



# Himalayan Adventure Treks & Tours

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## *Everest Panorama Trek :- 10 Days - USD 1500 Per Person*

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## **Highlights**

- **Spectacular Mountain Views:** Witness awe-inspiring vistas of Mount Everest, Lhotse, Nuptse, Ama Dablam, and other iconic peaks of the Everest region.
- **Cultural Immersion:** Immerse yourself in the rich Sherpa culture as you visit traditional villages, interact with friendly locals, and explore ancient monasteries along the way.
- **Tengboche Monastery:** Discover the serene beauty of Tengboche Monastery, one of the largest and most important monasteries in the Khumbu region, nestled amidst the Himalayan landscape.
- **Scenic Routes:** Trek through lush forests, picturesque valleys, and alpine meadows adorned with colorful rhododendron blooms, offering an ever-changing panorama of natural beauty.
- **Namche Bazaar:** Explore the vibrant Sherpa town of Namche Bazaar, the bustling hub of the Everest region, with its bustling markets, charming cafes, and stunning mountain views.
- **Acclimatization Days:** Take time to acclimatize to the altitude and enjoy leisurely hikes to viewpoints such as Everest View Hotel, offering unparalleled panoramas of the Himalayas.
- **Expert Guides:** Benefit from the knowledge and expertise of experienced guides who will ensure your safety, comfort, and enjoyment throughout the trek.

## **Overview**

*Mt. Everest (8848.86m) is an iconic hallmark in the entire world and offers many adventures to travelers. As such, trekkers from all over the world flock to the Everest region to enjoy the natural wonders. Also, the cultural heritage of the Sherpa ethnic community is another attraction of the region. The Everest Panorama Trek allows you to relish these riches within a short period. Similarly, the trek also explores some of the famous villages in the Khumbu Valley. Also, mountains like Lhotse (8516m) and Cho Oyu (8201m) also decorate the views on the trek. This short adventure in the Everest region begins with your arrival in Kathmandu. Firstly, you get on a Scenic flight to reach Lukla. Then, you trek across the hillside of the Dudh Koshi River to reach Phakding. The trek continues as you enjoy the views of the Kongde range and enter the Sagarmatha National Park. As the trails make gentle ascents, you head through rhododendron forests to reach Namche Bazaar. Here, you spend an extra day and explore the village. Similarly, you can also head to nearby villages like Khumjung and Khunde. As the second part of the trek begins, you head east from Namche. The...*

## **Itinerary**

### **Outline Itinerary:**



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*Day 01: Arrival at Kathmandu Airport. (1334m)*

*Day 02: Full day Kathmandu Valley Sightseeing & trip Preparation. (1334m) (B)*

*Day 03: Fly from Kathmandu to Lukla and trek to Phakding (2610m) 3-4 hours. (B/L/D)*

*Day 04: Trek from Phakding to Namche Bazaar (3446m) 6-7 hours. (B/L/D)*

*Day 05: Acclimatization day Visit Khumjung Village, Hotel Everest View (3880m). (B/L/D)*

*Day 06: Trek from Namche Bazaar to Tengboche( 3870m) 5-6 hours. (B/L/D)*

*Day 07: Trek from Tengboche to Namche Bazaar (3440m) 5-6 hours. (B/L/D)*

*Day 08: Trek from Namche Bazaar to Lukla (2840m) 6-7 hours. (B/L/D)*

*Day 09: Flight from Lukla to Kathmandu. (B/D)*

*Day 10: Departure to Airport. (B)*

## *What's included?*

- *Pick up from Airport and Transfer to the hotel.*
- *Three Night 3\* hotel in Kathmandu with Breakfast.*
- *Lunch Dinner and breakfast during Trekking.*
- *Kathmandu Sightseeing by private vehicle with an experienced tour guide.*
- *Trekking Information Management System (TIMS).*
- *National Park Permit/ Village Community fee.*
- *All necessary paper works.*
- *The domestic airport picks up and drops.*
- *Domestic Flight Ticket Kathmandu/ Lukla/Kathmandu.*
- *Airport Tax.*
- *All accommodations in tea houses during the treks.*
- *An experienced, Government License holder helpful, and friendly Guide and porter (1 porter for 2 clients).*
- *Medical supplies (first aid kit will be available).*
- *All government taxes.*
- *Last Night's farewell dinner at an authentic Nepalese restaurant with a cultural performance.*

