

Everest View Short Trek: A Perfect Introduction to the Everest Region

Overview:

The Everest View Short Trek is a wonderful way to experience the beauty of the Khumbu region while enjoying some of the most spectacular Himalayan scenery in a short and rewarding journey. This trek offers a perfect combination of impressive mountain views, authentic Sherpa culture, and peaceful trails through traditional villages and natural landscapes. It is an ideal choice for travellers who want to witness the magic of the Everest region without committing to a longer and more demanding trek.

The journey begins with a scenic flight to Lukla, followed by a trek through the stunning Dudh Koshi Valley, passing traditional Sherpa villages, pine forests, suspension bridges, and the protected landscapes of Sagarmatha National Park. As we make our way towards Namche Bazaar (3,440 m), the cultural heart of the Khumbu region, you will experience the unique mountain lifestyle, warm Sherpa hospitality, and rich traditions that define this remarkable Himalayan community.

The major highlight of the trek is the hike to Everest View Hotel (3,880 m), one of the finest viewpoints in the Everest region. From here, you can enjoy an unforgettable panorama of some of the world's highest peaks, including Mount Everest (8,848.86 m), Ama Dablam (6,812 m), Lhotse (8,516 m), Nuptse (7,861 m), Thamserku (6,608 m), Kongde Ri (6,187 m), and many other Himalayan giants.

With its perfect blend of mountain scenery, cultural encounters, and accessible trails, the Everest View Short Trek is an excellent introduction to the Himalayas. It offers the opportunity to explore the heart of the Everest region, connect with Sherpa communities, and create lasting memories while travelling at a comfortable altitude.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Phakding / Namche / Kathmandu

Duration: 8 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Easy to Moderate

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 3,880 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrival at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight stay at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight stay at a hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 7 – 8 km | 3 – 4 hours**

After an early breakfast, we take a scenic flight from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft), the gateway to the Everest region. The approximately 35-minute flight offers breathtaking views of the Himalayan range, with stunning landscapes of hills, valleys, and snow covered peaks unfolding beneath us. Upon landing at Lukla, the fresh mountain air and dramatic surroundings mark the beginning of our Everest adventure.

From Lukla, we begin our trek towards Phakding, following a gentle trail through the beautiful Dudh Koshi River valley. The route passes through traditional Sherpa settlements, pine forests, and peaceful mountain landscapes, with impressive views of Mount Khumbila and surrounding peaks along the way. After crossing small suspension bridges and enjoying the scenic beauty of the Khumbu region, we reach Phakding (2,610 m / 8,563 ft), a charming riverside village surrounded by lush hills.

The trek from Lukla to Phakding covers approximately 7–8 km (4.3–5 miles) and takes around 3–4 hours, providing a comfortable introduction to trekking in the Everest region. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

□ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 10 – 12 km | 5 – 7 hours**

The trek from Phakding to Namche Bazaar is one of the most memorable days of the Everest View Short Trek, taking us deeper into the heart of the Khumbu region. Covering approximately 10–12 km, the trail follows the beautiful Dudh Koshi River, crossing several suspension bridges decorated with colourful prayer flags and passing through traditional Sherpa villages, pine forests, and peaceful mountain landscapes. Along the way, we enter Sagarmatha National Park, a UNESCO World Heritage Site, where the natural beauty and cultural significance of the Everest region become even more apparent. As we continue, the trail gradually becomes steeper, with the final climb towards Namche Bazaar offering a rewarding challenge. Surrounded by towering peaks and dramatic valleys, Namche welcomes trekkers with its vibrant atmosphere, traditional teahouses, cafés, local markets, and stunning Himalayan views. Located at 3,440 m, this historic Sherpa settlement is the cultural heart of the Everest region and an ideal place to experience the unique lifestyle of the mountain communities.

The combination of scenic trails, Sherpa hospitality, and the first true feeling of being within the Everest region makes this day one of the major highlights of the trek. Overnight at a guesthouse in Namche Bazaar.

