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Everest View Trek

URL: <https://nepalbasecamptreks.com/trip/everest-view-trek/>

Trip Code

NBT 019

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

11

Per Person From

USD 1,250

Accommodation

Tea House/Hotel Base

Region

Everest Region Treks

Max. Altitude

3,867 m / 12,687 ft

Nature Of Trek

Lodge to Lodge Trekking

Best Season

All Round Year

Activity Per Day

4-6 Hours

Transportation

Domestic Flight

Tea House/Hotel Base

Breakfast, Lunch, and Dinner

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Trip Highlights

The Everest View Trek is one of the most rewarding short treks in Nepal, offering spectacular Himalayan views, authentic Sherpa culture, and memorable mountain experiences without the demands of higher-altitude expeditions. Perfect for beginners, families, and travellers with limited time, this trek delivers a remarkable introduction to the Everest region.

Everest View Trek Things to see

- Spectacular views of iconic Himalayan peaks, including Mount Everest
- Immersion in the rich culture and traditions of the Sherpa people
- Exploration of high-altitude Buddhist monasteries in Sagarmatha National Park
- Trekking through diverse landscapes of lush forests and rugged terrain
- Visits to traditional Sherpa villages like Namche Bazaar and Tengboche
- Accommodation in cozy teahouses with stunning mountain vistas
- Opportunity to hike to Everest Base Camp and witness its iconic glacier
- Experienced local guides providing insights into the region's history and geography

Why Choose the Everest View Trek?

The Everest View Trek is an excellent choice for travellers who want to experience the beauty of the Everest region without committing to a longer and more demanding high-altitude trek. The route combines breathtaking mountain views, welcoming Sherpa communities, ancient monasteries, and comfortable trekking days, making it accessible to a wide range of adventurers.

Unlike longer Everest itineraries, the Everest View Trek allows visitors to witness iconic Himalayan peaks, explore Namche Bazaar, and visit Tengboche Monastery while maintaining a comfortable pace. It is an ideal option for those seeking a balanced combination of nature, culture, and adventure.

Trip Overview

The Everest View Trek is perfect for people looking for a short trek in the Everest Region. You will have the chance to enjoy the area's natural beauty and engage with local culture and traditions. This trek follows the same route as the Everest Base Camp trek but ends at **Tengboche**.

The Everest Panorama Trek is ideal for those wanting a brief adventure in the Everest Region. It lasts just **11 days**, giving you enough time to appreciate the scenery and interact with locals. The trek is moderately difficult and is considered one of the easiest treks in the region. It is a short hike each day.

If you plan to go on the Panorama Trek, consider choosing us. We are Nepal Base Camp Treks, a government-certified company. We offer the best trek services. Our 11-day Everest Panorama itinerary includes transportation, meals, accommodations, and a guide.

Details Itinerary of Everest View Trek

Day 01: Arrival in Kathmandu (1300 m / 4265 ft) and Transfer to Hotel

Upon arrival at Kathmandu International Airport via various airlines, you will be warmly welcomed by our Nepal Base Camp Treks guide or staff. A short drive will take you to your hotel, which is located in the heart of Kathmandu. After refreshing your room, join us in the hotel lobby for a group briefing and

orientation. Our guide will detail the hotel, Kathmandu, Nepali culture, and the Thyangboche Monastery & Everest View Trekking. Enjoy a welcome dinner at an authentic Nepalese restaurant with a cultural program.

Trek Distance:

Transfer to Hotel

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Meals:

Welcome Dinner

Accommodations:

International Guest House in Kathmandu

Day 02: Sightseeing Tour and Trek Preparations in Kathmandu (1300 m / 4265 ft)

After breakfast, our city guide will pick you up for a sightseeing tour of Kathmandu's historic sites. Explore world heritage sites such as:

- Holy temple of Pashupatinath
- The Buddhist pilgrimage site of Bouddhanath Stupa
- Kathmandu's old Durbar (palace) Square
- 2,500-year-old Swayambhunath

The afternoon is free for final preparations for the Thyangboche Monastery & Everest View Trekking.

