Everest Panorama Yoga Trek

Duration: 9 Days 8 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 9 Days 8 Night

Difficulty: 2/10

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Everest Panorama Trek (3840 m)

Summary

Everest Panorama Yoga Trek/The Everest Panorama Yoga Trek is a short Everest trek part of the Eastern Nepal in the Joys of trekking in the Everest region N/

Overview

Trip Introduction

The Everest Panorama Yoga Trek is a short Everest trek part of the Eastern Nepal in the Himalayas designed for people who have limited time or who do not want to tackle climbing at high altitude, but want to experience the Joys of trekking in the Everest region and see Mt. Everest. Kanchenjunga Circuit Trek

The Yoga course on this itinerary intends to make you familiar with basic yoga postures and the required theoretical knowledge. You can practice on your own once you follow it under the guidance of an expert teacher. The trek begins with a 35 minute flight from Kathmandu to the Tenzing-Hillary airport at Lukla (2642 m). After breakfast and handover of luggage to the porters, we trek to Phakding through farmlands and the Sherpa heritage villages where you will meet the local Sherpa people, formerly from Tibet, and observe their culture, beliefs and way of living. The second day takes you to Namche Bazaar (3440 m), the bustling business hub of the Khumbu region. Prayer flags, chortens, Mani walls and ancient monasteries testify to the importance of Buddhism in the Sherpa lives. Everest View Trek

The fourth day's trek follows the ridges and rivers through forests of rhododendron and oak to climb to the important village of Tengboche. ntryside against the backdrop of the imposing Ama Dablam, Kangtega, Thamserku and the Everest group. The return journey of this Everest view panorama trekking via Monjo takes you to a lower altitude that allows you to sleep in greater comfort than at Namche. We provide this Yoga course for the first three mornings in Kathmandu , during which we offer short sightseeing tours. The final day takes you back to Lukla. An early morning flight returns you to Kathmandu. you rest and next day you can do. Poon Hill.

Day by day itinerary

Trip Itinerary

Day 01: Arrive Kathmandu (1,300m/4,264ft)

Our Mega Mount Trekking Company Airport Representative will meet you outside the Terminal Hall. Please, look for our Treks and Expeditions play card. Transfer to hotel, introduce your trekking guide and check the necessities. Afternoon stroll Tourist colourful market Thamel down town. Overnight in Kathmandu at Hotel with breakfast

Day 02: Flight to Lukla & Trek to Phakding (2,652m/8,700ft): 3-4 hrs.

Our trek begins through a beautiful pine forest that leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch wonderful prospect of the glistening Mt. Thamserku (6618 m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours, we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. We stop at Chautara to admire the view. We still need to hike about 1.5 hours reach Namche Bazaar, a gateway to Mt. Everest and main trading centre of this region. Overnight in Namche.

Day 03 :Phakding – Namche Bazaar (3,440m/11,280ft): 10km, 6-7 hrs

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Day 04: Rest day in Namche Bazaar

This is the scheduled ‘acclimatization’ day for this trek. Health experts always recommend us to stay active and moving during the rest day too instead of being idle. We either spend the day taking a day hike to Thame or visiting Khunde or relaxing and exploring Namche Bazaar itself. Namche Bazzar is the main centre of the Everest (Khumbu) region and has government offices, ATMs, Internet cafes, shops, restaurants, a bakery and a colorful market each Friday evening and Saturday. If we trek a few hundred vertical feet during the day, it will help us to properly acclimatize. Our guides takes us to the ‘Tourist Visitor Center’ near the headquarter of the Sagarmatha National Park where we can observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life of the Everest region. Overnight in Namche.

Day 05: Namche Bazar – Tengboche (3,864m/12,673 ft): 5-6 hrs.

After breakfast, our trail leads moderately flat with superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku, Khangtaiga. The trail continues wild lives spot of musk deer (a herd of Himalayan Thar) colorful pheasant (Danphe, National bird) Trail descend to Dudh Koshi river where few lodges and series of picturesque water driven prayer wheels. Cross suspension bridge over Dudh Koshi River a steep climb through pine and juniper forest, walk about 2 hours bring you to Tenboche. The famous Gomba (Tengboche Monastery) with the background of Ama Dablam, Nupte, Mt. Everest and many more peaks. During October/November in full moon the colorful Mani Rimdu festival is held here with masked dancing and Tibetan opera in the monastery courtyard. Overnight in Tengboche.

