Everest Panorama Trek



Trip Overview

The Everest Panorama Trek offers an accessible yet rewarding trekking experience in the Everest region, ideal for travelers with moderate fitness levels and limited time. The trail passes through Sherpa villages, pine and rhododendron forests, and alongside the Dudh Koshi River, providing panoramic views of the Himalayas. Trekkers get a close glimpse of the cultural and natural richness of the Solukhumbu region while enjoying short hikes and acclimatization opportunities. This trek provides spectacular mountain vistas, including Everest, Ama Dablam, Lhotse, and other iconic peaks, without the need for high-altitude camping.

Total Trip Days: 11 days

Region: Everest Region

Max Altitude: 3880 meters

Activity: Trek

Difficulty: Moderate

Trip Highlights

- Panoramic views of Mount Everest, Ama Dablam, Lhotse, and other Himalayan giants
- Visit Namche Bazar, the vibrant Sherpa capital, and Tengboche Monastery
- Moderate trek suitable for beginners and those short on time
- Experience Sherpa culture, traditions, and local hospitality
- Scenic flights to and from Lukla for a breathtaking Himalayan perspective
- Gentle acclimatization hikes for stunning mountain vistas
- Opportunities for photography, nature walks, and cultural interaction

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport, you will be received and transferred to your hotel in Thamel. Check-in and rest. Overnight at hotel.

Day 2:

Drive eastwards to Manthali, the gateway town for flights to the Everest region. Overnight at hotel.

Day 3:

Take a scenic flight from Manthali to Lukla (2805m). Begin the first day’s trek, following the trail through Thado Koshi with views of Himalayan peaks along the way. Arrive at Phakding after a short trek. Overnight at guest house.

Day 4:

Continue the trek along the Dudh Koshi River via Monjo village. Cross suspension bridges and ascend steadily through pine forests with stunning views of glacial rivers. Arrive at Namche Bazar, the bustling Sherpa capital. Overnight at guest house.

Day 5:

Take a short acclimatization hike to the Everest View Hotel and the National Park Museum. Enjoy magnificent panoramas of Mt. Everest, Ama Dablam, Lhotse, and other peaks. Return to Namche and spend the afternoon at leisure. Optional shopping in Namche. Overnight at guest house.

Day 6:

Trek via Kyangjuma village and descend to Phunki Tenga. After a short rest, ascend through rhododendron and pine forests to reach Tengboche, famous for its monastery and Himalayan views. Overnight at guest house.

Day 7:

Retrace the trail back to Namche via Kyangjuma village. Overnight at guest house.

Day 8:

Descend steadily to Lukla, passing Phakding en route. This is the final trekking day of the journey. Overnight at guest house.

Day 9:

Take an early flight from Lukla to Manthali, then continue the overland drive back to Kathmandu. Transfer to hotel. Overnight at hotel.

Day 10:

Guided sightseeing tour of UNESCO World Heritage Sites in Kathmandu with private transport. In the evening, enjoy a farewell dinner at a traditional Nepali restaurant. Overnight at hotel.

Day 11:

Transfer to Tribhuvan International Airport for final departure.

Route Map

11 Days
EVEREST PANORAMA TREK



ALTITUDE CHART