Trek Distance:

Short drive between sites (5-10 km total)

Trek Duration

Full-day tour

Highest Altitude:

Kathmandu (1300 m / 4265 f

Meals:

Breakfast

Accommodations:

International Guest House in Kathmandu

Day 03: Fly to Lukla (2,840 m / 9,318 ft), Trek to Phakding (2,640 m / 8,661 ft)

In the morning, we will transfer you to Kathmandu's domestic airport for a scenic flight to Lukla. Marvel at the panorama of snowcapped mountains, including Mt. Everest and Nepal's rolling green hills. Upon arrival at Lukla's Tenzing-Hillary airport, the gateway to many Everest region treks, we will begin your walk. The trek starts on a pleasant, gradual path through traditional Sherpa villages and farmland, reaching Phakding village by the Dudh Kosi River for your first overnight stop.

Trek Distance:

8 km / 5 miles

Trek Duration

4 Hours

Highest Altitude:

Lukla (2,840 m / 9,318 ft)

Flight Hours:

25-Minute Flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Trekking Inn Hotel in Phakding

Day 04: Trek from Phakding (2,640 m / 8,661 ft) to Namche Bazaar (3,440 m / 11,286 ft)

Today's trek begins on a pleasant, we will gradual trail through Sherpa villages such as Benkar and Monjo, leading to the Sagarmatha National Park entrance gate. Sagarmatha is the Nepalese name for Mt. Everest, known as Chomolungma or 'Great Mother' in Sherpa and Tibetan. After passing the last village of Jorsalle, the afternoon walk follows the Dudh Kosi River gorge. From the final high bridge, it's an uphill climb to the famous Namche Bazaar. This large, vibrant village features colorful houses, lodges, hotels, and facilities for trekkers, including banks, post offices, stores, shops, cafes, and restaurants. Spend two nights here.

Trek Distance:

10-12 km / 6-7.5 miles

Trek Duration

6-7 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel in Namche Bazaar

Day 05: Rest Day for Acclimatization in Namche Bazaar (3,440 m / 11,286 ft)

We will spend a rest day in Namche Bazaar to acclimatize at an altitude of over 3,440 m, which is essential before ascending to higher elevations. After breakfast, we will briefly hike to the Namche viewpoint for stunning views of Everest, Ama Dablam, Thamserku, and other peaks. We will visit the fascinating museum that provides information on the Khumbu area, including its culture, religion, history, flora, and fauna. You can also opt for a few hours' hike to the Everest View Hotel or visit the tranquil villages of Khumjung and Khunde.

Trek Distance:

3-4 km / 2 miles (acclimatization hike)

Trek Duration

2-4 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel in Namche Bazaar

Day 06: Trek from Namche Bazaar to Thyangboche (3,867 m / 12,687 ft)

Leaving Namche Bazaar, the trek starts with stunning views of tall mountains. The morning walk goes uphill gradually, offering beautiful scenery of the landscapes and snowy peaks. The trail then goes down to Phunge Tenga, a lovely forest area where you'll stop for lunch.

After a break, a two-hour climb takes us to Thyangboche Monastery, known for its scenic location on a small plateau surrounded by forests. From here, we will enjoy amazing views of Ama Dablam, Mt. Everest, and other nearby peaks. After settling into a comfortable lodge, we will explore the monastery built after a fire in **1991**. We will also enjoy magnificent views of Everest, Nuptse, Lhotse, Kangtenga, Thamserku, Kwande, and Ama Dablam.

Trek Distance:

9.5 km / 6 miles

Trek Duration

5-6 Hours

Highest Altitude:

Thyangboche (3,867 m / 12,687 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalaya Hotel in Thyangboche

Day 07: Trek from Thyangboche (3,867 m / 12,687 ft) to Monjo (2,860 m / 9,383 ft)

After enjoying the serene mountain environment, the morning walk descends for an hour to a bridge over the Imja Khola River. From there, a one-hour climb brings us to the small village of Sanasa. The trail then winds pleasantly back to Namche Bazaar for a refreshing stop. In the afternoon, the trek continues downhill, following the Dudh Kosi River valley to Monjo, where we will spend the night.

Trek Distance:

13 km / 8 miles

Trek Duration

6-7 Hours

Highest Altitude:

Monjo (2,860 m / 9,383 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Mount Kailash Hotel in Monjo

Day 08: Trek from Monjo (2,860 m / 9,383 ft) to Lukla (2,840 m / 9,318 ft)

On the final day of trekking, we will enjoy a pleasant walk along a gradual, winding path to Phakding. The journey continues towards Lukla, culminating in a final one-hour climb. Upon reaching Lukla, we will check into a comfortable hotel or lodge. We will spend the free afternoon immersing yourself in the local Sherpa culture and taking in the surrounding views.

