



Earthbound Expeditions

Everest Panorama Premium Trek

11 days, from US\$2,485 per person

Duration

11 days

Start and end

Kathmandu

Accommodation

Luxury lodges

Getting there

Fly to Lukla

Grade

Moderate

On the trail

4 to 6 hours a day

Meals

All meals on the trek

Max altitude

3,880 m

Best season

Mar to May, Sep to Nov

Group size

Up to 8

Contact us

Phone

+977 9851017772

Email

earthboundnpl@gmail.com

Office

G.P.O. Box 5801, Thamel, Kathmandu, Nepal

WhatsApp

+9779851017772

Website

enepaltrekking.com

Everest Panorama Premium Trek Overview

A short Everest trek at a slow, comfortable pace: Namche, the Everest View Hotel and Tengboche Monastery, with heated rooms and private bathrooms every night, and nothing above 3,880 m.

Trek overview

Eleven days, six of them walking, and none above 3,880 m. You fly to Lukla and walk for two days up the Dudh Koshi valley to Namche Bazaar. You spend a day visiting the Sherpa villages on the plateau above Namche, then continue to Tengboche Monastery and sleep in the forest below it at Deboche. From there you return the way you came. The trek does not go to Base Camp, and the view of Everest is just as good.

Who this trip is for

This trek is for people who want to see Everest but do not want to spend three weeks trekking to 5,545 m. Most travellers on this trek belong to one of three groups: people in their sixties and seventies, families with children, and anyone with ten days rather than three weeks. It is also a good choice if you have had problems with altitude before.

Accommodation standards

In Kathmandu, Phakding and Namche, you stay in a five-star hotel and then the two best lodges in the lower Khumbu, each with a heated room, a private bathroom, hot water and reliable wifi. At Deboche, the best room has its own bathroom, but the only heating is a stove in the dining room. No warmer accommodation exists at 3,820 m.

Why the trip takes 11 days

Seven-day versions of this trek exist. They fly you in, walk you quickly to Namche and back, and have no spare day for weather and no second night anywhere. Our itinerary adds a day in Kathmandu, a full acclimatisation day above Namche, a night at Deboche rather than a rushed turnaround, and a spare day at the end in case the Lukla flight is delayed.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Kathmandu valley sites	–	–	1,400 m
3	Fly to Lukla, walk to Phakding	3–4 hrs	8 km	2,610 m
4	Phakding to Namche Bazaar	5–6 hrs	11 km	3,440 m
5	Everest View Hotel, Khumjung and Khunde	4–5 hrs	8 km	3,880 m
6	Namche to Tengboche, sleep Deboche	5–6 hrs	10 km	3,820 m
7	Morning puja, back to Namche	4–5 hrs	10 km	3,440 m
8	Namche to Lukla	6–7 hrs	13 km	2,840 m
9	Fly to Kathmandu	–	–	1,400 m
10	Spare day in Kathmandu	–	–	1,400 m

Day 1**Arrive in Kathmandu**

We meet you at the airport and drive you to a five-star hotel with a garden. Rest for as long as you need. In the evening, we go through the route over dinner, check your packing and weigh your bag, because the Lukla baggage allowance is strictly enforced.

Altitude: 1,400 m On foot: None, arrival day Night: Five-star hotel, Kathmandu Meals: Dinner

Day 2**Kathmandu Valley sightseeing**

A private car and an experienced guide take you to the hilltop stupa at Swayambhunath, the cremation ghats at Pashupatinath, the white dome of Boudhanath and the carved courtyards of Patan. We return to the hotel by late afternoon, because tomorrow starts before dawn and the following day is the most demanding of the trek.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Five-star hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 3**Fly to Lukla, walk to Phakding**

The twenty-minute mountain flight gives views of the Himalaya, and the Lukla runway slopes uphill. From Lukla, the trail descends gently beside the Dudh Koshi to Phakding, three or four easy hours with time to stop. Your first mountain lodge has a heated room, a private bathroom and hot water.

Altitude: 2,610 m On foot: 8 km, 3–4 hrs Night: Mountain lodge, Phakding Meals: Breakfast, Lunch, Dinner

Day 4**Trek to Namche Bazaar**

This is a long day and the only demanding one. The trail crosses the river on several bridges and passes the national park gate at Monjo, followed by the climb from the Hillary bridge to Namche: around 600 metres of ascent in two and a half hours. We stop often. Near the top, Everest comes into view through the trees, weather permitting.

