

Tengboche Trekking

Package Highlights

- Sightseeing tour of Historical, Cultural, and religious UNESCO Heritages sites of Kathmandu
- An adventure and scenic flight of Lukla
- Big Sherpa villages and their typical cultures
- Oldest Buddhist monasteries and Chortens including Tengboche Monastery
- Spend nights and explore evening, morning and afternoon views of Mountains including Mount Everest

Trip Facts

- Starting Price: US\$1020.00 (Per Person)
- Duration: 8 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: Tengboche (3,870m)
- Min. Pax: Any
- Best Time : Jan - June & Sept to Dec

Itinerary Details

Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Hotel and Overnight 1350m

Representative from Nepal Highland Treks pick up you from International airport and transfer to Hotel. Introduce with guide, discuss about your trip and check your trekking gears. Final preparation of trekking. Overnight at Hotel.

Day 02 : Fly to Lukla (2,860m) and Trek to Phakding (2,652m - 4/5 hours). overnight at tea house

Early in the morning we drive to domestic airport for your flight to Lukla. It is early morning flight about 35 minutes. Scenic flight with tiny aircraft takes off you at Hillary airport (Lukla). Introduce with your porter. After managing your luggage, start walking toward Phakding. The trail follows the bank of the Dudhkoshi River. Easy and flat walking takes only around 4 hours.

Day 03 : Trek Phakding to Namche (5/ 6 Hours - 3,440m). overnight at tea house

After your breakfast start trekking to Namche Bazar (Biggest town in Everest region). We pass big suspension bridge at the beginning. Then our trail become slightly up hills. Route is passing through alpine forest along with Dudhkoshi River. We also pass Benkar village, Monjo village and Jorsalle on the way. After having our lunch, we start tough up hills walking and reach Namche.

Day 04 : Trek Namche to Tengboche (5/6 Hours - 3,870m) overnight at tea house

We trek an easy way with front view of panoramic mountain up to Phunki Thanga, small River side village. From here, trekking route start to be up hills. It contains some of the major ascend toward Tengboche. Tengboche is famous with Tengboche monastery and it is one of the largest monastery in Everest region. Monastery open from 3 pm and it is good visit at their evening chanting by lamas

Day 05 : Exploration. Trek back to Namche via Khumjung village (6/7 Hours) Overnight at tea house

Morning exploration of Monastery and Mountain view. After your breakfast start trekking toward Namche. Same way down till Dudhkoshi river and take steep up till Sanasa village. we take another way toward Khumjung village. Sightseeing in monastery, Hillary school. If time permits we also reach Khongde village. Trek down to Namche via Syangboche.

Day 06 : Trek back to Lukla. overnight at tea house

Today is quite long walking down and flat land. It is same way back as we crossed Jorsalle, Manjo, Benkar, Phakding and other small villages on the way. From Jorsalle we cross area of Everest National park. Enjoy your walking with several suspension bridge over Dudhkoshi river

Day 07 : Fly back to Kathmandu. Afternoon sightseeing in Kathmandu valley. Overnight at Hotel

Fly early in the morning from Lukla to Kathmandu. You can view Scenic Mountain and green hills from tiny flight. Start your sightseeing in Kathmandu valley from domestic airport. Our guide will take you to Boudhanath Stupa, Pashupatinath temple and Kathmandu durbar square. Drive back to Hotel. Nepal Highland Treks invite you to have together dinner in typical Nepali cultural restaurant. Share your experience of Tengboche trekking

Day 08 : Fly back home

Till departure time, free for shopping. we will drop you to international airport for your final

departure. Normally you have to reach Airport before 3 hours from your flight time.

Cost Includes

- Airport picks up and drops arrangement
- Accommodation in Kathmandu on twin sharing with breakfast
- Sightseeing tour in Kathmandu valley with Guide, transportation and entrance fees
- Everest Trekking permit and TIMS card
- Flight ticket of Kathmandu – Lukla – Kathmandu
- Accommodation in tea house on twin sharing during trekking (Room with attached bathrooms are provided in Lukla, Namche and in Phakding)
- Three times foods during trekking (Breakfast, Lunch and Dinner) including tea and coffee
- An English speaking trekking guide and supporter (2 people = 1 supporter) with their foods, accommodation, insurance, equipment
- Emergency rescue management
- First Aid kit
- One evening dinner at authentic Nepali cultural restaurant
- Government taxes and official service charge