Trek Distance:

13 km / 8 miles

Trek Duration

4-5 hours trek

Highest Altitude:

Lukla (2,840 m / 9,318 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Paradise Hotel in Lukla

Day 09: Fly Back from Lukla (2,840 m / 9,318 ft) to Kathmandu (1300 m / 4265 ft) (Optional: Flight to Ramechhap and drive to Kathmandu)

Today, we will depart Lukla early in the morning with a short, scenic flight back to Kathmandu. Upon arrival at the Kathmandu domestic airport, we will transfer you to your hotel in the bustling Thamel area. The afternoon is free for personal activities and souvenir shopping.

Trek Distance:

135 km / 84 miles (air)

Highest Altitude:

Kathmandu (1,327 m / 4,354 ft)

Flight Hours:

25-minute flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

International Guest House in Kathmandu

Day 10: Free Day in Kathmandu for Individual Activities

This day is a contingency or spare day in case of flight delays or cancellations in Lukla due to bad weather, which can sometimes occur in the unpredictable Himalayan climate. If all goes according to plan, enjoy a leisure day in Kathmandu or book an additional sightseeing tour of Kathmandu, Patan, and Bhaktapur.

Trek Duration

Flexible

Highest Altitude:

Kathmandu (1,327 m / 4,354 ft)

Meals:

Farewell Dinner

Accommodations:

International Guest House in Kathmandu

Day 11: Final Departure

Today is the end of our 11-day journey to Nepal. After having breakfast, our guide will take you to the

International Airport. We will finally say goodbye. Throughout your journey to the Himalayas, you can reminisce about it. I hope to see you soon for the next trek to Nepal. Have a safe flight. Nama

Trek Distance:

Airport Transfer

Meals:

Breakfast

What Is Included in the Everest View Trek

- Pick up and Drop off On Arrival/Departures in Kathmandu
- Round Flight Fairs (Kathmandu-Lukla-Kathmandu) Direct Flights From Ramechap Optional
- Accommodations Deluxe Room (4 Nights) in Katmandu with Breakfast
- Attached Accommodations (6Nights) in the mountain from Lukla to Lukla
- Choice of your meals (Breakfast, Lunch, and Dinner from Lukla to Lukla
- Choice of hot beverages, tea/Coffee during the trek from Lukla to Lukla
- Everest (Sagarmatha National Park Permit) from Lukla to Lukla
- Everest (Pasang Lhamu Rural Ticket) in Lukla Or TIMS Card
- Altitude Experienced Mountain Guide from Lukla (Optional from Kathmandu)
- Emergency Helicopter rescue will be paid for your travel insurance
- Altitude Medical supplies (first aid kit will be available)
- All government taxes and Service charges of tour operators
- Equipment: Sleeping bag, down Jacket, Duffel bag, Day Pack,
- 1 Poter for each 2 trekkers during the trek

What Is Excluded in the Everest View Trek

- Travel insurance and evacuation insurance,
- Deserts (cakes, bakes and pies)
- The additional size of Pots Hot Drinks,
- Bottled drinks, Boiled water, Electronic device re-charge,
- Hot shower, Wi- Fi, Personal expenses any type,
- Additional Porter to Carry the Equipments
- Tipping for Guide and Porter Highly Appriciated

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 1,290
3 - 5	USD 1,270
6 - 9	USD 1,250
10 - 14	USD 1,230
15 - 20	USD 1,210
20 - 30	USD 1,160

Additional Information About Everest View Trek

Why is Everest View Trek Such a Popular Trek?

Everest View Trek is such a popular trek because it offers stunning views of **Khumbu Valley** and snow-capped peaks without requiring one to trek at extreme altitudes, with minimal risk of altitude sickness, and is **beginner-friendly**. Still, here are the reasons why Everest View Trek is popular:

Easy Visibility of Mount Everest

Who doesn't want to witness the world's highest peak with their naked eyes? But not everyone can climb to high altitudes. Thus, the Everest Panorama view trek is ideal for those who prefer to **witness Mt. Everest** without attempting a challenging climb. The sight of Everest, along with other snow-capped peaks, is apparent clearly from the viewpoint near Namche Bazaar.