Altitude: 3,440 m On foot: 11 km, 5–6 hrs Night: Mountain lodge, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 5**Everest View Hotel, Khumjung and Khunde**

We climb the hill behind Namche to Syangboche and the Everest View Hotel at 3,880 m, the highest point of the trip, for coffee on the terrace with views of Everest, Lhotse and Ama Dablam. We then descend through Khumjung to visit the monastery and Hillary's school, pass Khunde hospital, and return to Namche to sleep at a lower altitude.

Altitude: 3,880 m at the hotel On foot: 8 km, 4–5 hrs Night: Mountain lodge, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 6**Trek to Tengboche and Deboche**

The trail follows the hillside with views of Ama Dablam ahead for most of the morning. It then descends to the river at Phunki Tenga and climbs steadily through forest to Tengboche Monastery at 3,867 m. We visit the monastery, then walk twenty minutes down to Deboche, which is quieter and more sheltered and has better beds.

Altitude: 3,820 m On foot: 10 km, 5–6 hrs Night: Lodge, Deboche Meals: Breakfast, Lunch, Dinner

Day 7

Tengboche morning prayers and trek to Namche Bazaar

We walk back up to the monastery early for the morning puja, which visitors may attend if they arrive quietly and sit at the back. We then return along the same path, mostly downhill, through the rhododendron forest to Namche. You have a hot shower, same-day laundry and a comfortable bed.

Altitude: 3,440 m On foot: 10 km, 4–5 hrs Night: Mountain lodge, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 8

Trek to Lukla

This is the last and longest day on the trail, though it is almost all downhill. You descend the height gained over the first two days, cross the bridges again, and walk back through Monjo and Phakding to Lukla. In the evening, we have dinner with the guides and porters to mark the end of the trek.

Altitude: 2,840 m On foot: 13 km, 6–7 hrs Night: Mountain lodge, Lukla Meals: Breakfast, Lunch, Dinner

Day 9

Fly to Kathmandu

A short flight back to the Kathmandu Valley, usually in the early morning. The rest of the day is free for a bath, a massage or shopping in Thamel. In the evening, we have dinner together at a good restaurant, which is a welcome change after a week of lodge food.

Altitude: 1,400 m On foot: None, flight day Night: Five-star hotel, Kathmandu Meals: Breakfast, Dinner

Day 10

Spare day in Kathmandu

We keep this day in reserve in case of weather delays at Lukla. If everything has run to schedule, the day is free: you can visit Bhaktapur, take a cooking class or relax in the hotel garden. If a flight was delayed earlier in the week, this day absorbs the delay so that your journey home is not affected.

Altitude: 1,400 m On foot: Optional 2–3 hrs Night: Five-star hotel, Kathmandu Meals: Breakfast

Day 11

Departure

We drive you to the airport in good time for your flight. If you are continuing to Pokhara, Chitwan or Bhutan, we will have arranged that too. Whatever your plans, include a spare day, as Lukla flights are often delayed by weather.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers & ground transport
- Senior licensed English-speaking guide
- Accommodation throughout the trip
- All permits & national park fees
- Meals as per the itinerary
- Five-star hotels in Kathmandu, four nights
- Premium lodges with heated en suite rooms on the trek
- Kathmandu to Lukla flights both ways, with taxes
- One porter per traveller rather than one for every two
- Filtered drinking water, wifi and same-day laundry at Namche

- Down jacket and duffel bag provided
- Farewell dinner in Kathmandu

Not included

- International flights
- Travel & rescue insurance
- Personal trekking gear
- Tips & personal expenses
- Nepal entry visa (on arrival)

Packing list

Pack for six days, not eleven

Laundry at Namche is included and returned the same day, and you pass through Namche three times. This means you only need three days of clothes rather than six, which is important because the Lukla flight allows 15 kg in total and all baggage is weighed. We provide the duffel bag and a down jacket, and no sleeping bag is needed on this route because every bed has a duvet. Anything you do not take on the trek is stored free at our Kathmandu office.

