# ThameTrekking in Nepal

Duration: 7 Days 6 Night | Location: Nepal



## Trip at a glance

Category: Everest Region

Location: Nepal

Duration: 7 Days 6 Night

Difficulty: 2/10

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Kongde Everes Trek (380 m)

## Summary

ThameTrekking in Nepal/Everest View Trek lies in the Solukhumbu district on the lap of Mt. Everest. This trekking starts from Lukla by small domestic plane.

# Overview

## Trip Introduction

Everest View 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. from Lukla, the five-day trek takes you to Namche Bazaar, the bustling heartland of Sherpa culture. With Namche as your base, you can take a day hike to the beautiful village of Thame, with a picturesque monastery perched high up on the cliffs. Thame is off the main Everest Base Camp route and therefore receives few visitors. The house of Sherpa Tenzing Norgay (the legendary Sherpa who accompanied Sir Edmund Hillary on the first successful ascent of Everest in 1953) is located in Thame if you add on two more days (for a total of seven days), you can continue on as far as Tengboche.

Here, you can visit the famous monastery where climbers and trekkers traditionally visit the Head Lama to receive his blessings for a successful trip. Tengboche also offers extraordinary close-up views of Ama Dablam, a deserving candidate for the world's most beautiful mountain. If you have ten days, consider completing the Kongde Loop. This includes a stop in Namche Bazaar, Thame, and Kongde, at the foot of Kongde Ri (peak).

Getting up early to watch the sun rise over Kongde Ri is one of the many highlights of this route.If you're in a situation where time is limited and money isn't an issue, consider adding a helicopter ride into one of these itineraries. Not only will this shorten the trip significantly, but you'll have unforgettable views that can't be had any other way. everest view trek, lower dolpo trek

# Day by day itinerary

## Trip Itinerary

### Day 01: Arrival Kathmandu 1,350 m, Welcome program by Mega Mount Trek 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). around there. First sight seeing Namche bazaar and walk up hill to Sagarmatha national park museum on the hill, in side the house and out side this is one of the viewing point for Khumbu valley and Mt.Everest, Lohtse, Nuptse, Thamsherku, Kusumkhang, Khangteka, Amadablem, Iceland peak, Touche, Cholache and backside Kongde RI, Tenggiritau, Nup lho shar, pachermo, Tengi Ragitau, Langmocheri, seeing very nice panoramic view and Sagarmatha national park museum and back to Tea House.**

**Day 04: Namche Bazaar (day hike to Thame, 3800 m) 3440 m and other beautiful mountains than 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.
- 2 Night Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.
- Flight Ticket Kathmandu to Lukla both way.
- 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 card and all.
- Insurance, proper warm clothing, shoes, sun glass 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: Kongde Everes Trek (380 m).

TREKKING AND HIKING In Nepal Himalaya

Everest View 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. from Lukla, the five-day trek takes you to Namche Bazaar, the bustling heartland of Sherpa culture. With Namche as your base, you can take a day hike to the beautiful village of Thame, with a picturesque monastery perched high up on the cliffs. Thame is off the main Everest Base Camp route and therefore receives few visitors. The house of Sherpa Tenzing Norgay (the legendary Sherpa who accompanied Sir Edmund Hillary on the first successful ascent of Everest in 1953) is located in Thame.If you add on two more days (for a total of seven days), you can continue on as far as Tengboche.

Here, you can visit the famous monastery where climbers and trekkers traditionally visit the Head Lama to receive his blessings for a successful trip. Tengboche also offers extraordinary close-up views of Ama Dablam, a deserving candidate for the world's most beautiful mountain. If you have ten days, consider completing the Kongde Loop. This includes a stop in Namche Bazaar, Thame, and Kongde, at the foot of

Kongde Ri (peak).

### Departure

### Departure

### Review

## Trip gallery

View photo on the trip page

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