Cost Excludes

- Lunch and dinner while at Kathmandu
- Bar bills, soft drinks including drinking water
- Hot shower, battery charge and internet at local tea houses
- Personal equipment, personal insurance, medical expenses, emergency rescue
- Nepal entry visa (USD 30 per person for a month multiple visa, USD 100 per person for 3 months multiple visa) you can get on arrival visa.
- International air fair
- Extra activities mentioned than in our itinerary and cost including
- Tipping to staffs

Useful Note

Accommodation in Tengboche Trekking

Our package is including 2 nights hotel in Kathmandu. It is 3 star category hotels with breakfast and twin sharing. Accommodation in entire trekking is in local tea houses (Local guest house) on twin sharing. You will get rooms with inside toilet. trekking region may have over flow of trekkers in peak season, in that situation, you may share common room with other trekkers. It may happen for one night in Tengboche.

Foods in the trip

Kathmandu has lots of restaurants to choose for your Lunch and Dinner. Breakfast is including in the package that is provided by same hotel you are staying. During your trekking, same tea houses you are going to stay provide you breakfast and Dinner. Lunch is on the way at suitable place. All the foods during trekking is including in the packages.

Hotel and restaurants provide you international standard foods in entire **Trekking**.

Guide and Porter

Your guide to **Tengboche Trekking** is from Kathmandu. He is the one who will be our regular guide and more responsible, friendly, helpful and English speaking. You will meet him in Kathmandu before starting your trek. Porters are from Lukla airport. Usually there will be 1 porter for every two trekkers. He is able to carry total 25 kilogram. Both guide and porters are fully equipped, insured and package including their foods, accommodation on the way. Trekking guides are those who can communicate with you and local peoples and having enough knowledge of local places, peoples, their cultures and having knowledge of high altitude sickness.

Drinking Water during Trekking

Drinking water is extra cost from package. During the trek it is available bottled mineral water, boiled water fill in your own bottle from every tea houses or can use even normal water from Tap. Bottled mineral water is available in every guest houses, shops in entire during trekking. As you hike high altitude, cost of bottled mineral water and boil filtered water increase. Water from local taps can be also used as drinking water by purification with purification tablet and filter it yourself. Most of the trekkers are drinking bottled mineral water and boiled filtered water. Trekkers are using local tap water rarely.

Equipment list

You do not need more equipment for this trekking. You also do not need to bring whole equipments from your home country. Good trekking equipments with reasonable cost are available in Kathmandu. We can suggest you to buy those after we check it in hotel before starting of trekking. Representative from Nepal Highland Treks or your guide can provide you good suggestion. Our itinerary has enough time to be prepared with your proper equipment.

Clothing List

Round cap to protect from sun during sunny day

Warm head cover cap

Muff to cover mouth from heavy wind and cold

1 pairs warm inner thermal and inner trouser

1 pair warm outer trouser

1 pair warm wind proof warm outer trouser

One pair light and warm jacket or sweeter

One pair down jacket

One pair wind proof jacket

2 pairs light shocks

2 pair warm shocks

1 pair light shoe or sandal

1 pair walking shoes

1 pairs light trouser or half paint for walking during day and hot temperature

2 pairs of light t-shirt

Rain coat (cover body and backpack)

20 litter polar bag for trekking, carrying yourself (Trekking bag pack)

Duffel bag or big polar bag to hand over with your goods to our Porter *

Other accessories

Camera and its battery

Battery charger

Trekking stick

Phone and charger

lip care

Sun cream

Toilet papers

Hand wash lotion

Tooth brush and paste

Washing soap and bath shampoo

Quick dry towel

First Aid Kit Medicines

In every trekking package, our guide will carry first aid kit box containing medicines of anti altitude, anti Diarrhea, pain relief, Antibiotic, anti cold, anti vomiting, anti headache, fever, bandages, handplast and anti septic lotion . If you are taking any regular medicine that is compulsory to bring yourself.

Trip Note

Departure Note

Tengboche Trekking is short trekking in Everest region and one of the best itinerary to have **Everest view trekking**. You can choose your own date if our fixed departure dates are not suitable for you. Trip can operate in any dates and with any number of peoples.