



# MISSION SUMMIT TREKS & EXPEDITION PVT. LTD.

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To Traveller,

## Subject: Details for Everest Panorama Trek

Greetings from **Mission Summit Treks**! We're excited to share a special travel plan that will make your dream adventure come true. We've thought about what you like and created a detailed plan for your journey. It includes exciting exploration, relaxing moments, and a chance to experience new cultures.

### Trip Highlights

- **High Suspension Bridges:** Experience the thrill of crossing high suspension bridges over deep gorges.
- **Buddhist Mani Wall and Chorten and Monastery:** Immerse yourself in the spiritual atmosphere with visits to ancient Buddhist Mani walls, Chortens, and monasteries.
- **Panoramic Mountain Views:** Enjoy breathtaking panoramic views of the Himalayan mountains, including Mount Everest, Lhotse (8,501m), Nuptse (7,879m), Ama Dablam (6,856m), Thamserku (6,608m), and Khumbila (5,761m).
- **Hotel Everest View and Khumjung Village:** Visit the famous Hotel Everest View and explore the picturesque Khumjung Village.
- **Sherpa Community:** Engage with the local Sherpa community and learn about their unique culture and traditions.

### Outline Itinerary

Day 1: Arrival at Kathmandu and transfer to Hotel (1,350m).

Day 2: Fly to Lukla (2,804m) & trek to Phakding (2,640m) Duration: 4-5 hours.

Day 3: Phakding to Namche Bazaar (3440m/11283) Walking Distance - 10 to 12 km, Duration: 6 hours

Day 4: Namche to Tengboche (3860m/12660ft) Walking Distance - 10 to 11 km, Duration: 5 hours

Day 5: Trek to Monjo (4410m/14464ft) Walking Distance – 11-12km, Duration: 5 hours

Day 7: Trek to Lukla (2,804 m) Duration: 6-7 hours

Day 8: Fly back to Kathmandu;to Ramechhap flight Duration: 15 minutes. Drive back to KTM

Day 9: Final Departure to international Airport

## THIS TRIP INCLUDES

- ✓ Airport pickup and drop by private car/Van/Bus Two night \*\*star Category accommodation in Kathmandu on Bed n breakfast
- ✓ Two night \*\*star Category accommodation in Kathmandu on Bed n breakfast
- ✓ Flight from Kathmandu to Lukla and Kathmandu
- ✓ Three meals a (Breakfast, Lunch and Dinner) during the trek.
- ✓ All accommodations during the trek. (Toilet will be outside from your room)
- ✓ All necessary paper works Everest National park entry permit
- ✓ Trekking information management system (Tims) permit
- ✓ A helpful, knowledgeable, friendly, well English speaking trained, government license holder guide with all his salary, food, drinks and insurance.
- ✓ Medical supplies (first aid kit will be available) All government taxes and office expenses
- ✓ Trekking route map
- ✓ Domestic Airport tax

## THIS TRIP EXCLUDES

- × Nepal entry visa fee \$40
- × International airfare/Your Travel insurance
- × Lunch/ Dinner in Kathmandu
- × Mineral water/bottles drinks/Sweets things during the trek.
- × Hot shower/Battery charge /WI-FI for the camera during the trek.
- × Tips for guide.

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## Details Itinerary

### Day 1: Arrival at Kathmandu

Everest Panorama trek days counting start as you arrive at Kathmandu. Our first meet will be at Tribhuvan International Airport, Kathmandu. With a warm welcome, our company member will drop you in the hotel from the airport. In the evening, you will have a welcome dinner with company members and meet your guide. You can talk about the trip as well. Night stay in Luxurious hotel of Kathmandu where you have check-in from the airport.

## **Day 2: Early Morning Flight to Lukla (2840m) – Trek to Phakding (2,610m) Walking 4 Hours. O/n at Tea House**

We will wake up very early in the morning and drive to Airport for Lukla flight. Within half an hour of flight, we will land on Lukla - the gateway of Everest. The glimpse of white Himalaya surrounded by clouds, green mountains and deep down flowing rivers increase excitement of Everest view trek.

## **Day 3: Trek Namche Bazaar (3,440m) Walking 6 Hours. O/n at Tea House**

Today's target is to reach Namche Bazaar (3,440m), the Himalayan thamel. You have to cross many downhills and uphill, suspension bridges, monasteries, chortens and pine trail until you reach Namche Bazaar.

Our walk begins after having breakfast in Pakhding. At the beginning we will follow the trail on the bank of Dudh Koshi, sometime making river on left and sometime on our rightside. After crossing three suspension bridge of DudhKoshi we will reach to another beautiful village, Manjo.

Manjo village lies in Sagarmatha national park, hence our trail continues in Sagarmatha Nation Park from here. We will take permit from entry point of Manjo village and started the journey towards uphill. A new village Jorshalye become our resting point for Lunch.

After 45 min of walk on the bank of Dudh Koshi, we will cross the famous suspension bridge situated at highest altitude, the Hillary suspension bridge. Following the ascending pine trail and stone paved path, passing check point we will reach Namche after around six hours of walk from Pakhding.

Namche is a developed town of the Everest region. Entire facilities of 5 star hotels are available. We can have normal to luxurious accommodation in Namche. Even though your trekking package determines where to stay. We will check into one of the best tea house

and take rest. In the evening you can visit Namche bazaar as well. The night stay will be in Namche bazaar.

