Everest Yoga Trek

Duration: 14 Days | Location: Everest Region, Nepal



Trip at a glance

Category: Mount Everest Region

Location: Everest Region, Nepal

Duration: 14 Days

Difficulty: 7/10

Trip Style: 14 days Everest Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5545 m

Group: Min-1, Max 20

Summary

Everest Yoga Trek/Everest Base Camp Yoga Trek is the most populated and popular trek in the Everest region/This trek takes you on the lap of Mt.Everest Trek

Overview

Trip Introduction

14 Days Everest Base Camp Yoga Trek is the most populated and popular trek in the Everest region. This trek takes you on the lap of Mt. Everest which is one of the world highest mountain. Once you choose to do this trek it will give you a lifetime memory. The duration of this trek is 14 days and within 14 days you will get a chance to learn many Nepali cultures, view of highest mountains, walking uphill and downhill. You will get a chance to see Himalayan Thar, Blue sheep, Tibetan cock, Himalayan Monal. You will pass through different villages when you do this trek. Trekking trail starts from Lukla once you landed or touch the ground. The first day will be 3-4 hrs of walking to Phakding and Next day to Namche Bazar. Namche Bazar is regarded as the most expensive place in Nepal as this is the start over the trail to Everest region. Makalu Base Camp Trek

14 Days Everest Base Camp Yoga trek is, Namche bazar is a beautiful small village with full of comfortable guest houses where you get hots shower, pub etc. On the way to Everest Base camp trek, you will find the Oldest Buddhist monastery which is 500 yrs old Thyangboche Monastery. You will pass through the lush rhododendron forest, Dudhkoshi river, pass through the suspension bridge and the juniper. Everest view trek also lies in this region for the short trekkers. Ghorepani Poon Hill Trek

The best trekking season to do Everest base camp trek is from March-May (spring season), Sep-Nov(Fall season). As trekkers. porter and yak means of transportation will be heading towards the same direction the trail will be rowdy. We provide this Yoga course for the first 9-10 mornings. if you Interested any more. Lower Dolpo Trek

Day by day itinerary

Trip Itinerary

Day 1: Arrival in Kathmandu and transfer to hotel. Altitude: 1345m.

In the evening, our tour guide will give you a brief orientation about the trek. You can do shopping and buy your necessary trekking gears near the city.

Day 2: Short flight to Lukla–Trek to Phakding. Altitude: 2840m. (Lukla) and 2610m.

Meals: Breakfast, Lunch, and Dinner. Once you reach Phakding, you can visit the local monastery. Rest of the time make sure to take good rest and be ready for the real challenge ahead!

Day 3: Trek to Phakding To Namche Bazaar. Altitude: 3440m.

Meals: Breakfast, Lunch, and Dinner. On the third day, you'll be heading towards Namche Bazaar. The trek begins with a walk ascending via beautiful pine forests along the banks of Dudh Koshi river. You'll cross the Hillary Suspension Bridge, named after the iconic Sir Edmund Hillary. After reaching Namche Bazaar, you'll rest for the night. Better known as the gateway to Mt. Everest, Namche Bazaar is the main trading center of Khumbu region.

Day 4: Acclimatization day trip to Namche Bazaar. Altitude: 3440m.

Meals: Breakfast, Lunch, and Dinner. For acclimatization, you'll take a day trip to Namche Bazaar. Here you'll climb 300 meters to the town of Everest View.

Day 5: Trek to Namche to Tengboche. Altitude: 3860m.

Meals: Breakfast, Lunch, and Dinner. From here, you can get an awesome view of Mt. Ama Dablam, Mt. Thamserku, and Mt. Khumbila. All these mountains are regarded by Sherpas as sacred mountain of the patron god of the Khumbu region. You also can read special prayers for the safety and success of the safe trek from the head lamas. And, in expedition season you may also get chance to greet those preparing for the the Everest expeditions.

Day 6: Trek to Tengboche to Dingboche. Altitude: 4360m.

Meals: Breakfast, Lunch, and Dinner. Passing via the Khumbila Khola valley and ascending towards the ridgeline, you will be awe-stricken by the surrounding landscapes. You will witness the jaw-dropping mountain: Mt. Taboche, Mt. Nuptse, Mt. Cholatse, and many other.

Day 7: Acclimatization day trip to Dingboche.

Meals: Breakfast, Lunch, and Dinner. You'll get some amazing views of Ama Dablam and other giant peaks with prayer flags at the viewpoint. If you wish and time allows you, you can climb another hour or to the top of the hill for even better views.

Day 8: Trek to Dingboche to Lobuche. Altitude: 4940m.

Meals: Breakfast, Lunch, and Dinner. You might feel little difficult while climbing uphill but don't worry the jaw-dropping mountain views will keep you motivated! At the top of the hill, there are numerous memorials for climbers who've lost their lives climbing Mt. Everest. You can spend some time there and commemorate their daring decision to choose Everest expedition.

Day 9: From Lobuche trek to Gorak Shep and trek to Everest Base Camp (EBC) – back to Gorak Shep. Altitude: Gorak Shep (5170m. and Everest Base Camp 5300m.

Meals: Breakfast, Lunch, and Dinner. Finally, this is the most awaiting day of the whole journey as you'll climb to EBC. On a ninth day, you'll wake up early in the morning and move towards Gorak Shep, another small outpost of lodging. Actually, it was the original base camp in the 1953 expedition, the last before EBC. After you reach Gorak Shep, you'll take some rest and drop your backpack at Gorak Shep and move onward to EBC. Slowly walking at your own pace is recommended to prevent the high altitude sickness problem.

Day 10: Hike up to Kala Pattar and then trek to Pheriche. Altitude: Pheriche (4270m. and Kala Pattar (5545m.

Meals: Breakfast, Lunch, and Dinner. On the tenth day, you'll hike to the highest point of your trek, Kala Pattar. The one real fact is Mt. Everest cannot be seen from Base Camp, as the Mt. Lhotse sits right in front of it. So, it is considered the best viewpoint in the entire Khumbu region.

Day 11: Trek to Namche Bazaar. Altitude: 3440m.

Meals: Breakfast, Lunch, and Dinner. You'll start your hike with gentle up and down hills. Again, you'll cross suspension bridges and pass through small villages. Here you'll meet other trekkers heading towards the opposite direction.

Day 12: Namche to Lukla. Altitude: 2840m.

Meals: Breakfast, Lunch, and Dinner. Trekking further all the way to Dudh Koshi river, you'll arrive at Phakding. You'll have some rest here and follow small ascend to Lukla.

Day 13: Fly back to Kathmandu and transfer to hotel.

You can enjoy the final views of these amazing snow-capped peaks. After arriving at Kathmandu you can spend the rest of day in Kathmandu celebrating your success. If you want you can explore the city and do shopping for your loved ones and relatives.

Day 14: Departure, or extend your tour for other activities in Nepal.

With final goodbyes, you'll be heading back to your home. Our representatives will drop you off at an international airport by Mega Mount Guide.

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.
- Kathmandu to Lukla Flight Ticket both way.
- 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 Details:

Total Duration: 14 Days.

Group Size: Min-1, Max 20.

Trekking Region: Everest Region.

Trip Type Name: 14 days Everest Trek.

Highest Altitude of the trek: 5545 m.

Highest Point: 14 days Everest Trek (5545 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery



Everest Yoga Trek - photo 1



Everest Yoga Trek - photo 2

View photo on the trip page

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking