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Everest View Trek – 5 Days

Organized By: Touch the Himalaya Treks and Expedition

Short Overview

Fall in love with Everest without the high-altitude grind. Nestled in the heart of the Khumbu region, this compact 5-day journey is your gateway to the world's highest peaks without the demands of a full expedition, blending stunning mountain scenery with the warmth of Sherpa hospitality. From the moment your flight lands at Lukla's thrilling airstrip, you step into a landscape where every turn reveals Everest and its neighboring giants. The route ascends gently through pine-scented forests and over prayer-flag-festooned suspension bridges to the Everest View Hotel at 3,880 meters, delivering postcard-perfect panoramas of Everest, Ama Dablam, and Lhotse, all while keeping the altitude gentle for a comfortable pace -- a premium Everest experience for time-pressed adventurers.

Cities: Kathmandu, Lukla, Phakding, Namche Bazaar

5 Days Everest View Trek Outline Itinerary

Day 01: Flight from Kathmandu to Lukla and Trek to Phakding

DAY-01: TRIP FACT	
Flight/Trek Distance	Kathmandu to Lukla (flight), Lukla to Phakding (trek)
Duration	35 Min Flight + 3-4 Hrs Trek
Elevation	2,610m/8,563ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guesthouse

A scenic 35-minute flight from Kathmandu to Lukla sets the tone for the days ahead, the Himalayan peaks slowly revealing themselves as you soar above the foothills. After landing at Lukla's iconic runway, a gentle downhill trek through pine forests and past terraced fields winds through charming Sherpa villages like Chaurikharka and Thado Koshi, reaching the riverside settlement of Phakding on the banks of the Dudh Koshi River after about three hours of walking.

Day 02: Trek to Namche Bazaar

DAY-02: TRIP FACT	
Trek Distance	Phakding to Namche Bazaar
Duration	5-6 Hrs Trek
Elevation	3,440m/11,286ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guesthouse

The trail follows the thundering Dudh Koshi River upstream through pine and rhododendron forest, crossing several iconic suspension bridges festooned with prayer flags -- the last a long swaying span offering your first distant glimpse of Everest's summit. A steady climb up a stone staircase brings you to Namche Bazaar, the bustling Sherpa hub of the Khumbu, nestled in a natural amphitheater of towering peaks.

Day 03: Acclimatization Day in Namche, Hike to Everest View Hotel

DAY-03: TRIP FACT	
Optional Hike	Namche to Everest View Hotel
Duration	4 Hrs
Elevation	3,880m/12,730ft. (Everest View Hotel)
Meals	Breakfast/Lunch/Dinner
Accommodation	Guesthouse

A crucial acclimatization day in Namche Bazaar. A gentle uphill walk leads to the Everest View Hotel at 3,880 meters, offering your first unobstructed panorama of Everest, Lhotse, and Ama Dablam in the crisp morning light, before descending back to Namche. The afternoon is free to wander the bustling streets, visit the Sherpa Museum, or step into the peaceful monastery.

Day 04: Trek from Namche to Lukla

DAY-04: TRIP FACT	
Trek Distance	Namche Bazaar to Lukla
Duration	4-5 Hrs Trek
Elevation	2,840m/9,318ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guesthouse

The final day on the trail follows the Dudh Koshi River downstream over swaying suspension bridges, winding through pine forest and Sherpa settlements, passing through Choplung with its prayer wheels before arriving back in Lukla, where a farewell dinner with your guide and fellow trekkers closes out the journey.

Day 05: Flight Back to Kathmandu

DAY-05: TRIP FACT	
Flight Distance	Lukla to Kathmandu
Duration	35 Min Flight
Elevation	1,400m/4,593ft.
Meals	Breakfast
Accommodation	Trip Concludes

After breakfast in Lukla, board your scenic flight back to Kathmandu, soaring over terraced hills and deep valleys for a final aerial farewell to the peaks. The day is yours to explore Thamel, visit a UNESCO site like Boudhanath Stupa, or reflect over a rooftop meal -- your Everest View Trek concludes with memories of pristine mountain vistas and warm Sherpa hospitality.

5 Days Everest View Trek Cost

Cost Included

- Airport transfers in Kathmandu (hotel to airport and return).
- Round-trip flight Kathmandu-Lukla, with airport taxes.
- Teahouse accommodation during the trek (shared rooms, basic but clean).
- All meals (breakfast, lunch, dinner) while on the trek.
- Licensed English-speaking trekking guide.
- Porter service (one porter for every two trekkers, carrying up to 20 kg).
- Guide and porter salaries, insurance, and meals.
- Khumbu Pasang Lhamu Rural Municipality entrance fee -- USD 17 per person, included in price.
- Sagarmatha National Park entry permit -- USD 23 per person, included in price.
- Trekkers' Information Management System (TIMS) card.

- Comprehensive first aid kit carried by the guide.
- All government and local taxes.