Moderate Difficulty

One of the major reasons for the Everest Panorama trek's popularity is due to its moderate difficulty level. While most trekking destinations in the Khumbu Valley are highly challenging, the trek comes with **moderate difficulty**. The moderate elevation gain and well-maintained trails with relatively easy sections make it suitable for trekkers with different fitness levels, making it a top choice among trekkers who prefer to explore the beauty of the Everest region.

Short Duration

The Everest Panorama is one of the shortest treks and can be completed within a week. Unlike other treks, including Everest Three Passes, Gokyo Valley, and [Everest Base Camp Trek](#), which take about 2 weeks, the Panorama trek takes just one week. Thus, the trek is gaining popularity due to its short duration, making it a good option for those with limited time.

Sherpa Culture Experience

Another reason why Everest Panorama Trek is popular is due to the experience of the Sherpa culture it offers. The trek passes through prominent **Sherpa villages** of the Khumbu Valley, including Lukla, Phakding, **Namche Bazaar**, Tyangboche, and Monjo, which offer cultural insight into the region. Thus, the trek is popular for quickly offering an exceptional Sherpa culture.

Who Is Suitable For the Everest View Trek?

The Everest View Trek is suitable for beginners, families, senior travellers, and anyone looking to experience the Everest region within a shorter timeframe. The moderate difficulty level and gradual altitude gain make it an attractive alternative to more demanding trekking routes.

Whether you are taking your first Himalayan trek or simply looking for a rewarding mountain adventure without reaching extreme elevations, the Everest View Trek provides an enjoyable and memorable experience while showcasing some of Nepal's most famous mountain scenery.

Best Time to Travel to Everest Panorama Trek

*The best times for the Everest Panorama Trek are **Spring (March to May)** and **Autumn (September to November)**.* If you're planning a trek in Nepal, these two seasons offer clear skies and stable temperatures, which are advantageous for trekking. Summer and winter are generally not favorable for this trek.

The trail is complete of lush forests and blooming flowers in spring, enhancing its scenic beauty. Autumn, on the other hand, brings vibrant colors to the Everest Region's landscapes. Spring is a good choice for those seeking fewer crowds, although it can come with mild rainfall. Autumn coincides with festivals and holidays in Nepal, making the trails busier but offering a richer cultural experience.

While the choice ultimately depends on your preferences, avoiding trekking in the summer and winter is advisable. Summer can bring heavy rainfall, making the trails muddy and hazardous, while winter's snowfall can make the paths slippery and risky.

How Difficult Is Everest Panorama Trek?

The Everest Panorama Trek is moderately complex but considered one of the easier treks in the Everest Region. Unlike the Everest Base Camp trek, it doesn't involve climbing to very high altitudes, but it still requires physical effort because of the varied terrain and heights. Trekkers should be ready to walk about **7 hours each day** on rough paths.

Since the trek goes above **3500 meters**, there's a risk of altitude sickness. Adding a day for acclimatization to your schedule can help reduce this risk. It's essential to be aware of the symptoms of altitude sickness and how your body feels throughout the trek.

With good preparation and acclimatization, most reasonably fit people can complete the Everest Panorama Trek. However, consulting a healthcare professional before starting the trek is crucial. You can also improve your safety by hiring an experienced guide from a trusted company like ours.

Where Does The Everest View Trek Starts?

The journey to Everest View Trek begins with a thrilling flight to **Tenzing Hillary Airport of Lukla**. The flight to Lukla takes 35 minutes from Kathmandu's domestic airport. From Lukla, the official trek towards Everest view begins with a gradual descent and traversing through pine forests and Sherpa Village. The distance from Lukla to Phakding is 6.2km and takes 3 hours.

From Phakding, it continues towards Namche Bazaar, Tengboche, and returns to Lukla via Monjo. Thus, the trek takes trekkers up to Everest View Hotel, the highest elevation at 3,962m. Moreover, the total

distance covered throughout the trek to Everest Panorama Trek is 30-40km.

Why Take the Everest View Trek In 2025?

