Everest View Yoga Trek

Duration: 7 Days 6 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 7 Days 6 Night

Difficulty: 2/10

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Everest View Trek (3440 m)

Summary

Everest View Yoga Trek/Everest View Yoga Trek lies in the Solukhumbu district on the lap of Mt. Everest/ from Lukla when you touch the ground by small Plane

Overview

Trip Introduction

Everest View Yoga Trek lies in the Solukhumbu district on the lap of Mt. Everest. This trekking starts from Lukla when you touch the ground by small domestic plane. Pikey Peak 9 days Trekkers will be flying in the sky for approximately 28 mins. This trek is one of the best treks to capture the beauty of Mt. Everest and Everest Himal ranges within a short period of days. Everest region is the most populated trekking destination comparing with other trekking routes in Nepal. In this region, there are many other trekking routes like Everest Base Camp trek, Gokyo Ri Trek and many more. 3 High Pass Trek, 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. Everest Yoga Trek is gaining more popularity at the present.The trek starts from Lukla airport which is regarded as worlds no 1 dangerous airport. You will stay overnight at a place called Phakding and next day to Namche Bazar which is the best place to stay over for acclimatization to do any other trekking in Everest region. Lower Dolpo Trek.

We provide this Yoga course for the first three mornings in Kathmandu , during which we offer short sightseeing tours . When you reach Namche Bazar you will stay overnight in that small village, which is one of the best village in the Everest region with full of facilities. Next day you will walk uphill to a place call Shyangboche airport for the views. You will get a clear view of mountains like Mt. Everest, Lhotse, Nuptse and Mt. Amadablam, Pumari, Thamserku, Kongde Ri etc. Link 14 days Everest Trek,Ghorepani Ponn Hill Trek

Day by day itinerary

Trip Itinerary

Day 01: Arrival Kathmandu 1,400m, Welcome program by Mega Mount Treks member and direct transfer to Hotel in Kathmandu on Bed & Breakfast plan.

Day 02: Domestic flight from Kathmandu to Lukla (2,840m). It takes 35 minutes flight to get Lukla than Trek to until Phakding (2,610m) 3 hours overnight at Lodge.

Day 03: Trek to Namche Bazar (3,440 m), 5 hours walking, Overnight at Lodge (Breakfast, Lunch, Dinner).

Day 04: Hike to Everest viewpoint to see the Mt. Everest and other beautiful mountains than trek to Khumjung (3,780m), back to Namche, Overnight at Lodge. (Breakfast, Lunch, Dinner).

Day 05: Trek to Lukla (2,840m), 5/6hours walking, Overnight at Lodge. (Breakfast, Lunch, Dinner).

Day 06: Morning Flight Back to Kathmandu (1,400m) direct transfer to Hotel in Kathmandu.after free in Kathmandu overnight at Hotel on Bed & Breakfast.

Day 07: Departure from Hotel to Kathmandu Airport for your onward destination, Services END of Mega Mount Trek.

Package: Standard Package

Contact for pricing

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

Inclusions

All land transfer, arrival, and departure as per the itinerary.

Flight Kathmandu to Lukla both way.

2 Night Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.

Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges.

Tea and coffee (cup) three times daily on the trek.

An English speaking experienced & professional trekking guide license holder.

All necessary trekking and climbing related permit including TIMS and all.

Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.

Breakfast Lunch Dinner Coffee and/or Tea.

Exclusions

Lunch and dinner while in Kathmandu.

Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.

Hard and any form of soft drinks, tea/coffee(pot size) All confectionery and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.

Any airfare: Domestic International departure taxes and any excess baggage charges.

Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

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: 7 days.

Trekking Duration: 7 days.

Grade: Easy.

Accommodation: Semi Lodge/ or fully Camping.

Activities: Trekking – Walking.

Highest Point: Everest View Trek (3440 m).

Departure

Departure

Review

Trip gallery



Everest View Yoga Trek - photo 1

View photo on the trip page



Everest View Yoga Trek - photo 3

Plan your journey with our team

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