



EVEREST PANORAMA ADVENTURE

Nepal

12 days | 11 nights

OVERVIEW

Join Big Heart Adventures amidst the awe-inspiring mountainous landscape of Nepal's Khumbu region.

This lower altitude trek, remaining below 4000m, brings you close to the world's highest mountain, Mount Everest. Throughout the trek you will have magnificent views of Mt Everest [Alt. 8848m], plus also other great peaks including Lhotse [Alt. 8501m], Nuptse [Alt. 7879m], Ama Dablam [Alt. 6856m], Thamserku [Alt. 6608m] and Kantega [Alt. 6685m]. Experience these towering Himalayan peaks as well as great glaciers, snowfields and ice ridges.

Embark on this transformative journey, where vibrant culture, spiritual exploration, and magnificent landscapes converge. Immerse yourself in the mountains and energise your mind, body and spirit. Rest in local guest houses supporting the heart of Sherpa hospitality, and have the opportunity to visit famous Buddhist monasteries.

This holistic expedition seamlessly intertwines cultural richness and the breathtaking allure of the Everest region, promising an unforgettable adventure etched with the essence of Nepal's spiritual tapestry.

DETAILS

- Type: Challenge Trek Guided
- Adventure: Everest Panorama Adventure
- Destination: Nepal
- Group Size: Max 12 plus leaders

ITINERARY

Day 1 | Welcome to Kathmandu

We will welcome you at the international airport and guide you through the initial culture shock of Kathmandu's narrow, winding streets to get you settled into your cosy hotel.

In the afternoon (depending on your arrival time) we can take you on a bazaar walk exploring the secret alleys and courtyards of old Kathmandu that most visitors don't get to experience. Add to this a visit to the ancient Kathmandu Durbar (palace) Square and it's a great introduction to Kathmandu!

We begin by exploring the old city with its small alleyways, myriad of hidden temples belonging to both Hinduism and Buddhism (in some cases, both!) and make our way through local bazaars of fruit, vegetables, spices and stunning wares made of brass, bronze and copper. Not only exotic produce, but a fascinating mix of people are everywhere; along with the brightly clad locals of the Kathmandu Valley, you're likely to see 'Gurkhas', Sherpa women in their striped

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aprons, traders from India, and sadhus – Hindu holy men – perhaps on pilgrimage to one of the many temples and shrines of the valley.

We make our way on foot to the centre of old Kathmandu; The Durbar (Palace) Square with its array of stunning temples overlooked by the Hanuman Dhoka Palace, the ancient palace of the Nepalese Royalty. Also known as Kantipur, this is one of the three ancient cities of the Kathmandu Valley, the others being in Patan and Bhaktapur. Here we can not only learn about the history and the temples, but we also have the chance to visit the residence and temple of a Living Goddess. Accommodation at Nepali Ghar.

Meals Included: Dinner
Altitude 1250m

Day 2 | Explore Patan drive to Mulkot

After breakfast today, your guide will meet you at your hotel and you will head out on a full day of exploring! The city of “Kathmandu” is actually made up of 3 ancient cities that lie within the valley of “Nepal” as this valley was known in ancient times – Kathmandu, Patan and Bhaktapur. Patan is located across the Bagmati River to the south of Kathmandu city. Patan is also known as Lalitpur, the city of fine arts. According to legend the founding of Patan dates back to Pre-Christian times. As opposed to the old cities of Kathmandu and Bhaktapur that were mainly influenced by the Hindu religion, Patan was for many years a major Buddhist city. It is believed that it was founded in the third century B.C. by the famous Buddhist emperor, Ashoka, who visited the town while on a pilgrimage from Northern India and built four stupas that enclosed the centre of the old town. This would make it the oldest continuing Buddhist town in the world...and in a very different style from the style of Buddhism practiced by the mix of high Himalayan cultures you see in the Boudhanath area.

From Patan, we'll drive out of town to Mulkot, a small village around 4 hours' drive from Kathmandu. This is only one hour's drive from Ramechhap where you will catch the flight to Lukla early in the morning. Accommodation at Kwality Beach Resort.