## *What's excluded?*

- *Nepal entry visa fee (you may easily issue the visa upon your arrival at Tribhuwan International Airport Kathmandu).*
- *Your Travel and rescue insurance.*
- *Entrance fee in Kathmandu.*
- *All the Food in Kathmandu. Also in the case of early return from mountain (due to any reason)*

*than the scheduled Itinerary.*

- *All the expenses in mountain over than scheduled itinerary (due to strike, delay, or canceled flight).*
- *Extra night Hotel in Kathmandu if arrive early or late departure than scheduled Itinerary.*
- *All the Bar bills and personal expenses (phone call, laundry service, battery recharge, the bottle of water, hot water, shower.*

## Equipment

*Equipment List for Everest Panorama Trek:*

*Clothing:*

### *1. Base Layers:*

- *Moisture-wicking T-shirts (synthetic or merino wool)*
- *Long-sleeve thermal tops (synthetic or merino wool)*
- *Thermal underwear bottoms (synthetic or merino wool)*

### *2. Insulation Layers:*

- *Fleece jacket or pullover*
- *Insulated jacket or down jacket for colder days and evenings*
- *Insulated pants or fleece-lined pants for additional warmth*

### *3. Outer Shell:*

- *Waterproof, windproof jacket with hood (Gore-Tex or similar)*
- *Waterproof, windproof pants or trousers (Gore-Tex or similar)*

### *4. Headwear:*

- *Warm beanie or hat that covers ears*
- *Sun hat or cap for sun protection*
- *Neck gaiter or scarf for additional warmth*

### *5. Handwear:*

- *Lightweight gloves for warmer days*
- *Insulated gloves or mittens for colder temperatures*
- *Glove liners for added warmth*

### *6. Footwear:*

- *Sturdy, waterproof hiking boots with ankle support*
- *Comfortable hiking socks (synthetic or merino wool)*
- *Liner socks to prevent blisters*
- *Gaiters to keep snow and debris out of boots*

*Equipment:*

### *1. Backpack:*

- *Lightweight, comfortable backpack with padded straps and hip belt (30-40 liters capacity)*

### *2. Sleeping Gear:*

- *Sleeping bag rated for cold temperatures (0°F to -10°F or lower)*
- *Sleeping pad or inflatable mattress for insulation and comfort*

**3. Trekking Poles:**

- *Adjustable trekking poles for stability and support on uneven terrain*

**4. Headlamp/Flashlight:**

- *Headlamp with extra batteries or flashlight for evening and early morning use*

**5. Sunglasses:**

- *UV-protective sunglasses with polarized lenses to shield eyes from glare and snow blindness*

**6. Water Bottles/Hydration System:**

- *Insulated water bottles or hydration bladder with tube to stay hydrated on the trail*

**7. Snacks/Energy Bars:**

- *High-energy snacks such as nuts, dried fruits, energy bars, and chocolate for quick fuel on the go*

**8. Trekking Towel:**

- *Quick-drying, lightweight towel for personal hygiene and bathing*

**9. Toiletries:**

- *Travel-sized toiletries including toothpaste, toothbrush, biodegradable soap, hand sanitizer, and toilet paper*

**10. Sunscreen/Lip Balm:**

- *Broad-spectrum sunscreen with high SPF and lip balm with SPF to protect against sunburn and windburn*

**11. First Aid Kit:**

- *Basic first aid kit with adhesive bandages, antiseptic wipes, blister treatment, pain relievers, and any personal medications*

**12. Camera/Gear:**

- *Camera or smartphone with waterproof case for capturing memorable moments*
- *Extra memory cards and batteries*
- *Portable charger or solar charger for electronic devices*

**13. Map/Guidebook:**

- *Detailed trekking map or guidebook of the Everest region for navigation and reference*

**14. Document Organizer:**

- *Waterproof document organizer or ziplock bags for storing important documents such as passport, permits, and insurance information*

**15. Trash Bags:**

- *Large, durable trash bags for packing out waste and adhering to Leave No Trace principles*

**16. Emergency Whistle/Signal Mirror:**

- *Lightweight emergency whistle and signal mirror for signaling in case of emergency*

**Optional Items:**

**1. Down Booties/Slippers:**

- *Lightweight down booties or slippers for wearing inside teahouses and lodges to keep feet warm and comfortable*