The trek to Everest View is gaining popularity yearly. Here are the reasons you should take the Everest View Trek in 2025:

Thrilling Flight to Lukla Airport

One of the prominent reasons to take the Everest View Trek is for the flight to Lukla Airport, one of the most dangerous airports in the world. The flight is thrilling and takes **35 minutes** from the domestic airport of Kathmandu and **20 minutes** from the Manthali airport of Ramechhap. Moreover, the flight to Lukla is the first phase of the journey, serving as a gateway to Everest.

Explore Namche Bazaar

Another reason to take the Everest Panorama trek is to maximize the time to explore Namche Bazaar town, an industrial hub of the Khumbu Valley. The town is famous not only for offering modern facilities but also for offering the real taste of Sherpa culture. The Sherpa Culture Museum, Sagarmatha Art Museum, **Sagarmatha National Park Museum**, and Syangboche panorama viewpoint are some key highlights of the Namche, calling travelers from worldwide.

Tengboche Monastery

Located on a hill with an impressive backdrop of Mount Ama Dablam, Tengboche Monastery is the ultimate reason to choose the Everest View Trek. At **3,867m/ 12,687 ft altitude**, the monastery is the largest gompa in the Khumbu region. Reaching Tyangboche village marks the final point on the trek to Everest Panorama, and visiting the monastery offers peacefulness and adds to the tranquility of the trek.

Sagarmatha National Park

Travelers who want to experience the diverse flora and fauna of Khumbu Valley within a short time should choose the Everest View Trek. As Sagarmatha National Park encompasses the village, trekkers get a glimpse into rare species of flora and fauna in their journey to Everest Panorama. Likewise, the National Park is renowned for being Nepal's first National Park to be inscribed as a Natural World Heritage Site.

Khumjung Village

Lying above the Namche Bazar at an altitude of 3,790 m, Khumjug is a small yet authentic village within Sagarmatha National Park. The village is popular for offering sights of Mount Everest and other amazing places to visit. Likewise, **Kunde Hospital**, **Khumjung Hillary School**, **Khumjung Monastery**, and **Yeti Scalp** are other significant attractions of the village. Moreover, trekkers who prefer to experience the majesty of the Everest region within a short duration must take the Everest View Trek in 2025, which takes them to the traditional village of Khumjung.

Sherpa People & Their Culture

Travelers who want to quickly observe and familiarize themselves with the unique Sherpa culture and

locals should go for the Everest View trek. The trek provides an exceptional chance to **witness and participate in the culture** that everyone appreciates. Each village where the trek takes place is a prominent Sherpa town with its own language, attire, and tradition. Thus, trekkers gain deep knowledge of the Sherpa culture and people during their trek to Everest Panorama View.

Spend your time at the Everest View Hotel.

Lying within the Sagarmatha National Park, the Everest View Hotel is well-renowned for offering **360-degree views** of the Himalayan peaks, especially of Mount Everest. The **Guinness Book of World Records (2004)** listed the Hotel as the highest-placed hotel in the world. The trek to Everest Panorama offers trekkers a chance to sit in a comfortable area of the Hotel and witness the majesty of mountain peaks from every corner.

Meals And Accommodations

When trekking in the Everest region, **teahouses** are the most common accommodation. They offer **basic facilities** with dormitory rooms, shared bathrooms, and communal dining spaces where you can interact with other trekkers. Camping is also an option for those seeking a more adventurous experience. You can bring your camping gear or have your travel agency arrange it.

Meals typically include traditional Nepali cuisine such as Dal Bhat, vegetables, soups, and momo for lunch and dinner. Breakfast options often include *bread, omelets, pancakes, tea, and coffee*. If you are diet-conscious, you must make it clear to your agency before your trekking journey. When you book with us, we provide accommodation in teahouses and include three meals daily as part of our service.

Who Can Take the Everest View Trek?

The Everest Panorama View is one of the easiest and most preferred treks in Nepal due to its accessibility for every age group and less difficult sections within the Khumbu Valley. The accessibility of the trek makes it an ideal destination for families who want to spend their vacation in the home of the world's tallest peak. However, trekkers should prepare themselves physically and mentally, pack appropriately, and take health precautions for a safe and smooth journey.

Everest View Trek For Female

The Everest View Trek is an ideal option for female trekkers looking for a journey that offers an exceptional mountain view without a challenging trek. The short yet rewarding journey with a moderate difficulty level makes the trek perfect and safe for female trekkers. Likewise, the Everest region is one of the **most female-friendly trekking routes** with safe and well-developed trails. Moreover, female trekkers are recommended to hire a guide and porter, dress modestly, carry personal hygiene items, and inform someone about their daily trekking plan.