Day 06: Tengboche – Monjo ((2,800m/9,200ft): 5-6 hrs.

Trail drops down to Dudh Koshi River and cross the suspension cradle bridge. Trail rise up Sanasa the confluence of Everest Base Camp trek and Gokyo Lake trek. Then follow the wider trail round aside the hill to Namche Bazar. Descend down to National Park check point to lower green valley Jorsalle. Then right up next is final destination Monjo. Overnight in Monjo.

Day 07: Monjo – Lukla (2,780m/9,175ft): 5-6 hrs.

Trail follows down steam of Dudh Koshi river retracing to Phakding. Trail leads to Lukla scaling different Sherpa villages crossing a suspension bridge above Thado Kosh. Last section of the day, about 45 minutes ascend to accomplish entire trek. Reconfirm flight Ticket and see off to local porters. Overnight in Lukla.

Day 08: Lukla – Kathmandu by Air (1,300m/4,264ft): 35 minutes airstrip.

Fly Back to Kathmandu (35 minutes) in the morning and transfer to your Hotel. Free afternoon.

Day 9: Final departure

Transfer to International Airport by Mega Mount Trekking and fly to onward destination.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Pick up and drop Airport-Hotel-Airport in Kathmandu by private vehicle.

Flight ticket from Kathmandu-Lukla- Kathmandu.

3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) during the trek.

Accommodation of Lodges, Guesthouses in Twin Sharing Bases during the trek.

Trekking Permit (National Park entry fee).

TIMS card(Trekker's Information Management System).

Necessary staff during the trekking period With Experience Guide and Porter.

20 Kg Luggage free Per Person during the trekking (with porter or yaks).

Facility of Food, accommodation, salary, insurance, equipment for all trekking staffs.

Group medical supplies (First Aid kit).

All hotel accommodation with BB Plan in Kathmandu.

Our service charges.

Exclusions

Lunch and dinner in Kathmandu.

Alcoholic beverages, personal nature expenses, Mineral water, laundry, phone calls, Internets.

Emergency rescue evacuation if required such as personal accident insurance or Helicopter rescue.

Extra luggage and personal trekking gears.

Extra porter cost US$15 per person per days per 20Kg.

International flight tickets, date change or re-issue If required.

Nepal visa fee, Visa issuance is easy upon arrival.

Tips, gifts, souvenirs.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.

Trainer or casual shoes, for trekking and/or for travelling.

Warm socks for colder areas.

Gaiters, in case of rain or snow

Legwear

Loose, casual trousers for trekking.

Thermal leggings for colder areas.

Long skirt for women as an alternative to trousers.

Waterproof trousers

Body

Selection of T-shirts, and long sleeved shirts, preferably not cotton.

Thermal shirt for colder areas.

Warm shirt, possibly fleeces, for colder areas.

Fleece jacket or warm wool jumper.

Windproof, waterproof outer shell garment for higher altitudes.

Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

Wool or fleece hat, or balaclava.

Hat or cap for sun protection while trekking.

Sunglasses or goggles.

Warm gloves

Other items

Strong rucksack or large hold all to be carried by porters.

Daysack to be carried personally.

Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.

One litre water bottle.

Personal first aid kit to include essential items.

Sleeping bag, 4 seasons.

Torch, ideally head torch.

Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.

Toilet items and towel.

Large handkerchief/bandana for neck

Optional items

Binoculars

Books (see Recommended Reading)

Altimeter

Compass

Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

fleece trousers

Additional mitts and gloves suitable for climbing

Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)

Climbing harness

2 x tape slings

2 x screw gate karabiners

Descended/abseil device

Ascender

Trip notes

Trip Highlights

Trip Duration: 9 days.

Trekking Duration: 9 days.

Grade: Easy.

Accommodation: Semi Lodge/ or fully Camping.

Activities: Trekking – Walking.

Highest Point: Everest Panorama Trek (3840 m).

Everest Panorama Trek – 9 days

Departure

Departure

Review

Trip gallery



Everest Panorama Yoga Trek - photo 1

View photo on the trip page

View photo on the trip page

Plan your journey with our team

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