

# Everest Panorama Trek with Helicopter Tour



### **Highlights of the Everest Panorama Trek with a helicopter:**

- Day tour of UNESCO-listed world heritage sites in Kathmandu valley
- A thrilling mountain flight to Lukla
- Get insights on Sherpa culture.
- Breathtaking views of Mt. Everest, Mt. Lhotse, Mt. Thamserku, Mt. Tawache, Mt. Ama Dablam, and many more.
- Lifetime experience on a thrilling helicopter ride.

### **Overview of the trek:**

Everest Panorama Trek lets you experience the magnificence of mighty Everest. You will get to relish the joy of being close to one of the vast ranges of the Himalayas. The Everest Panorama Trek is a short journey in the Everest range that can be opted for by a wide range of trekkers who are in love with mountains. Also, majestic views of the mountains like Mt. Everest, Mt. Lhotse, Mt. Thamserku, Mt. Tawache, Mt. Ama Dablam, and many more are visible without the hard trek to Everest Base Camp.

### **Journey**

The Everest Panorama Trek is an 8-day trip, and in these days you will see all the glorious detail of the Everest range. Also, experience the infamous hospitality of the Sherpa community in the Everest range. Besides the panoramic view of the Everest range, another highlight of this trek is Tengboche monastery.

Everest Panorama Trek is easy to trek in Nepal with a dramatic scenic mountain flight to Lukla. The trek will be guided by a professional guide from Himalayan Social Journey. The trek is a beautiful journey in the Khumbu region of Nepal, which includes crossing suspension bridges decorated with prayer flags, lush rhododendron forests, rivers, and villages with a stunning view of the mountain as a backdrop.

# Outline Itinerary ( 7 Days )

## Day 1 : Arrival Day

Upon arrival in Kathmandu, our representative will be there to welcome you and help you to transfer to your hotel. On the way to hotel, our representative will shortly brief you about Kathmandu city. There will be an orientation programme for you in hotel at 5 pm. After that you will have a delicious dinner with your guide, which helps you in your entire trek, provides you with a bunch of information about the trek.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Himalayan Suite Hotel

**Meal** Dinner

## Day 2 : Fly to Lukla by helicopter and Trek to Phakding

Today is the beginning of your journey to Everest Base Camp. You will take an early flight to Lukla. Upon reaching Lukla, enjoy the stunning mountain views. Start your trek to Phakding, descending through pine forests and picturesque Sherpa villages. Reach the delightful village of Phakding and settle into a tea house for the night. Make the most of the remaining daylight to explore Phakding. Wrap up your day with a satisfying dinner at the tea house.

**Max Altitude** Lukla (2,840 m)

**Duration** 35 min flight to Lukla and 3hrs trek

**Overnight** Khumbu Inn

**Meal** Breakfast

## Day 3 : Trek to Namche Bazar

Today's trek takes you further into the heart of the Khumbu region as you ascend along the Dudh Koshi River. Start your trek after breakfast, crossing suspension bridges and journeying through pine forests. Pass through the small check point of **Monjo**, verification of your entry into **Sagarmatha National Park**. Keep trekking alongside the Dudh Koshi River, passing through the village of Jorsalle. Commence the challenging ascent to Namche Bazaar after crossing **Tenzing Hillary Suspension Bridge**, featuring a steep climb with breathtaking views of Thamserku, Everest, and other peaks. Reach **Namche Bazaar**, a bustling market town and the commercial hub of the Khumbu region. Check into a tea house for your stay.

**Max Altitude** Namche Bazaar (3,535 m)

**Duration** 5-6 hrs

**Overnight** Hotel Sherpaland

**Meal** Breakfast

## Day 4 : Acclimatization Day at Namche-Everest View Hotel

Today is acclimatization day. We will hike to Syangboche Airport (3700m), which is supposed to be the highest airport in the world. Then continue climbing to the Everest View Hotel for great panoramic views of Everest, Lhotse, Amadablam, Tawache, etc. On the way back, visit the Sherpa Culture Museum and the Everest Photo Gallery.

**Max Altitude** Syangboche Airport (3,700m)

**Overnight** Hotel Sherpaland

**Meal** Breakfast included

## Day 5 : Trek to Tengboche

The trail is flat and easy. The trail leads towards the view of Mt.

Everest, then descends deep into the Dudh Kosi Valley at Pungki Thanka; from here, it ascends the right flank of the Dudh Kosi valley to Tengboche Monastery (3860m). It is the spiritual center of the Khumbu; the climb is long, but more than adequately compensated by views of Mt. Amadablam and, on a clear day, views of Mt. Everest and its surrounding peak.

**Max Altitude** Tengboche (3,850 m)

**Duration** 5 hrs

**Overnight** Rivendell Lodge

**Meal** Breakfast included

## Day 6 : Heli tour to Everest Base Camp/Kalapathar back to Kathmandu

We start the day as soon as possible to relish the magnificence of Mount Everest. We fly from Tengboche over Everest Base Camp, Khumbu Glacier, and Kalapathar with a helicopter. As we slip down to Gorak Shep, we appreciate the alluring excellence of the path. We fly back to Kathmandu via Lukla and have a lavish dinner at Gokarna Forest Resort/Hyatt Place Kathmandu.

**Max Altitude** Kalapathar (5,545 m)

**Duration** Helicopter tour (4-5 hrs)

**Overnight** Gokarna Forest Resort

**Meal** Breakfast and Dinner

## Day 7 : Departure Day

Departure day from Nepal is bitter sweet, filled with memories of its rich culture and stunning landscapes, After bidding farewell to Kathmandu bustling streets, travelers head to Tribhuvan International Airport. With heart full of experiences, they depart, carrying Nepal's warmth and hospitality back to their home countries.

**Meal** Breakfast included

## Include / Exclude

- Airport pickup & drop
- Accommodation in Kathmandu at Himalayan Suite Hotel and Gokarna Forest Resort or similar 4/5 star category in twin sharing basis including breakfast
- Accommodation with attached bathroom and hot running shower in lodge and guesthouse during the trekking days with breakfast
- Highly experienced guide and porters (1 porter for 2 people) and their all expenses (food, accommodation, salary, equipment, insurance)
- Company T-shirt
- Welcome and Farewell dinner with a 30-minute complimentary massage on the last day
- Necessary equipment such as (Sleeping bag, duffle bag) during the trek
- Kathmandu-Lukla-Kathmandu and Tengboche-EBC-Kalapatthar-Lukla by helicopter
- Airfare for the trekking crew
- All government taxes and office expenses
- Sagarmatha National Park fee
- Tims permit
- Kathmandu city tour by private car/van/Hiace with English speaking guide
- Lunch and dinner in Kathmandu and trekking days.
- Personal equipment and clothing
- Your travel insurance (Compulsory)
- Tipping for driver, guide, and porter as per your satisfaction
- City sightseeing monuments entry fees in Kathmandu (NPR 200+400+1000+1000)



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, " Ecstasy is within you, safety the first."

## Our Contact

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