Everest View Trek For Senior Citizens & Children

The journey to Everest View Trek is the best possible option for senior citizens and children. As the trek to Everest View is **short** and **moderate**, it offers an exceptional view of the Himalayan peaks without taking to extreme altitudes. The route to the trek is well-marked with facilities for teahouses and medical facilities. Similarly, the less risk of altitude sickness makes the trek ideal for senior citizens and children.

Cost for Everest Panorama Trek

The Everest Panorama View Trek costs **USD 990**. However, the cost of the trek to Everest Panorama depends on various factors, including group size, chosen transportation, duration of trip, chosen itinerary, whether hired a guide and porter, and personal miscellaneous expenses. Likewise, the cost also varies if the trekkers prefer any luxurious service or something that is not mentioned in the inclusion section.

Furthermore, trekkers with a tight budget can also undertake the trek to Everest Panorama. One major way to save on the trek cost is by traveling in a group, as the more you're in a group, the more you'll get a **group discount**. Another way to save on the cost of the trip is by bringing reusable water bottles, as it saves money on bottled water. Moreover, travelers can reduce the trek cost by booking in advance, as early flights and accommodations can be cheaper than at the last minute.

Trekking Route For Everest View Trek

*The Everest Panoramic Trek follows a scenic route through the heart of the Khumbu region in Nepal. Starting from Lukla, a small mountain airstrip, the trek winds through Sherpa villages and lush forests. The trail ascends gradually, passing by the Dudh Koshi River and crossing several **suspension bridges**.*

Our pleasant walk takes you to the colorful village at the famous Namche Bazaar, the main hub of Sherpa people, the highlanders of the Himalayas, and then a scenic trail takes you to Thyangboche Monastery, a great spot surrounded by pristine woodland and mountains.

At Thyangboche, we will cherish moments of joy while soaking in mountain views and embarking on an insightful monastery tour. *Finally, our wonderful **Thyangboche Monastery & Everest View Trek** will conclude with a leisurely descent back to Lukla.* From Lukla, we will embark on a scenic flight back to Kathmandu, marking the end of an exciting and memorable journey through the high hills of Khumbu and Everest with Nepal Base Camp Treks.

Safety and Responsible Trekking on the Everest View Trek

The Everest View Trek is considered one of the safer trekking routes in the Everest region due to its moderate altitude and well-established trail network. However, trekkers should still prioritise acclimatisation, hydration, and proper preparation to ensure a comfortable journey.

Responsible trekking practices help protect the natural and cultural heritage of the region. Visitors are encouraged to minimise waste, respect local customs, support locally operated lodges, and follow designated trekking routes. These practices contribute to preserving the Everest region for future generations.

Permits Needed For Everest Trek

The Panorama trek follows the same route as Everest Base Camp, so you need two permits: the **Sagarmatha National Park Entry Permit** and the **Khumbu Pasang Lhamu Rural Municipality Permit**. You can get these permits in Kathmandu from the Tourism Board or at the entry gate of Sagarmatha National Park in Monjo.

Sagarmatha National Park Permit:

Since the trek goes through Sagarmatha National Park, you must have this permit. It ensures safe travel without harming the environment. The cost is **NPR 1500** for SAARC nationals, **NPR 3000** for foreigners, and **NPR 200** for Nepali locals.

Khumbu Pasang Lhamu Rural Municipality Permit:

This permit is necessary to explore the restricted places in surrounding areas. You cannot enter the restricted places listed below without getting this permit. You cannot get these permits, but you will need an experienced trek guide from a registered travel agency. The cost of these permits is identical for each individual, i.e., **NPR 2000** per person.

Physical Condition & Experience Requirements

The 16-day Everest Base Camp Trek is moderate. It is well-suited for travelers capable of walking **6-7 hours (10-15 km)** daily on both uphill and downhill trails. Preparing for this trek involves regular morning jogging and an hour of exercise daily. We recommend you start it at least a month before the trek. Having prior high-altitude trekking experience can make the journey easier; no technical skills are necessary.

It is essential to consult with a doctor before embarking on the trek. Participants with pre-existing medical conditions, such as heart, lung, or blood diseases, should inform Himalayan Glacier before booking. Past hiking experience is beneficial but not mandatory for this adventure.

