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Everest View Trek – 7 Days

Organized By: Touch the Himalaya Treks and Expedition

Short Overview

Nestled in the heart of the Khumbu region, the 7-day Everest View Trek is your gateway to the world's highest peaks without the demands of a full expedition. Designed for travelers who cherish both time and beauty, this compact journey blends 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 traverses pine-scented forests, crosses suspension bridges festooned with prayer flags, and climbs to viewpoints delivering postcard-perfect panoramas of Everest, Ama Dablam, and Lhotse -- all while keeping the altitude gentle for a comfortable pace. With expert guides and porters handling logistics, you are free to focus on the crisp morning air, the golden light on the peaks, and the quiet satisfaction of a journey that fits perfectly into a busy schedule.

Cities: Lukla, Phakding, Namche Bazaar, Tengboche, Monjo

7 Days Everest View Trek Outline Itinerary

Day 01: Fly from Kathmandu to Lukla, Trek to Phakding

DAY-01: TRIP FACT	
Flight + Trek	Kathmandu to Lukla (2,840m)
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. After landing, a gentle downhill trek through pine forests and terraced fields, past Sherpa villages like Chaurikharka and Thado Koshi, brings you to the riverside settlement of Phakding for your first night.

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 suspension bridges -- the last offering a first distant glimpse of Everest -- before a steady climb to Namche Bazaar, the bustling Sherpa hub of the Khumbu.

Day 03: Acclimatization Day in Namche

DAY-03: TRIP FACT	
Optional Hike	Namche Bazaar to Everest View Hotel
Duration	4 Hrs
Elevation	3,880m/12,730ft. (Everest View Hotel) / Namche 3,440m
Meals	Breakfast/Lunch/Dinner
Accommodation	Guesthouse

A gentle uphill walk to the Everest View Hotel at 3,880 meters offers your first unobstructed panorama of Everest, Lhotse, and Ama Dablam. The afternoon is free to explore Namche's markets, visit the Sherpa Museum, or relax at a monastery before descending back to Namche.

Day 04: Trek to Tengboche

DAY-04: TRIP FACT	
Trek Distance	Namche Bazaar to Tengboche
Duration	5-6 Hrs Trek
Elevation	3,867m/12,687ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Teahouse

A gentle descent through rhododendron and pine forest along the Imja Khola River, followed by a steady climb, brings you to Tengboche, home to a serene monastery set amid a panorama of Everest, Ama Dablam, Lhotse, and Nuptse.

Day 05: Trek Back to Monjo via Namche Bazaar

DAY-05: TRIP FACT	
Trek Distance	Tengboche to Monjo via Namche Bazaar
Duration	5-6 Hrs Trek
Elevation	2,835m/9,301ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guesthouse

A descent through pine forest and past Namche Bazaar, crossing suspension bridges over turquoise waters, leads to the quiet village of Monjo -- a chance to unwind and reflect on the grandeur left behind.

Day 06: Trek from Monjo to Lukla

DAY-06: TRIP FACT	
Trek Distance	Monjo to Lukla
Duration	4-5 Hrs Trek
Elevation	2,840m/9,317ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guesthouse

The final trail day follows the Dudh Koshi River downstream, passing through Choplung with its prayer wheels before arriving in Lukla, where a farewell dinner celebrates the completion of the trek.

Day 07: Flight Back to Kathmandu

DAY-07: TRIP FACT	
Flight Distance	Lukla to Kathmandu
Duration	~35 Min. Flight
Elevation	1,400m/4,593ft.
Meals	Breakfast
Accommodation	Trip Concludes

A scenic flight back to Kathmandu offers a final aerial farewell to the peaks. The rest of the day is free to explore Thamel, visit Boudhanath Stupa, or reflect on the journey over a rooftop meal.

