



# Himalayan Adventure Treks & Tours

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*Everest View Trek 5 Days :- 5 Days - USD 1200 Per Person*

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## Highlights

- *Trade city streets for mountain trails with a scenic flight to the gateway of the Himalayas.*
- *Experience a short and serene trek in the Everest region.*
- *Enjoy stunning views of Mount Everest and other Himalayan peaks.*
- *Immerse yourself in the vibrant hub of Sherpa culture, buzzing with shops, cafes, and local charm.*
- *A dazzling view of Mt. Everest (8848.86m) from the Everest View Hotel.*
- *Experience the unique hospitality of the Khumbu people; their smiles are as captivating as the mountains.*
- *Trekking through the beautiful landscape takes you through beautiful rhododendrons and pine forests.*
- *Trek through the illustrious Sagarmatha National Park.*

## Overview

*The 5-day Everest View Trek, also known as the Everest Panorama View Trek, is a short trip in the Everest Region that will take your tensions away! If you have a tight schedule, this trek is the one for you. As the trek explores the Khumbu Valley, you can also enjoy the biodiversity in the Sagarmatha National Park. The Sherpa villages like Namche and Khumjung offer insight into the unique culture and traditions. If you want to visit the Everest region with your family, then this is the right trek for you. The short, composed itinerary of this trek can be done and enjoyed by anyone. You can also do the Everest Base Camp Trek with a helicopter ride if you want a more adventurous and luxurious experience. Why Choose Himalayan Adventure Treks for Mount Everest View Trekking? Himalayan Adventure Treks & Tours has the best services in terms of accommodation and transportation available at affordable price rates. The tour itinerary can be changed to meet your demands, and we have the greatest staff and guides to make your trip better and unforgettable for a lifetime. Our Everest View Trek 5 Days package offers you an awe-inspiring journey, unveiling breathtaking panoramas,...*

## Itinerary

*5-Day Everest View Trek Itinerary Outline:*

*Day 01: Fly from Kathmandu to Lukla and trek to Phakding (2610m) – 3-4 hours. (L/D)*

*Day 02: Trek from Phakding to Namche Bazaar (3446m) – 6-7 hours. (B/L/D)*



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*Day 03: Acclimatization Day Visit Khumjung Village, Hotel Everest View (3880m). (B/L/D)*

*Day 04: Trek from Namche Bazaar to Lukla (2800m) via Phakding 6-7 hours. (B/L/D)*

*Day 05: Fly from Lukla to Kathmandu. (B/D)*

*Everest View Trek Cost Includes:*

- *Pick-up from the Airport and Transfer to the hotel.*
- *National Park Permit.*
- *Trekkers' Information Management System (TIMS) Permit.*
- *Lunch, Dinner, and Breakfast during trekking.*
- *All necessary paperwork.*
- *Domestic airport picks up and drops by vehicle.*
- *Flight Ticket (Lukla-Kathmandu-Lukla)/domestic airport Tax.*
- *All accommodations in tea houses during the treks.*
- *An experienced, helpful, and friendly Guide, porters (1 porter for 2 clients).*
- *Travel and rescue arrangements.*
- *Medical supplies (first aid kit will be available).*
- *Last night's farewell dinner at an authentic Nepalese restaurant with a cultural performance.*

*Everest View Trek Cost Excludes:*

- *Nepal Visa fee; you may obtain the Visa easily at Kathmandu airport on arrival.*
- *International airfare to and from Kathmandu.*
- *Extra night Hotel accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) than the scheduled itinerary.*
- *All expenses in the mountains are more than scheduled because sometimes people can get stuck in the mountains due to bad weather, delayed flights, or any other reason.*
- *Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, hot shower, etc).*

## Equipment

*Equipment and clothing for Everest View Trek – 5 Days*

*Luggage:*

- *Duffel bag or backpack (45–55L): This will carry your main trekking gear and will be transported by porters. Himalayan Adventure can provide one if needed.*
- *Daypack (25L)*

*Footwear:*

- *Trekking boots*



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- *Sports sandals or sneakers*

## *Warmth and Insulation:*

- *Sleeping bag: Lightweight, -10°C bag for summer, -20°C for winter. Himalayan Adventure can provide one for rental.*
- *Fleece jacket: A good quality fleece or synthetic jacket for warmth and layering.*
- *Down jacket: A warm down jacket is essential for colder evenings and higher altitudes.*

## *Clothing:*

- *2 pairs of thick socks*
- *2 pairs of lightweight/warm insulated pants*
- *2 ice-breaker merino wool or synthetic shirts*
- *2 long-sleeved shirts*
- *Underwear: Pack enough pairs for the entire trek, as laundry facilities are limited.*

## *Rain and Wind Protection:*

- *Waterproof jacket and pants: Essential for unpredictable mountain weather.*

## *Head and Face Gear:*

- *Sun hat or cap*
- *Woolen hat*
- *Polarized sunglasses*

## *Hand Gear:*

- *Warm gloves*

## *Travel Supplies:*

- *Adapter plug and extra camera battery*
- *Swiss army knife (optional): A multi-tool can be handy for small repairs.*
- *Flashlight/headlamp*
- *Water bottle: Stay hydrated throughout the trek.*
- *Hand sanitizer and a small towel*
- *Hiking poles (optional): Provide support and stability on uneven terrain.*
- *Binoculars (optional): Get a closer look at the stunning scenery.*