Tips For Safe Travel

- Drink plenty of water to stay hydrated, especially at higher altitudes where dehydration can occur more rapidly.
- Take time to acclimatize to higher altitudes to prevent altitude sickness. Plan rest days in your itinerary to adjust.
- Ensure you pack necessary items such as a first aid kit, medications, weather-appropriate clothing, and trekking gear.
- Consider hiring an experienced guide who knows the terrain, weather patterns, and emergency procedures.
- Share any pre-existing medical conditions with your trekking company and consult your doctor before the trip.
- Keep an eye on weather forecasts and prepare for sudden changes in conditions.
- Follow local customs and regulations, which helps in maintaining good relationships and ensures safety.
- Have comprehensive travel insurance that covers trekking activities and potential medical evacuations.

Why Panorama Trek?

Scenic Beauty: The Panorama Trek offers breathtaking views of the world's tallest mountains, like Mt Everest, Lhotse, and Ama Dablam. You'll cross rivers, glaciers, forests, and charming villages along the way.

Cultural Experience: You will dive into Sherpa culture, influenced by Tibetan traditions. Visit monasteries, meet Sherpa communities, and see their unique way of life.

Accessibility and Duration: This trek lasts about ten days and is shorter than more challenging ones like Everest Base Camp. It's great for those with limited time or looking for a moderately tough trek.

Wildlife and Nature: Passing through Sagarmatha National Park, the area teems with diverse wildlife. Watch for rare animals like the Red Panda and Himalayan Thar.

Moderate Difficulty: Rated as moderately tough, this trek suits trekkers of various skill levels. With good fitness and stamina, even beginners can enjoy this trek.

Everest Panoramic View | What To Expect

The ultimate reason for choosing the Everest Panorama View Trek is to witness the grandeur of the world's highest peak within a short period and without being involved in high physical challenges. Thus, the Everest Panoramic view is the key highlight of the trek. The view of the majestic peak of Mt. Everest is apparent from different locations along the trek, appealing to trekkers throughout the journey.

The first glimpse of Mount Everest on the trip to Everest Panorama View Trek is apparent along the way to Phakding, a first stop after Lukla. Similarly, Namche Bazaar is a significant location from where trekkers can amaze their eyes with the view of the peak closely for the first time. Likewise, the **Khumjung viewpoint**, above the Namche Bazaar, is another key location that appeals to the trekker's eye, along with the majestic peak of Everest. Moreover, the Panorama of Mount Everest is jaw-dropping from the Everest View Hotel and Tengboche Monastery.

How to Prepare For the Everest View Trek?

Although the Everest Panorama View Trek is moderately difficult and the shortest one, being well-prepared is crucial for a successful trek. Here is how travelers can prepare themselves for the Everest View Trek:

Train well

Training yourself physically and mentally is the key to successfully completing the trek to Everest Panorama. For physical training, trekkers should be involved in cardiovascular endurance exercises, including hiking, running, stair climbing, and cycling. Likewise, trekkers should be involved in strength training exercises targeting the **legs, core, and upper body**. Moreover, trekkers should be involved in meditation, yoga, visualization, and setting realistic expectations on the journey to be mentally fit.

Choose Reliable Trekking Guides

Choosing a reliable trekking guide is crucial while planning for the Everest View Trek. As guides play a crucial role in successfully completing your trek and ensuring your safety, consider prioritizing those with years of experience in the Everest region. Likewise, choose a guide who is licensed by the **Nepal Tourism Board**, has knowledge of Local Sherpa, has strong English communication skills, and has a good reputation.

Acclimatization

Choosing an itinerary that involves an acclimatization plan is crucial. Although the trek to Everest View doesn't involve trekking to higher elevations, the risk of altitude-related issues is still a concern. Thus, trekkers should costume or choose an itinerary that involves an acclimatization plan. Further, acclimatization helps the trekker's body adjust to changes in body temperature and lets the body function in a changed atmosphere.

Hydrate Regularly

Being adequately hydrated throughout the duration of the trek is essential. Proper hydration helps maintain the body's performance and helps regulate heat. Further, dehydration leads to *fatigue, muscle cramps, dizziness, and impaired decision-making*. Thus, regular hydration helps to safely navigate the trail, even in challenging sections.