**2. Portable Oxygen Canister:**

- *Portable oxygen canister for emergencies or altitude sickness*
- 3. Books/Entertainment:**
  - *Paperback books, journal, or entertainment such as playing cards or travel games for downtime in teahouses*
- 4. Trekking Umbrella:**
  - *Lightweight trekking umbrella for sun and rain protection*
- 5. Buff/Multifunctional Headwear:**
  - *Multifunctional buff or headwear for versatile protection against sun, wind, and cold*
- 6. Earplugs/Sleeping Mask:**
  - *Earplugs and sleeping mask for sound sleep in shared teahouse accommodations*

### **Tips for Packing:**

- 1. Layering:** *Pack clothing in layers to easily adjust to changing temperatures and weather conditions.*
- 2. Weight Distribution:** *Distribute weight evenly in your backpack and pack heavier items closer to your back for better balance.*
- 3. Weather Preparedness:** *Be prepared for unpredictable weather by packing waterproof and windproof outer layers.*
- 4. Pack Light:** *Avoid overpacking by prioritizing essential items and leaving unnecessary items behind.*
- 5. Equipment Testing:** *Test all equipment and clothing before the trek to ensure proper fit and functionality.*

## **Trip Notes**

### **Physical Fitness:**

*Many people have questions as to what level of physical fitness is required for trekking in Nepal and that is extremely reliant on what activity the visitor is engaging in Nepal. With that said, for a standard easy trek to Extreme hard level of trekking. The daily activity (trek) would be 5-6 hours, (depend on the trekking trail) and elevation will generally not exceed 5,600 meters like Everest Base Camp, Throng la passes, Chola passes treks and other passes or Base Camp but some of them are less than 4000m. The trekking day is involving both long steep climbs, and descents with a variety of terrain underfoot from well-trodden paths, to rocks covered with ice or snow, depending on the season. Mostly a day would include a number of climbs or descents of 600 meters more or less, starting after the early morning breakfast, resting at a lunch place in the afternoon, then continuous trekking until arriving at the teahouse.*

*In preparation for the trekking in Nepal, it is important, to begin with, the basic training requirement at least 2 months before departing for trekking in Nepal. Two to three hours of aerobic exercise like running, walking, swimming, cycling & some gym work per week is the minimum and most will find it beneficial to add some basic strength training to their physical fitness routine required for the hard trekking and for normal and easy trek just have some physical fitness is enough. One of the best ways*



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*to prepare is to take practice hikes with a daypack roughly the same weight as what you will be taking during the trek. Your calf should be enough fit and prepare for trekking. Mostly during the trekking calf pain or tiredness is the main issue. Do this only after a baseline of fitness has been reached. Moving fast is not our goal, will provide a more enjoyable and safe adventure trekking in Nepal for all easy and hard level.*

## **Trekking Seasons in Nepal:**

*There are main two seasons in which Nepal where the most amount of visitors visit. (September, October & November) being the most popular season which is also called the peak season in Nepal, and spring (March, April & May) coming in close behind which is also called the mini-season in Nepal. The summer months of June, July, and August are the monsoon season and most of the time raining as such the trails are mostly washed out sometimes, and roads can sometimes be impassible due to landslide activates. Nevertheless, you can trek to rain-shadow regions like Upper Dolpo and Upper Mustang during the monsoon seasons. Nepal is a suitable destination for all seasons.*

*Winter is very dry & extremely cold and all the high passes become inaccessible due to ice and snow conditions. The temperature doesn't usually fluctuate during the day time temperature is around 20-25 degrees. However, you gain altitude the temperature decreases. The temperature can drop to around 0 to -25 degrees at night when staying at tented camps in Himalayan regions. Winter trek in higher altitudes is not advised due to the danger of avalanches and also altitude sickness. Although some may enjoy the sight of the snow-covered mountains as you reach your destination. However, the temperature does not change as much in lower mountain regions the nights are slightly colder than days' time.*

*Autumn & Spring is the best timing for trekking in Nepal because the weather is generally warm and dry, and flowers are in bloom in the lower elevations of the country on the same time you can see the many festivals during that period.*

