

Everest Foothill Trekking

Package Highlights

- Visit major historical monuments of Kathmandu and Flight with tiny aircraft to Lukla from Kathmandu
- Visit major Sherpa villages in Khumbu region, direct touch their cultural value, stay at local tea houses managed by locals
- Panoramic views of Himalayan peaks including world's highest peak Mount Everest
- Flora Faunas, Big monasteries, Rivers, pine forest inside Everest National Park

Trip Facts

- Starting Price: US\$1115.00 (Per Person)
- Duration: 10 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: 3,880 Everest View hotel
- Min. Pax: Any
- Best season : Jan to May and Sept to Dec

Itinerary Details

Day 01 : Arrive at Kathmandu. Transfer to Hotel 1350m

Representative from Nepal Highland Treks pickup from International airport. It is 20 minutes drive to your hotel at Thamel from airport. Rest and overnight

Day 02 : Day in Kathmandu. Preparation of trekking and sightseeing in major historical monuments of Kathmandu.

After breakfast, start to explore major historical monuments inside Kathmandu valley. Our tour guide will lead you to Hindu temple Pashupatinath, A biggest Buddhist stupa Baudhanath and Patan Durbar squire, a oldest palace with arts are architectures. Come back to hotel and final preparation of the trip. Introduce with your guide.

Day 03 : Fly to Lukla (2,860m) and trek to Phakding (2,652m) 3/4 hours. Overnight at tea house

Early morning flight from Kathmandu (1400m) to Lukla (2840m). It is about 35 minute's scenic flight. Begin trekking towards Phakding (2610m) through charming Sherpa villages, the pine tree forests and the garrulous Dudh Koshi River. Reach at Phakding and check in tea house.

Day 04 : Trek Phakding to Namche Bazar (3,440m) 6/7 Hours. 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 05 : Trek Namche to Thame (3,800m) 5 Hours. Overnight at tea house

The walking from Namche to Thame is peaceful with excellent views of the mountains as it winds in and out of the forest on the side of the canyon. Thame is a traditional village that has escaped the crowds trekking to Everest and has one of the older monasteries in the region. The village is notably the hometown of Apa Sherpa who has made it to the summit of Everest 21 times.

Day 06 : Trek back from Thame and hike to Everest view point (3,880m) and exploration around. overnight in tea house of Khumjung

After your breakfast, start trekking back same way and take alternative way to Everest view point then down to Khumjung and Kongde village. Whole day easy hiking around local villages, monasteries. Pleasant Himalayas view including Mount Everest are viewing through the days. We spend a night at big Khumjung village known as Hillary village.

Day 07 : Trek back to Phakding via Namche Bazaar. Overnight at tea house

Morning view of surrounding mountains are pleasant from Khumjung village. capture best view of mountains with sunrise. We trek down after our breakfast via Syangboche Airport then reach to Namche. Our trekking continue with same way back till Phakding. we also can stop our night at other village on the way. You will get Lukla on time tomorrow.

Day 08 : Trek back to Lukla. Overnight at tea house

Short trek back to Lukla from Phakding or other villages near by. You will get enough time to get rest and relax. Scenic view of hills and mountains are around Lukla.

Day 09 : Fly back to Kathmandu early in the morning and transfer to Hotel. Rest

Fly early in the morning from Lukla to Kathmandu. You can view Scenic Mountain and green hills from tiny flight. Drive from Kathmandu domestic airport and check in hotel. Get free time for shopping and walking around yourself. Nepal Highland Treks invite you to have together dinner in typical Nepali cultural restaurant. Share your trekking experience.

Day 10 : Departure

It is normally to be at International airport 3 hours before your flight time. It only takes 20 minutes drive to reach Airport from Thamel. We manage transportation for your final departure

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 peoples = 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 the trip

Our package is including 3 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.

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. It is suggest choosing vegetarian foods. Meats are not fresh in the region since it should carried from out the of the region.

Trekking Guide and Porter

Your guide to trekking is from Kathmandu. He is the one who will be our regular guide. He is 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 Everest Base Camp 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 to take more equipment for this trekking and you do not need to bring whole equipment from your home. You can buy necessary goods in Kathmandu.

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 warm jacket

2 pairs light shocks

2 pair warm shocks

1 pair light shoe or sandal using it while staying in tea houses

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- 1 pair comfortable trekking shoes
- 1 pair light trouser or half pant for walking during day and hot temperature
- 2 pairs of light t-shirt
- Rain coat (cover body and backpack)
- 20 liter 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 tooth 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, hand sanitizer and anti septic lotion . If you are taking any regular medicine that is compulsory to bring yourself.

Trip Note

Departure Note

Everest Foothill Trekking is also called Everest view trekking. it is not necessary to join the group in this trekking. You can have your own date for departure as well as you can customize your itinerary as you want.