Meals Included: Breakfast, Lunch, Dinner
Altitude: 500m

Day 3 | Drive, fly and trek to Monjo

A spectacular flight and landing on the tiny mountain runway brings us to the start of our trek at the village of Lukla [2800m]. After your guide organises the trekking crew and the gear, you head up the Dudh Kosi Valley on a well-marked trail to your first night near the river at Phakding.

Time permitting, we explore the two traditional villages of Sano Gumela and Thulo Gumela. We can also have a special visit to the little monastery which is home to 12-15 monks of the Gelugpa sect and is a centre of high Buddhist learning. Accommodation at local teahouse.

Meals Included: Breakfast, Lunch, Dinner
Walking time: Approx. 4 hours
Altitude: 2850m

Day 4 | Trek to Namche bazaar

This morning we continue up the trail and from the neighboring village of Monjo we are inside the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment of the Everest region. We cross the river on a suspension bridge and then ascend quite steeply to Namche. Along the way, if the weather is clear, catch our first glimpse of Mt Everest in the distance.

Namche is the main trading village in the Khumbu and has a busy Saturday market – a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Accommodation at local teahouse.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 6.5 hours
Altitude: 3450m

Day 5 | Rest day in Namche

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend our rest day, which is crucial for acclimatising to the new altitude before heading on upwards to the stunning Gokyo lakes. Options for acclimatisation walks include a visit to Khunde Hospital which was set-up by Sir Edmund Hillary, or a one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the National Park Centre and Museum just above the town. Accommodation at local teahouse.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Rest Day (Altitude Acclimatisation)
Altitude: 3450m

Day 6 | Trek to Thame

This morning after breakfast we will head towards the beautiful old village of Thame with snaking rock walls, yak paddocks and the gorgeous, traditional slate-roofed Sherpa houses. Thame Gumpa, perched up to the north of the village, is one of the oldest in the Khumbu, so it's well worth while to take the afternoon to climb to the Gumpa and wander around this old, walled village. In Thame we can also see the Advanced Mountaineering Training School and their hydro power station.

On our way we have the option for a side-trip to Lawudo Gumpa (3790m). Nestled in the mountainside above Thamo and Mende villages and affiliated with the famous Kopan Monastery in Kathmandu, this Gumpa was built at the site where Guru Rimpoche meditated in a small cave en route to Tibet. The cave has been

turned into a tiny cave chapel, and there is a fascinating library which we may be permitted to see. It's a beautiful and serene place, with Khumbila, the sacred Sherpa peak from which the Khumbu region takes its name, soaring overhead and the Gompa prayer flags framing the perfect Himalayan foreground. Accommodation at local teahouse..

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 4 hours
Altitude: 3800m

Day 7 | Trek to Khumjung

We retrace our route down the Bhote Kosi Valley towards Namche and branch off to follow a quiet trail to Khumjung. It is a picturesque village which also has its own gompa at the top end of town. From our lodge we have excellent views of Thamserku, Kantega and Ama Dablam. Accommodation at local teahouse.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 5 hours
Altitude: 3785m

Day 8 | Trek to Tengboche

This morning, looking across the valley, we will be able to see the path sloping diagonally up towards the famous monastery of Tengboche (3860m), now we get our first really good views of the great peaks of the Khumbu including Mt Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga.

The village is an excellent lunch spot, and here we can rest before making the steep climb to Tengboche. Although tiring, the hike up the zigzag path has numerous distractions, with rhododendron bushes, beautiful birds and superb mountain scenery.

Tengboche is famous for its legendary monastery, the largest in the Khumbu. You stay at a teahouse near the monastery with Everest, Lhotse and Ama Dablam in full view (weather permitting). Accommodation at local teahouse.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 5 hours
Altitude: 3846m

Day 9 | Trek back to Monjo

Another largely downhill day today, after having breakfast we descend from Tengboche to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back up from the valley floor before contouring around, with those incredible views, to Namche.