Head and eyes

- Sun hat with a brim, and a warm hat that covers your ears
- Two buffs or neck gaiters
- Category 3 sunglasses. The sun at 3,800 m is stronger than it feels
- Headtorch, mainly for night-time visits to the bathroom at Deboche
- SPF 50 sunscreen and lip balm with sun protection

Clothing

- Three merino or synthetic base layers, not cotton
- One fleece and one light insulated jacket
- Down jacket for the evenings. We provide one if you prefer not to bring your own
- Waterproof jacket and trousers that pack small
- Two pairs of trekking trousers
- Underwear for three days, because laundry at Namche is included

Hands and feet

- Liner gloves and a warmer outer pair
- Trekking boots with ankle support, which must be broken in before the trek
- Three pairs of wool trekking socks
- Camp shoes or trainers for the lodges in the evening
- Trekking poles, which help your knees more on the descent than on the climb

Bags

- Duffel bag for the porter, 20 kg maximum. We provide one
- Daypack, 25 to 30 litres, with a rain cover
- A few dry bags, as rain and river crossings can soak your gear

Sleeping

- No sleeping bag is needed. Every bed on this route has a duvet, and we do not provide sleeping bags
- A silk liner, if you usually travel with one, though you will not need it
- Earplugs, for the night at Deboche, where the walls are thinner

Health

- Personal first aid kit: blister plasters, tape, painkillers and rehydration salts
- Any regular medication, in its original packaging
- One or two water bottles, as filtered water is free at every lodge
- Hand sanitiser, and wet wipes for the walking days
- Throat lozenges, as the dry, cold air affects most people

Documents and money

- Passport valid for six months, and two photocopies
- Four passport photographs for permits
- Travel insurance certificate showing helicopter cover to 4,000 m
- \$200 to \$300 in small notes. The ATM in Namche often runs out of cash

Route map

Everest Panorama Premium Trek

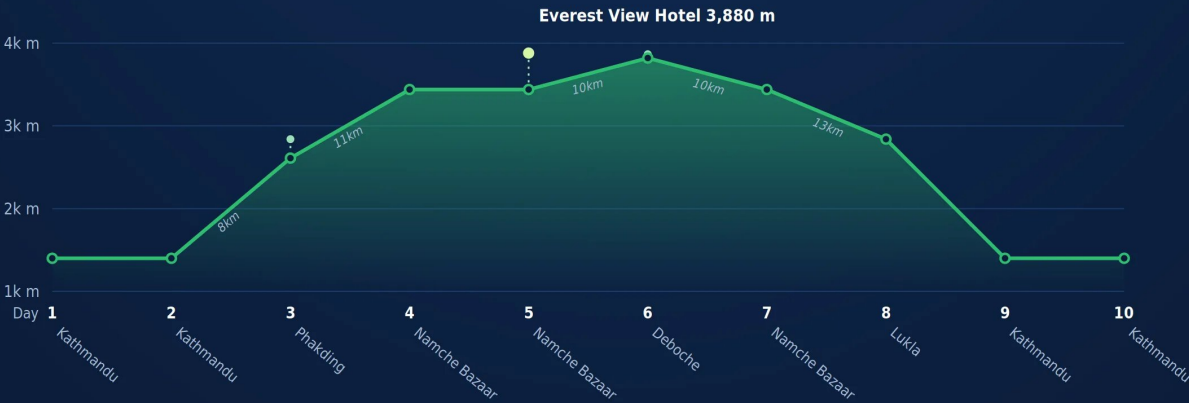
11 days | Highest point 3,880 m | Moderate



Start: Fly to Lukla, walk to Phakding

End: Fly back to Kathmandu

Altitude by day



Optional extras

A night at the Everest View Hotel

\$390, +1 day

Sleep at 3,880 m at Syangboche, with a view of Everest from your window. We add an extra day beforehand so that you acclimatise gradually, which is why this is an optional extra and not part of the standard route.

Everest scenic flight

\$220, 1 morning

A one-hour flight along the Himalaya from Kathmandu, with a guaranteed window seat. A good alternative if bad weather stops you reaching Lukla. It can be added on day 2 or day 10.

Helicopter to or from Lukla

from \$500 a seat, saves a day

Avoid the drive to Ramechhap at the start, or a wait at Lukla at the end. Seats are shared when we can fill the helicopter, and it is chartered when we cannot.

Thame and the Bhote Koshi

\$260, +2 days

Two days west from Namche to Tenzing Norgay's village at 3,800 m, on a much quieter trail. The best addition to this trek if you want more walking without going higher.

Chitwan luxury safari

from \$690, +3 days

Travel down to the lowland jungle to see rhinos and, if you are fortunate, a tiger, staying in a lodge rather than a camp. A warm contrast to a week of cold mornings.

Single room throughout

\$360

A room to yourself in Kathmandu and at every lodge on the trek. This is possible on this route because we stay at lower altitude, and is not possible on most Everest itineraries.

Photos, videos and reviews of this trip: enepaltrekking.com/everest-panorama-trek