Gear Up Wisely

Gearing up properly is another key to a smooth and safe journey through the Everest region of Nepal. The weather in the Himalayan area changes frequently, so packing wisely to fit every weather is recommended. Trekkers should pack clothing top to bottom from the base layers to mid layers to the outer layer. Likewise, trekkers should invest in sturdy trekking boots and warm socks. Furthermore, trekkers should pack backpacks, sleeping gear, trekking accessories, personal hygiene, first aid, snacks, and energy bars.

Why Choose Nepal Base Camp Treks For Everest View Trek?

Experienced Guides: We have a team of excellent guides and porters. They are fully aware of the terrain, weather patterns, and navigation. Thus, they ensure your safety.

Customized Itineraries: We offer flexible and customizable itineraries to suit your preferences. We also take into account your fitness levels and time constraints. Thus, allows you to make the most of your trekking adventure.

Comprehensive Services: We provide comprehensive services from transportation and accommodation to meals and trekking permits. We care for all your needs and allow you to focus on enjoying the trek.

Safety First: Your safety is our top priority. We ensure proper acclimatization schedules and have established emergency procedures. Our guides have knowledge in first aid and altitude sickness management.

Eco-Friendly Practices: We provide sustainable and eco-friendly trekking practices. It minimizes our environmental footprint and promotes regional conservation efforts.

Positive Reviews: We are proud of our past clients' positive feedback and high satisfaction rates. It reflects our commitment to quality service and memorable trekking experiences.

FAQs For Everest View Trek

Is the Everest region trek in Nepal safe?

Generally, the Everest region trek in Nepal is safe. But like any other outdoor adventure, it comes with inherent risks that you should manage properly. You must prepare for altitude, weather changes, and trail conditions.

What can I expect during the Everest Panorama Trek?

During the Panorama Trek, you can expect stunning views of the world's highest peaks, including Everest, Ama Dablam, and Lhotse. You can experience the unique culture and hospitality while passing through Sherpa Village. Also, you can encounter diverse flora and fauna, monasteries, and prayer flags.

What is the cost of the Everest Panorama Trek?

On average, the cost of the Everest Panorama Trek ranges between \$1000 to \$2000 per person. It mainly depends on factors such as the duration of the trek, the level of service provided, and whether you choose to go with a guided tour or independently.

Can you trek Everest Panorama without a guide?

No, you cannot trek Everest Panorama without a guide. As per the rule updated in April 2023, you must hire a guide from a reputable company. This rule enhances trekkers safety and proper management of the crowd.

Can a beginner trek to Everest Panorama View Trek?

Yes, the Everest View trek is beginner-friendly. A person with some level of physical fitness can complete this trek. However, if you are a beginner, it is always recommended for you to hire a guide. Lasting 8 to 10 days, this trek offers close-up views of Mount Everest and other Himalayan peaks.

Is travel insurance mandatory for taking this trek?

Yes, you must take travel insurance before trekking in Nepal. This ensures your safety and also provides you with a sense of security in case of emergencies. Always look for all the coverage that the insurance provides, before signing it.

How many days does the Everest View Trek take?

The Everest View Trek typically takes between 7 and 11 days, depending on the itinerary and acclimatisation schedule. Most itineraries include visits to Namche Bazaar, Everest View Hotel, and Tengboche Monastery while allowing sufficient time to enjoy the surrounding mountain scenery.

What is the highest point of the Everest View Trek?

The highest point of the Everest View Trek is usually the Everest View Hotel area, located at approximately 3,962 metres above sea level. From this viewpoint, trekkers can enjoy panoramic views of

Mount Everest, Ama Dablam, Lhotse, and other Himalayan peaks.

Is the Everest View Trek worth it?

Yes, the Everest View Trek is highly rewarding for travellers who want to experience the Everest region without undertaking a longer and more physically demanding trek. The route offers impressive mountain views, rich Sherpa culture, scenic villages, and a memorable trekking experience within a relatively short timeframe.

What makes the Everest View Trek unique?

The Everest View Trek stands out because it provides close-up views of Mount Everest and other Himalayan peaks without requiring trekkers to reach extreme altitudes. The combination of stunning viewpoints, traditional Sherpa villages, Tengboche Monastery, and a comfortable trekking pace makes it one of Nepal's most accessible Everest-region adventures.

Address

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