## **Trekking Day:**

*A typical trekking day begins with the early morning breakfast around 7 am in the hotel. (Depend on the trekking region). It would advise you to pack your trekking gears in a duffle bag and essential supplies in your day pack after having breakfast; we begin the trek and head along the trail at around 8 am. The morning walk is more energetic to be longer as we begin with refreshed bodies and enthusiasm. A good morning's walk, we make a stop for lunch at around 11-12 pm. The lunch involves group meals enjoying the vicinity around the stop & enjoys the organic & local food in the mountain. After resting for about an hour or two, we resume our trek to reach the teahouse or camp by 2-3 pm. The afternoon walk is relatively shorter and can involve games and side trips as organized by the trekking experienced guides. You also can enjoy breaks during the trek to relax, read, and stroll around the area, or doing yoga. You can explore with the local people and observe their lifestyle & culture. Dinner is served around 7-8 in the evening to round off the day.*

## **Meals and Accommodations:**

*During the trekking period, the accommodation is commonly referred to as teahouses. These are*



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*family-run basic lodges that fill the role of the restaurant, Dining hall, and boarding house for tourists. Now a day's electricity can be found in the rooms, which means one light bulb, and one or two outlets for charging electronics. The common areas are also lit by electricity. Alternatively, teahouses may also use solar, hydroelectric, or have electrical lines running into the village, so the commonality and availability of electricity may vary. Still, a few of the trekking route electricity service is not available. Use the local traditional kerosene light.*

*Most of the teahouses have private rooms, though if the trek is in a more remote or high altitude place there are limited teahouses so season time dormitories are the norm. Most of the room has 2 single beds with basic bedding, and the bathroom is shared. Some of the places we can get the private bathroom also with a mix of western and squat style toilets in the bathrooms.*

*Breakfast and dinner are taken at the same teahouses and these lodges have large family-style dining rooms centered on a stove or coal to provide heat basically in mountain areas. Most of the area's menu will have Nepali-style western foods such as pancakes, pizza, burgers, fries, etc. Also on the menu is the traditional Nepali food Dal Bhat meal. This is a lentil soup with rice, vegetable, Pickle, or meat curry. Most menus will also offer a smattering of local cuisine.*

## ***Internal Flight Delays:***

*Nepal is an incredible and beautiful country of mixed of the White Mountains, deep valleys, Landscape, rivers, and green rolling hills. With this incredible diversity of landscapes, road travel can be extremely time-consuming and flights within Nepal to reach popular trekking destinations is the easiest way. Not all the trekking destination has flight service so road transportation is the only option. Mountainous terrain also comes with the possibility of in-climate weather. It mentions the incredibly high number of visitors during peak seasons makes internal flight delays a very real possibility. To manage this situation it may be helpful to have a few extras days on either end of your tour. If any cancellations or flight delays do occur (high chances of flight delays from around Kathmandu to Lukla, Everest region, Pokhara to Jomsom, Annapurna region), we also provide services to arrange chopper on the last stage to help you to be on your schedule on the premises of Civil Aviation Rules in Nepal which state that helicopters can fly if the visibility is 1500m. The cost ranges from USD400 to USD650 according to the number of passengers. The payment can be made either to the helicopter company or to us directly and can be made either by cash or using a credit card. It will be very helpful to purchase and review your insurance as some of the alternative measures for travel may be covered by the insurance companies. Flight insurance may cover changing your international flight if it is necessary.*

## ***Travel Insurance:***

*Most expeditions, Adventurous trekking, and tours require that travel insurance and it is purchased prior to arriving in Nepal, but other normal treks and tours may not require. However, travel insurance is definitely an important consideration. There are a number of reasons to consider insurance. Firstly, it may be required, so check to see what is being asked for by the company. Second, Nepal is a landlocked country, and there are only a few direct flights. Travel in and out of the country can encounter some disruptions if purchasing insurance, make sure flight delays and cancellations also included. Always choose insurance that, though every safeguard is in place during your Holiday,*



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*there are always extenuating circumstances that may result in an accident during trekking & tours. Read carefully printout of insurance policies to ensure that the trekking or any other activity you are engaging in is covered or not, as some policies have stopped covering trekking in certain places. If you are going above 5000 m or high always mention the policies so it's cover the chopper service in the last condition. It is very important that if you have the comfort of good insurance, so do the research and choose carefully which makes your trip relaxing and joyful.*

## *Nepal Visa Entry Procedure:*

*There is only one International airport which is the Tribhuvan International Airport in Nepal. Immigration Office, TIA (Tribhuvan International Airport) under the Department of Immigration has been facilitating tourists flying to Nepal by providing visas on Arrival.*

