

5 DAYS EVEREST VIEW TREKKING ITINERARY

Everest view trek is suitable for those who do not have much time to spend in Nepal. Mt. Everest, the highest peak in the world can be watched closer in only few days of walk.

This trek starts from Lukla (2800 meters) and goes through several Sherpa villages like Phakding, Namche Bazaar, Khumjung and Khunde (at an altitude of about 3800 meters). From every village incredible mountains views can be seen. The accommodation will be in small lodges on the entire route.

Note. If you choose this very nice short trekking you should keep in mind that there will be bad weather in Lukla the flight to go back to KTM might be delayed. This means that is highly recommendable to have at least one or two more days before the flight back to your own country.

Below a short description of the planned itinerary and its cost.

DA YS	DATE	PROGRAM / ITINERARY	HOTEL	MEALPL AN
01.	OCT 2016	KTM / LUKLA FLIGHT Wake up early morning for breakfast then transfer with guide to KTM domestic airport for flight connect to LUKLA about 35 minutes fly. Upon arrival in LUKLA airport then start the trekking for PHAKDING (2610m) about 3-4 hours trek slowly.	LODGE at PHAKDI NG	L / D Lunch and Dinner included)
02.	OCT 2016	TREK PHAKDING to NAMCHE BAZAR (3440m) about 7 hours. Wake up for breakfast then trek start to NAMCHE BAZAAR about 6-7 hours. Lunch will be at JORSALE.	LODGE at NAMCHE BAZAAR	B / L / D
03.	OCT 2016	NAMCHE STAY (Excursion day hiking around EVERST VIEW HOTEL) HIKE to SYANGBOCHE EVEREST VIEW HOTEL, KHUNDE and KHUMJUNG villages and back to NAMCHE (5~6 hrs) Wake up early morning and hike up to visit the twin Sherpa villages KHUNDE and KHUMJUNG (~3800m). On the way we will see the excellent view of Mt. EVEREST, AMADABLAM, NUPTSE, LHOTSE, THMASERKU and KWANGDE HIMALAYAS etc then back downhill to hotel in NAMCHE for overnight stay.	LODGE at NAMCHE	B / L / D
04.	OCT 2016	TREK NAMCHE to LUKLA	LODGE at	B / L / D

		After breakfast treks descent to LUKLA about 6-7 hours.	LUKLA	
05.	OCT 2016	LUKLA / KTM FLIGHT After breakfast few minutes' walk to the LUKLA airport for flight connects to KTM by early morning flight. Upon arrival in KTM airport transfer to hotel in KTM.		Breakfast at hotel in LUKLA

The preliminary cost for above program US\$ 820.00 per person on twin Sharing basis including of services mentioned below. Large groups can have reduced costs.

The above cost includes:

1. 5 Days Lodge arrangements trekking including of Lodge accommodation on trekking, all meals as 3 times a day as breakfast, Lunch and dinner with tea and coffee.
2. KTM / LUKLA / KTM domestic air fare for member including of necessary airport taxes.
3. KTM / LUKLA / KTM air fare and airport taxes for Guide.
4. One English speaking guide and porters on sharing base their wages and necessary insurance etc.
5. SAGARMATHA National park entrance fee and trekking permit
6. TIMS CARD fee (Trekking Information Management System).
7. Kathmandu domestic transportation by private car.

The above cost does not include:

1. Laundry and communication services during trekking.
2. Private equipments as down jacket, trousers, daily changing clothes, walking sticks, woolen cap and gloves etc.
3. Drinks as cokes, juice, beer, mineral water, boiled water and alcoholic beverages etc.
4. Private insurance as including of rescue evacuation (If needed Helicopter rescue etc.)
5. Private nature as Tips etc.