Kongde Everest Trek

Duration: 10 Days 9 Night | Location: Nepal



Trip at a glance

Category: Everest Region

Location: Nepal

Duration: 10 Days 9 Night

Difficulty: 2/10

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Kongde Everest Trek (4250 m)

Summary

Kongde Everest Trek/Kongde Everest Trek lies in the Solukhumbu district on the lap of Mt. Everest. This trekking starts from Lukla when you by smal palne /

Overview

Trip Introduction

Kongde Everest 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. Kongde Everest trek is best way to which is known as Kongde hotel supper view trekking. The view from Kongde is majestic views of five of the world's highest mountains, Everest, Lhotse, Makalu, Cho-Oyo, Gyajung Khang (the highest under 8000 m), and Ama Dablam. Makalu Base Camp Trek

Kongde Everest trek which is known as Kongde hotel super view trekking. It is easy and best way to see the spectacular panoramic view including Mt Everest. This is the easiest way to have glimpse view of Everest region within few days of trekking. The name its self-clear that you will observe entire panoramic view from Konde is Kusum Kanguru, Thamserku, Ama Dablam, Lhotse, Everest, Taboche, Khumbi Yul Lha, Karyolung and other neighbor mountains just an easy hike. Everest Base Camp Trek

Kongde Everest trek is started with exciting mountain flight from Kathmandu to Lukla airport. Lukla is the main gate way to khumbu region/Everest region. Trek start from here with 4 hours of easy walk and first overnight stay place came Phakding came. From here you can have great view of Thamserku, Kusum Kangkaru and scenic view of Sherpa village around the Phakding. Kanchenjunga Circuit Trek

Everest Kongde trek highest attitude is Kongde is situated at 4,250 m holds unparalleled views over the entire Everest range including Mount Everest(8848m). You will be well rewarded after your eight hours walk in, with majestic views of five of the world's highest mountains, Everest, Lhotse, Makalu, Cho-Oyo, Gyajung Khang (the highest under 8000 m), and Ama Dablam. Combined with views of the spectacular Khumbu valley and the Kongde Lake you will not cease to be amazed.

Day by day itinerary

Trip Itinerary

Day 01: Arrival Kathmandu 1,400 m, 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 (2,840 m). It takes 35 minutes flight to get Lukla than Trek to until Phakding (2,610 m) 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 (3,780 m), back to Namche, Overnight at Lodge. (Breakfast, Lunch, Dinner).

Day 05: Day 04: Trek to Thame (day hike to Thame, 3800 m) 3440 m and other beautiful mountains than Thame, Overnight at Lodge. (Breakfast, Lunch, Dinner).

DAY 06: Thame To Kongde Hotel. O/n at Konde hotel Yeti Mountain Home. beautiful mountains View Overnight at Lodge. (Breakfast, Lunch, Dinner).

DAY 07: Kongde hotel to Phakding(2610m). O/n at Phakding in Mountain Lodge. Overnight at Lodge. (Breakfast, Lunch, Dinner).

Day 08: Trek to Lukla (2,840 m), 5/6 hours walking, Overnight at Lodge. (Breakfast, Lunch, Dinner).

Day 09: Morning Flight Back to Kathmandu (1,400 m) direct transfer to Hotel in Kathmandu.after free in Kathmandu overnight at Hotel on Bed & Breakfast.

Day 10: 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

QUIPMENT 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: 10 days.

Trekking Duration: 10 days.

Grade: Easy.

Accommodation: Semi Lodge/ or fully Camping.

Activities: Trekking – Walking.

Highest Point: Kongde Everest Trek (4250 m).

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Departure

Departure

Review

Trip gallery

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Plan your journey with our team

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