Cost Exclude:

- International flights and airport taxes beyond Kathmandu.
- Food and accommodation in Kathmandu before and after the trek.
- Nepal visa fees (available on arrival at Kathmandu airport).
- Travel insurance (mandatory; must cover helicopter evacuation and high-altitude trekking up to 4,000 meters).
- Personal trekking gear and equipment (sleeping bag, trekking poles, down jacket, etc.).
- Hot showers and charging fees at teahouses (typically USD 2-5 per use).
- Bottled water, soft drinks, and alcoholic beverages during the trek.
- Wi-Fi and hot water bottle charges at teahouses.
- Tips for guide and porter (customary but not mandatory).
- Any additional expenses due to unforeseen delays, weather cancellations, or itinerary changes.
- Personal expenses such as phone calls, laundry, or souvenirs.

Note: For groups with an odd number of travelers, any request for private room accommodation, a private porter, or other private services may incur an additional supplement charge. Solo trekker porter service is not included in the standard package price. Minimum age: 10 years -- trekkers under 18 must be accompanied by a parent or legal guardian.

Group Size	Price per Person
Solo Traveller (1 Pax)	USD 1050
Couple or Friends (2 Pax)	USD 999
Small Group (3-5 Pax)	USD 965
Medium Group (6-9 Pax)	USD 940

Optional Add-ons

- **Accommodation in Kathmandu Before and After the Trek -- USD 45 per person:** Accommodation in Kathmandu is not included in this package. If you would like us to arrange your stay, we can book comfortable accommodation in our regular partner hotel (3 star) around the Thamel area on a twin-sharing basis with breakfast included.
- **Kathmandu to Lukla Helicopter Flight -- USD 500 per person:** Ideal for saving time and avoiding flight delays, this option offers a smooth transfer with breathtaking Himalayan aerial views. (A regular flight is already included in the package.)
- **Lukla to Kathmandu Helicopter Flight -- USD 500 per person:** A fast and comfortable return to Kathmandu after the trek, perfect for trekkers with limited time. (A regular flight is already included in the package.)
- **Upgraded Accommodation on the Route -- USD 250 per person:** Enhance your stay with better-quality lodges where available, offering extra comfort compared to standard accommodation included in the package.
- **Extra or Private Porter Service Upgrade -- USD 100 per person:** The package normally includes 1 porter for every 2 trekkers. Add a private porter for personal luggage support or a lighter, more comfortable trekking experience.

Suggested Equipment list for this trip

Packing for the Everest View Trek is lighter than a full Everest expedition, but still calls for layered protection against the Khumbu's cool mornings and sunny afternoons. Keep your duffel bag under 15 kilograms for porter transport.

- **Upper body:** waterproof rain jacket, insulated down jacket, fleece or softshell, two to three long-sleeve base layers, short-sleeve T-shirts, and a lightweight windproof jacket.
- **Lower body:** two pairs of quick-dry trekking pants, thermal leggings, and lightweight shorts.

- **Footwear:** sturdy waterproof trekking boots, camp shoes for teahouses, and several pairs of thick trekking socks.
- **Head and hands:** warm beanie, wide-brim sun hat, buff, fleece gloves, and UV-protective sunglasses.
- **Sleeping:** a warm sleeping bag liner (teahouses provide bedding), and earplugs.
- **Walking and safety:** adjustable trekking poles, headlamp with extra batteries, a 2-liter water bottle, water purification tablets, a basic first aid kit, SPF 50 sunscreen and lip balm, and a 30-liter daypack.
- **Documents:** passport with six months validity, passport photos, travel insurance documents, and copies of your permits.

Trip Notes

Fitness: The Everest View Trek is rated easy, making it well suited to travelers with a reasonable level of fitness and no prior high-altitude experience. You will walk about 4-6 hours daily on well-maintained trails through pine forests and over suspension bridges, with the highest point at 3,880 meters -- well below the typical altitude-sickness threshold. Light regular walking or cardio in the weeks before departure will help you enjoy the trek comfortably.

Visa: Most international travelers require a visa to enter Nepal, obtainable on arrival at Tribhuvan International Airport or at land border crossings. You will need a passport valid for at least six months and two passport-size photos. Visa fees: USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days.

Weather: The best seasons are spring (March-May) and autumn (September-November), offering clear skies and stable conditions. Daytime temperatures at Namche and Phakding range from 10-20 degrees C, dropping toward freezing at night at higher elevations. Winter is cold but the trek remains feasible with warm layers, while the summer monsoon (June-August) brings rain and limited visibility.

Altitude: The Everest View Trek reaches a gentle maximum of 3,880 meters at the Everest View Hotel above Namche Bazaar, with an acclimatization day built into the short itinerary. Ascend at a comfortable pace, stay hydrated, avoid alcohol, and let your guide know of any headache, nausea, or dizziness.

Mobile Network: Wi-Fi is available at most teahouses along the route, though the connection can be slow and usually comes with a small fee. Mobile coverage from Ncell and Nepal Telecom is reliable in Lukla and Namche Bazaar. Charging is available at teahouses for a small fee -- a portable power bank is recommended.

Electrical socket: In Nepal the power sockets are of type C (Euro), D, and M.



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