□ **Day 5: Exploration Day:**

Today is dedicated to exploring Namche Bazaar (3,440 m / 11,286 ft) and enjoying the spectacular Himalayan scenery surrounding the Everest region. After breakfast, we take a short hike to the famous Everest View Hotel (3,880 m / 12,729 ft), one of the finest viewpoints in the Khumbu region. From here, we are rewarded with breathtaking views of some of the world's highest peaks, including Mount Everest (8,848.86 m), Ama Dablam (6,812 m), Lhotse (8,516 m), Nuptse (7,861 m), Thamserku (6,608 m), and Kongde Ri (6,187 m), along with many other magnificent Himalayan peaks. The hike takes around 3–4 hours, covering approximately 5–6 km (3–4 miles) depending on the route and stops. After enjoying the incredible mountain panorama, we return to Namche Bazaar and explore the vibrant Sherpa town, visiting local markets, shops, monasteries, and viewpoints while experiencing the unique culture and atmosphere of the Khumbu region. Overnight at a guesthouse in Namche Bazaar.

□ **Day 6: Trek from Namche Bazaar to Lukla (2,860m): Walking distance: 15 km | 6 – 7 hours**

We begin our final day of trekking with a descent from Namche Bazaar (3,440 m / 11,286 ft) towards Lukla (2,860 m / 9,383 ft), following the well-established trail through the beautiful landscapes of the Khumbu region. The path winds through rhododendron and pine forests, traditional Sherpa villages, and terraced hillsides while offering beautiful views of the surrounding mountains and the Dudh Koshi River valley.

Along the way, we cross several suspension bridges and pass through lively mountain settlements, providing a final opportunity to experience the unique culture and daily life of the Sherpa communities. After approximately 6–7 hours of trekking, covering around 15 km (9.3 miles), we arrive in Lukla, where we celebrate the completion of our Everest View Short Trek and reflect on the unforgettable Himalayan scenery and experiences from the journey. Overnight at a guesthouse in Lukla.

▯ **Day 7: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

After breakfast, we transfer to Lukla Airport for our scenic flight back to Kathmandu. As the aircraft takes off from the mountain airstrip, we enjoy a final glimpse of the stunning Himalayan landscape, with views of the valleys, forests, and snow covered peaks that made this journey unforgettable.

The flight from Lukla to Kathmandu takes approximately 35 minutes, offering a beautiful aerial perspective of the Everest region. Upon arrival in Kathmandu, we transfer you to your hotel, where you can relax and spend the rest of the day exploring the city or enjoying a well deserved rest after your Himalayan adventure. Overnight at a hotel in Kathmandu.

▯ **Day 8: Departure day:**

Today marks the end of your Everest View Short Trek adventure in Nepal. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward journey.

This is a perfect opportunity to reflect on the unforgettable moments of your Himalayan experience, from the breathtaking views of Mount Everest and the surrounding peaks to the warm hospitality of the Sherpa communities and the peaceful mountain landscapes you encountered along the trail. We hope you leave Nepal with cherished memories and a deep appreciation for the beauty and culture of the Himalayas.

Safe travels, and we look forward to welcoming you back to Nepal for another adventure in the mountains.

What's Included:

- ✓ Airport Pick-up and drop Service
- ✓ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ✓ Round-trip flights between Kathmandu and Lukla
- ✓ Guided Tour of Kathmandu valley with an experienced tour guide
- ✓ Sightseeing charges and Entry fees
- ✓ Accommodation during the trek (teahouse / guesthouse / homestay)
- ✓ All meals during the trek (Breakfast, Lunch, Dinner)
- ✓ Transportation (tourist coach / local bus / private vehicle)
- ✓ Experienced licensed English-speaking trekking guide
- ✓ Local government Entry Permit of Rs. 2000 (started in 2018)
- ✓ Insurance of the Guide and Porter
- ✓ Sagarmatha National Park Entry Permit
- ✓ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ✓ TIMS (Trekking Information Management System) Trekking Permit Card
- ✓ Medical kits carried by the guide
- ✓ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ✓ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ✓ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ✗ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ✗ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ✗ Personal interest items or gears
- ✗ Tips to guide / driver / porter
- ✗ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ✗ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.