## **Day 4: Trek to Tengboche (3,860m) Walking 5 hours, O/n at Tea House**

The trail from Namche Bazaar to Tengboche (3,860m) is the best trail of the Everest Panoramic trek. The closeup view of Mt. Everest, Mt. Loshte. Mt. Loshte shar, Amma Doblam, Tabuche, Cholache, Mt. Thamsekhu, Khakteka, Khusum and Khangagru from the trail will give life to our trek. The scenery of white Himalaya close to you as you can touch it, really gives you satisfaction of being in Everest region.

We will start today's journey earlier than previous days so that we can have clear view of mountain before it hides inside the cloud. The trail is plain more and slopy less, we can walk being in our comfort zone today. Passing Kaynjuma village, Sannasa, and Phungi Thanga we will reach Tengboche.

Tengboche is a village named after the oldest and powerful monastery, Tengboche. We will visit the monastery and check into a tea house of village Tengboche, The last stop of the Everest view trek. Our mission of viewing the world's highest mountain, Mount Everest (8848m) being near to it will be fulfilled until we reach Tengboche.

## **Day 5: Trek to Manjo walking hours 5 hours .o/n at Tea house**

After having breakfast with the panoramic view of Mt. Everest, Mt. Loshte. Mt. Loshte shar, Amma Doblam, Tabuche, Cholache, Mt. Thamsekhu, Khakteka and any more peaks, we will pack our bag and return back from Tengboche.

We will walk around five hours to reach Manjo. Before reaching Manjo, we will pass Namche Bazaar again, follow the pine trail, cross Hillary suspension bridge, follow ascending and descending trail and the main thing is we become an adventurous traveler of Everest region.

As we reach Manjo, we will check into one of the tea house and took rest. Today's night stay will be in Manjo village enjoying with Sherpa culture.

## **Day 6: Trek to Lukla (2840m) walking 4 hours. o/n at hotel**

After breakfast in Manjo village, we will start our journey towards Lukla. The walk-on bank of Didhkoshi passing Pakhding village and leaving the great Himalayas behind us, we will finally reach Lukla, the end point of our trek.

To catch early flight of Kathmandu on next morning, we will stay in the tea house of Lukla overnight.

## **Day 7: Fly back to Kathmandu o/n Hotel**

Depending on time of flight, we will wake up early in the morning and Fly back to Kathmandu from Lukla. As we arrive in Tribhuvan International airport, we will drive to hotel from the airport.

Today you will take complete rest and in the evening you can visit Thamel Bazaar, the best commercial town of Nepal. You can do shopping in Thamel as well.

Farewell dinner with company members in the cultural restaurant will be the last dinner of the Everest Panoramic trek. Night stay in a hotel.

## **Day 8: Final Departure international Airport.**

Our company member will drop you to the airport and remain with you until your flight.

In this way, the eight days Everest Panoramic trek completes.

### **Check list**

Recommended Gear Lists:

01.) Good wind/rain jacket

02.) Warm fleece jacket or jersey

03.) Good boots, either light-weight trekking boots or light full leather boots

04.) Good -20 Sleeping bag (which can be rented or buy in Kathmandu)

- 05.) A comfortable day pack, preferably with a waistband.
- 06.) Fleece jacket or pullover
- 07.) Fleece Wind-Stopper jacket (optional)
- 08.) Waterproof (preferably breathable fabric) shell jacket
- 09.) Down vest and/or jacket (optional)
- 10.) Lightweight gloves
- 11.) Heavyweight gloves or mittens with a waterproof shell outer
- 12.) Sun hat or scarf
- 13.) Light balaclava or warm fleece hat
- 14.) Sunglasses with UV protection
- 15.) T-shirts
- 16.) Underwear
- 17.) Hiking shorts
- 18.) Light and expedition weight thermal bottoms
- 19.) Fleece or wool pants
- 20.) Waterproof (preferably breathable fabric) shell pants
- 21.) Thin, lightweight inner socks
- 22.) Thick, warm wool hiking socks
- 23.) Hiking boots with spare laces
- 24.) Camp shoes (sneakers and/or sandals)

**Other optional necessary equipment:**

- 1.) Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
  - 2.) Small pad or combination lock-to-lock trek bag
  - 3.) Basic First Aid Kit (We also provide a comprehensive first aid medical kit and Oximeter)
  - 4.) Large plastic bags - for keeping items dry inside trek bag
  - 5.) Day pack (approximately 2500 to 3000 cubic inches)
  - 6.) Water bottles (2 bottles recommended)
  - 7.) Toiletries
  - 8.) Small wash towel
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**To proceed**

## 1. Booking

Booking your trek prior to your arrival in Nepal will allow time for permits to be issued, questions to be answered, and will make the process a lot easier for you.

## 2. Payment

When booking one of our tours, you must provide 30% of the cost up front in order to reserve your trip date. The remainder of the cost can be paid later, upon arrival in Kathmandu.

About Payment:

We accept Bank transfer for advance (20%) and Rest 80% one day before trip start.

All details of Everest Base Camp Visit this link: -

<https://www.missionsummittreks.com/trip/everest-panorama-trek/>

### **Term and Condition**

<https://www.missionsummittreks.com/terms-conditions/>

### **Thanks and Regard**

Mission Summit Treks and Expedition Pvt. Ltd

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