek up to Namche Bazar, Tyangboche (famous for its monastery) and into the Khumjung village, a charming Sherpa settlement. This trek provides a splendid introduction to Sherpa country, its culture and great mountain views. It is a popular destination for first time trekkers in Nepal and best suited for those who do not have enough time for longer treks into the high mountains.

Highlights of the trek

Sherpa museum in Namche Bazaar. Tengboche Monastery. Sherpa culture in Khumjung village. Superb views of Everest, Lhotse, and Ama Dablam

Trek dates

Daily from September to late December and February to late June

Also see [Scheduled Group Treks](#)

Check list

Read our helpful [check list](#) before booking

Trek Details

Trek dates

Daily

Season

October to late December and end of February to May

Duration

11 days

Trekking days

7

Trekking grade

Medium

Maximum altitude

3860m

Starting point of trek

Lukla

Finishing point of trek

Lukla

Trek style (accommodation)

[Tea House](#)

Meals & Drinks

[Read more](#)

Equipment

[View list](#)

Trek code

E2

Detailed Itinerary

Itinerary can be customized according to your needs and length of stay.

Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel in Kathmandu or Bhaktapur. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

Day 02 – Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around UNESCO Bhaktapur / Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.

Day 03 – Kathmandu to Phakding (2610m)

Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called “trekking peaks”. Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding where we will stay overnight (3 hrs).

Day 04 – Phakding to Namche Bazaar (3420m)

From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Namche Bazaar is the main trading centre in this region and features numerous shops, hotels and restaurants (6 hrs).

Day 05 – Acclimatisation in Namche Bazaar

Acclimatisation is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from

where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar (5 hrs).

Day 06 – Namche Bazaar to Tengboche (3860m)

Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m. The view from here is rightly deemed to be one of the worlds most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablan, Kantega and Thamserku provide an inspiring panorama of Himalayan giants. We will spend the night in Tengboche village (5 hrs).

Day 07 – Tengboche to Khumjung Village (3789m)

Today we return halfway back to Namche Bazaar before starting our hike up to the largest Khumbu settlement of the valley, Khumjung village. From Khumjung village a great view from Mt. Everest can be seen (4-5 hrs).

Day 08 – Khumjung village to Phakding (2652m)

Today we descent first to Namche Bazaar and then continue our way back down the valley and descent steeply back to the Dudh Kosi river and continue our way past the national park checkpoint at Monjo. From Monjo we will go through forests of magnolia, giant firs and rhododendrons to Chomoa, the site of an agricultural project. We cross the Dudh Kosi river to its west-bank and continue our way down to Phakding (5 hrs).

Day 09 – Phakding to Lukla

Today we retrace our route from day 01 back to the transit village of Lukla, where we have to reconfirm our flight tickets for the next day. Overnight in Lukla (3 hrs).

Day 10 – Lukla to Kathmandu

Today we fly back to Kathmandu. This early morning flight is because of the location of the airstrip, and the often clear morning views from the plane one of the most interesting flights you'll ever experience. Overnight stay at hotel.

Day 11 – Kathmandu

Departure from Kathmandu.

The trek program is – because of weather or unforeseen events – subject to change.

Services and costs included in the price

- Airport pick-up and drop-off
- Three nights hotel accommodation with breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All lodging during trek
- All meals with hot beverages whilst trekking
- Transportation to and from trailhead
- All necessary documents and permits for trekking
- Equipment such as sleeping bags, down jackets; first-aid kit
- Insurance, medication, and equipment for staff;
- Coordination of Quick Rescue service (costs covered by your insurance plan)

Services and costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 10kg and hand bag more than 5kg on domestic flights
- Visa fees
- Rescue charges
- Bottled drinks (cold and alcoholic)
- Expenses of personal nature
- Permit and liaison officer fee (where applicable)
- Lunches and dinners whilst not trekking