7 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, basic but clean rooms).
- 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 Permit -- USD 17 per person, included in price.
- Sagarmatha National Park 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 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. Porter service is not included in the base price for solo trekkers. 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 1170
Couple or Friends (2 Pax)	USD 1090
Small Group (3-5 Pax)	USD 1045
Medium Group (6-9 Pax)	USD 1025
Large Group (10-14 Pax)	USD 1010
Extended Group (15-20 Pax)	USD 995

Optional Add-ons

- **Accommodation in Kathmandu Before and After the Trek -- USD 45 per person:** Accommodation in Kathmandu is not included in this package. We can book comfortable accommodation at our regular partner 3-star hotel around Thamel, twin-sharing basis with breakfast.

- **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. (Regular flight 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. (Regular flight included in the package.)
- **Upgraded Accommodation on the Route -- USD 350 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 240 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 requires preparation for diverse conditions, from warm valleys to crisp mountain mornings. Keep your duffel bag under 20 kilograms for porter transport.

- **Upper Body:** Waterproof rain jacket, insulated down jacket rated to -10 degrees C, fleece or softshell, 3-4 long-sleeve base layers, 2-3 short-sleeve T-shirts, lightweight windproof jacket.
- **Lower Body:** 2 pairs quick-dry trekking pants, insulated pants for evenings, 2 pairs thermal leggings, lightweight shorts.
- **Footwear:** Sturdy waterproof trekking boots, camp shoes or sandals, 4 pairs thick trekking socks, 3 pairs liner socks.
- **Head and Hands:** Warm beanie, wide-brim sun hat, buff, lightweight fleece gloves, insulated waterproof gloves, UV-protective sunglasses.
- **Sleeping and Camp:** 4-season sleeping bag rated to -15 degrees C, sleeping bag liner, earplugs and sleep mask.
- **Walking and Safety:** Adjustable trekking poles, headlamp with extra batteries, 2-liter water bottle or hydration bladder, water purification tablets, first aid kit with blister care, SPF 50 sunscreen and lip balm, hand sanitizer, 30-40 liter daypack.
- **Optional but Recommended:** Lightweight down jacket, small towel, power bank, journal, playing cards or book.
- **Documents:** Passport with six months' validity, four passport photos, travel insurance covering evacuation and high altitude, copies of permits from Touch The Himalaya.

Packing tips: use the complimentary duffel bag for porter transport and keep your daypack for daily essentials. Layer clothing for temperature shifts, store electronics in waterproof dry bags, and rent any missing gear in Kathmandu's Thamel district.

Trip Notes

Fitness: The Everest View Trek is rated as easy, making it an excellent choice for travelers with a reasonable level of fitness who want a premium Himalayan experience without extreme altitude or technical climbing. You will walk about 4-6 hours each day on well-maintained trails, with a maximum elevation of 3,867 meters. No prior trekking experience is needed.

Visa: Most international travelers require a visa to enter Nepal, obtainable on arrival at Tribhuvan International Airport or at land border crossings. Visa durations are 15 days (USD 30), 30 days (USD 50), and 90 days (USD 125). Bring two passport-size photos and ensure your passport is valid for at least six months from your arrival date.

Weather: The best seasons are spring (March-May) and autumn (September-November), with the route also trekkable in winter given its gentle altitude. Daytime temperatures at lower elevations range from 10-20 degrees C, dropping cooler at Tengboche and the Everest View Hotel, with nights falling below freezing at altitude. Monsoon (June-August) brings rain and leeches.

Altitude: The Everest View Trek is designed specifically for those with no high-altitude experience. The highest point is 3,867 meters, well below the typical altitude-sickness threshold, and the route uses a gentle, gradual ascent with a built-in acclimatization day in Namche Bazaar for natural adjustment.

Mobile Network: Wi-Fi is available at most teahouses for an additional fee, and mobile coverage from Ncell and Nepal Telecom reaches larger villages like Namche Bazaar and Tengboche, though service is limited in more remote sections. Carry a portable power bank, as device charging usually incurs a small fee.

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



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