*'On Arrival' visa procedure is very quick and simple. October, November, March, April can expect some queues during peak Tourist season and October is basically the Nepalese got the Main festival Dashain. You can also get Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. The choice is yours.*

*Visa obtains from Nepalese Diplomatic Missions, and then you must enter Nepal within six months from the visa issued date. Your total stay is counted starting from the day you enter Nepal.*

*Visas obtained on Arrival at the Entry and Exit points are 'Tourist Visas'. They bear multiple Re entry facilities. Tourist Visa 'On Arrival' is the only entry visa to Nepal. If you are visiting Nepal for purposes other than Tourism (sightseeing, tour, travel, mountaineering, trekking, visiting friends and families), you should still get a 'Tourist Visa' to get into the country. However, you must change the category of visa as per your purpose and length of stay in Nepal from the Department of Immigration by producing the required documents.*

*Please click below for the online Visa form.*

<http://online.nepalimmigration.gov.np/tourist-visa>

*The following visa rules apply for tourists:*

*For 15 days Multiple Entry Visa, the visa fee US \$ 30 or equivalent foreign currency.*

*For 30 days Multiple Entry Visa, the visa fee US \$ 40 or equivalent foreign currency.*

*For 100 days Multiple Entry Visa, the visa fee US \$ 100 or equivalent foreign currency.*

*According to the immigration regulations, a tourist is allowed to stay in Nepal only for 150 days a year. You can extend the visa up to another 90 days.*

*US\$ 2 or equivalent Nepalese currency per day for extension.*

*Additional US\$ 25 or equivalent Nepalese currency on visa fee, if Multiple Entry facility is required for*





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*the extended period*

*For more details please visit our FAQ link*

<https://www.himalayanadventuretreks.com/faq/>

## **Acute Mountain Sickness (AMS):**

*Acute Mountain Sickness (AMS) is usually seen in un-acclimatized people shortly after ascent to high altitudes. The condition occurs due to the thinning of air as the altitude increases. The condition, if not taken seriously and treated immediately, can be life-threatening and its symptoms can be seen generally above 3200 meters. The symptoms of Acute Mountain Sickness are nausea, vomiting, tiredness, shortness of breath, and cerebral pain. The itineraries are designed to properly acclimatize you to the change in high altitude climate and sufficient precautionary measures too are taken to take utmost caution for our valuable guests. Our staff also equipped with cell phones and satellite phones (Option) in the occurrence of any emergency cases. We are greatly driven to keep the safety and security of our clients as our foremost concern.*

## **Drinking-Water:**

*Water is essential for life, and clean water is imperative while on holiday. When visiting less developed countries like Nepal it is a concern that all travelers should consider. There are few options when trekking or traveling in Nepal that will mitigate any chances of drinking contaminated water. The first consideration to take into account is that tap water should not be ingested. That even means when brushing your teeth in an urban area. Most will choose to buy bottled water and if doing so make sure the cap has sealed properly. Plastic bottle reuse is a big problem, and with that being said there are other options on the market to assist in making water drinkable. Mountain spring water is drinkable but if you use the purified tablet. The conservation area project also sells this tablet for most of the trekking area. A guide will assist you to find out it also.*

## **Arrival Instruction:**

*Upon your arrival at Tribhuvan International Airport (TIA) Kathmandu Nepal, our company representatives are stationed to welcome you to the country. We request you to carefully look for your and company name placard being held by our representatives following the events upon landing. Our representatives will be responsible to escort you up to your hotel in Kathmandu. There are many brokers, Taxi drivers, and trouble maker people offering you to carry your luggage and take you to your destination as you exit from the gate. We request you to pay no attention to these people and follow the company representatives and follow their instructions.*

## **How to Book Your Tour:**

*Before booking any tour or trekking please read all the terms and conditions thoroughly and call or email the company representative with any questions prior to making any payments. Begin by filling out a booking form and pay the non-refundable deposit. Fill out the form completely and if any confusion contacts the company person so as not to disrupt the expediency of the process. The form*



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*may be submitted online or by downloading the form and mailing or Whatsapp the form to your company representative.*

*It is very important to understand all aspects of the chosen trip, from what's included and excluded, to the level of service, or even what trip may be right for your level of experience and fitness. Take the time to get all the questions answered so that when booking the trip, it is without trepidation.*