## *Toiletries:*

- *Basic toiletries: Razor, shaving cream, toothbrush, toothpaste, etc.*
- *Sunscreen and toilet paper*
- *Period pads (for women)*



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## **Medication:**

- **First-aid kit:** *Be prepared for minor injuries and ailments.*
- **Altitude medication (Diamox):** *Consult your doctor about altitude sickness prevention.*
- **Other medications:** *Pack any personal medications you require.*

## **Additional Tips:**

- *Layer your clothing for easy temperature adjustment.*
- *Pack lightweight and quick-drying clothes.*
- *Bring a waterproof cover for your backpack.*
- *Leave valuables at your hotel in Kathmandu.*

## **Trip Notes**

### ***Best time for Everest Panorama View Trek***

***When it comes to planning your trip, the question arises: when is the best time? Worry not, here's a quick guide to help you pick the perfect Everest View Trek season:***

***Spring (March to May): Perfect for pleasant weather and blooming flowers.***

***Rhododendrons paint the hills in vibrant blooms, a magical backdrop for your trek. The warm days and cool nights are perfect for long hikes and soaking in the fresh mountain air. You can expect more trekkers and slightly higher prices during this popular season.***

***Autumn (September to November): Ideal for clear views and cultural immersion.***

***In the autumn, the air is crisp, the skies are clear, and the Himalayas stand tall, unveiled in all their majestic glory. Immerse yourself in vibrant local celebrations like Dashain and Tihar, experiencing the warmth of Nepalese culture. These days are cooler than spring, especially at higher altitudes. So, you may pack your jackets too.***

***Winter (December to February): For those seeking solitude and a challenge.***

***The Winter will provide you a peaceful solitude and the snow-capped peaks will be your companions. During the dry winter months, the sun paints the mountains in beautiful hues, giving a chance to experience stunning sunrises. However, Winter requires more preparation. You can expect freezing temperatures, snow on the trails, and some teahouses closed during this season.***

***Monsoon (June to August): Only for experienced trekkers who embrace the wild.***

***Monsoon is for the Daring and seasoned trekkers. The lush greenery and cascading waterfalls make it a challenging and unforgettable experience. You'll have to be prepared for heavy downpours, landslides, and even trail closures.***

*Ultimately, it depends on you in what season you are ready to go on the Everest Panorama Trek. Consider factors such as your fitness level, experience, budget, level of challenge, etc., before deciding on any season. That being said, the spring and autumn seasons are the most popular ones for the Everest View Trek.*

*Difficulty Level: How hard is Everest View Trek?*

*The Everest View Trek might not lead you to the top of the world, but it's still a climb with serious rewards. Think of it like this:*

- *It's like climbing a staircase for 5 days, but the staircase keeps getting steeper and the air thinner. You'll be working your legs and lungs for sure!*
- *It's harder than a casual stroll, but way easier than scaling Everest itself. Think moderate, not extreme.*
- *It's challenging but achievable. Most people in good health and with some basic stamina can conquer this trek with proper preparation and pacing.*

*Here's what to expect:*

- *Daily hikes are between 4-7 hours on mostly well-maintained trails. Think uphill climbs, downhill descents, and some rocky sections.*
- *Altitude is the biggest challenge: You'll reach about 3,880 meters (12,730 feet), so acclimatization stops are crucial to avoid altitude sickness. Listen to your body and take it slow!*
- *Weather can be unpredictable: Be prepared for sunshine, rain, wind, and even snow depending on the season. Pack in layers and flexible shoes.*

*Don't worry, you won't be alone! Our experienced guides will be with you every step of the way, helping you adjust to the altitude and navigate the trails.*

*Why 5-Day Everest View Trekking?*

*Five days might seem like a blink compared to scaling Everest itself, but trust me, it's the perfect time frame for capturing the magic of the Himalayas with the Everest View Trek. Let's dive into why not less and why not more than 5 days:*

*Why Not Less than 5 days?*

- *Enough acclimatization is needed. Your body needs time to adjust to the thin mountain air. Less than 5 days could risk altitude sickness, spoiling your trek.*
- *Slow Down & Savor: Breathtaking views, Sherpa culture, and mountain panoramas deserve more than a fleeting glance. 5 days give you time to soak it all in.*
- *From Namche Bazaar's vibrant buzz to Tengboche Monastery's serenity and Everest View Hotel's awe-inspiring panorama, 5 days ensure you hit the trek's must-sees.*

*Why Not More than 5 days?*

*Although Everest Treks are popular as long treks such as 5 days, 7 days, or up to 18–20 days, there are*



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*a few reasons why you could want to choose the 5 days Everest View Trek package:*

- **Time Traveler?** Most travelers have limited vacation days, and 5 days offer a complete experience without pushing your itinerary.
- **Hitting the Sweet Spot:** You'll experience altitude changes, conquer trails, and witness magnificent views, all without overdoing it and tiring yourself out.
- **Leave It Wanting More:** 5 days leave you energized and wanting more—a perfect reason to return for another Himalayan adventure in the future!

*Everest View Trek 5 days Vs. Everest View Trek 7 days itinerary: Which is better?*

*The 5-day and [7-day itineraries](#) for the Everest Panorama Trek are quite popular and trekkers often get confused about which one to choose. If this is bothering you as well, don't worry. Here's a quick guide to help you with that:*

*5 Days:*

- **Ideal for most first-timers and those with limited time.** Enjoy the highlights without feeling rushed.
- **Hit the Essentials:** Capture stunning views from Everest View Hotel, explore Namche Bazaar, and soak in the Sherpa culture.
- **Quick Return:** Back in Kathmandu feeling energized and ready for your next adventure.

*7 Days:*

- **Deep Dive:** Delve deeper into the Khumbu Valley and experience a wider range of landscapes.
- **Extra Acclimatization:** Ideal for seasoned trekkers or those wanting a slower ascent for better altitude acclimatization.
- **More Off-the-Beaten-Path:** Explore hidden villages, enjoy serene campsites, and connect with the mountains on a deeper level.

*So, which is better? It depends on you!*

- **5 Days:** Choose this if you want a concise, action-packed trek with must-see views and cultural experiences.
- **7 Days:** Opt for this if you crave a more immersive journey, seeking extra adventure, stunning scenery, and deeper acclimatization.

*No matter which you choose, both itineraries offer the magic of the Himalayas with breathtaking views and unforgettable memories. Just consider your pace, time constraints, and desired level of immersion to pick your perfect Everest Panorama adventure!*

## *Health/Safety Concerns and Physical Requirements*

### *Health and Safety*

*Altitude sickness: The Everest View Trek reaches an altitude of 3,880 meters (12,730 feet) at its highest point. Altitude sickness can occur at any altitude, but it is more likely above 2,500 meters (8,200 feet).*



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*Symptoms of altitude sickness include headache, nausea, dizziness, and fatigue. If you experience any of these symptoms, it is important to descend immediately. It is also important to drink plenty of fluids and to avoid strenuous activity when you are at high altitude.*

*Physical fitness: The Everest Panorama View Trek is moderately challenging. You should be in good physical condition to undertake this trek. You should be able to hike for several hours each day with a backpack. If you have any concerns about your fitness, it is a good idea to consult with your doctor before you start the trek.*

*Travel insurance: It is important to have travel insurance that covers you for medical evacuation in case of altitude sickness or other injuries.*

#### *Safety and other tips*

- *Weather: The weather in the Himalayas can change quickly. It is important to be prepared for rain, snow, and wind. You should also be aware of the risk of avalanches in some areas.*
- *Trail conditions: The trails on the Everest View Trek can be slippery and uneven. It is important to wear good hiking boots and to use trekking poles.*
- *Wildlife: There are wild animals in the Himalayas, such as bears and yaks. It is important to be aware of your surroundings and to make noise when you are hiking to avoid startling animals.*

*Cultural sensitivity: The Everest View Trek passes through traditional villages. It is important to be respectful of local customs and traditions.*

#### *Nepal Visa Entry Procedure*

*Getting your visa for Nepal's breathtaking Everest Panorama Trek is easy! Here's a quick overview:*

*Most nationalities can obtain a visa on arrival (VOA) at Tribhuvan International Airport (TIA) in Kathmandu.*

#### *Process:*

- *Fill out the Arrival Card (online or at the arrival counter).*
- *Consider online pre-visa application for faster processing.*
- *Pay the visa fee at the designated bank counter (USD 30-125, depending on validity).*

#### *Required documents:*

- *Valid passport (6+ months validity)*
- *Passport-size photo*
- *Proof of funds (cash, credit cards, travel documents)*
- *Onward/return flight ticket*

*If you are not eligible for VOA, pre-arrange the visa at a Nepalese embassy in your home country.*

*For detailed information & specific requirements:*



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- Visit the Department of Immigration website: <https://www.immigration.gov.np/>
- Check with your nearest Nepalese embassy or consulate.
- Visit our [FAQ page](#).

*Remember that these are general guidelines. Always check for updates from the official sources before your trip. [Contact us](#) anytime if you have any doubts or concerns; we're here to help you!*

*How to Book Your Trip?*

*Simply follow these steps to book your Mount Everest View Trekking package smoothly:*

- 1. Check the details: Before you book, read the terms and conditions, “What’s Included” and “Excluded” sections on the tour page carefully. If you have any questions, just ask! Call us, email us, or send a message—we’re happy to help.*
- 2. Book your spot: Once you’ve fully decided to begin your journey with us, fill out the booking form online or download it and send it back to us by mail or WhatsApp. Make sure everything’s correct so there are no delays.*
- 3. Get excited for the journey: After you send us the form and pay a small non-refundable deposit, your adventure is officially on! Sit back and relax knowing you’re all set to explore.*

*Remember that we’re here to make sure you have the best experience possible, so don’t be shy about asking questions ? We want your booking to be as smooth and fun as the trip itself.*