We then continuous descending towards downhills, where we can also have a special visit to the little monastery on the way. On the way to Monjo is the entrance to the Sagarmatha National

Park which was set-up in order to protect and preserve this fragile mountain environment. Here we spend our night in a much bigger tea house than we have been used to earlier in the trek. Accommodation at local teahouse.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 6.5 hours
Altitude: 2835m

Day 10 | Trek to Lukla

Our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the sherpa guides and porters, where we can sample some chang, try Sherpa dancing and look back on a memorable week. Accommodation at local teahouse.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 5 hours
Altitude: 2875m

Day 11 | Flight and drive to Kathmandu

This morning we enjoy a final, hearty trekking breakfast we bid farewell to the incredible vistas of the Khumbu area and take our flight back to Ramechhap. Flights out of Lukla usually depart early in the morning so you should arrive in Ramechhap early and back into Kathmandu by early afternoon with plenty of time for further sightseeing, shopping, getting a massage, or taking in the life of town from a street side cafe. Accommodation at Nepali Ghar .

Meals Included: Breakfast, Lunch, Dinner
Altitude: 1250m

Day 12 | Depart Kathmandu

This morning is free to relax and get packed up before taking a reflective moment with a cuppa overlooking the stupa...or you can head out and do some more exploring if you like. Please let us know if/how we can help.

When it is time, we will escort you to the airport for your flight home.

Meals Included: Breakfast
Altitude: 1250m

INCLUSIONS

Travel

Arrival & departure transfers in Kathmandu when flying on same flights as Big Heart Leader

All transport and transfers detailed in itinerary, including return flight to/from Lukla

Local taxes

Meals

All meals and snacks as per the itinerary

Filtered drinking water provided on-demand

Tea/coffee with meals

B x 11 | L x 10 | D x 11

Accommodation

*8 nights local Tea House (*Please see note below)*

3 nights standard twin share Hotel

**Note: The local tea houses are basic but clean and they do not often have attached bathrooms or hot showers. The price is based on twin share and does not include any extra charge that lodge owners may levy for single rooms, attached bathrooms or hot showers (if these facilities are available) or for battery charging. We can't know in advance what they may charge for such things in the different lodges along the way, so we prefer to leave this cost out, rather than pass along an estimated charge to you.*

Activities

Local trekking with guide and porters

Trekking permits and registration fees

Safety

Group First Aid kit and emergency communication device

Leader certified in Remote Area/Wilderness First Aid

English Speaking Local Guide

Environmental

Small group guided experience

Leave No Trace principles

Invitations to connect with nature

Big Heart Extras

Big Heart Adventures designed ioMerino hiking top

Big Heart Adventures designed head sock

Big Heart Adventures journal

Guided pre-departure training walks and or program (trip specific)

Discount card for pre-departure purchases at Exurbia

A charity contribution to our Give Back program

Access and assistance from our Travel Agency with organising flight bookings and/or to extend your stay

EXCLUSIONS

- International flights (these can be arranged to join our Big Heart Adventures host from Adelaide or en route to Kathmandu)
- Drinks (except filtered water with included meals)
- Meals not stated on the itinerary
- Items of a personal nature
- Travel Insurance
- Visas
- Tipping
- Extra levy charges at tea houses

FITNESS REQUIREMENT

- A good level of fitness is required to walk the trails on this trip
- We take our time and pace ourselves
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces on undulating trails including some steep inclines/declines and rocky trail
- Our longest walking day is approx. 6-7 hours and we walk 7 consecutive days on this adventure
- Trail rating: Moderate
- Max. Altitude: <4000m

IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund

- Training walks start 8 weeks prior to departure. We recommend you attend these walks to maximise your enjoyment and for the groups welfare when away
- Rooming is twin share
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ADVENTURE LEADERS

Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Comfortable walking shoes
- Water bottle (1 litre) that can be refilled
- Day Pack
- Light rain jacket
- Warm jacket or jumper for mountain stay
- Personal medications
- Clothing that is quick-drying, breathable and layerable as needed – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and suncream, insect repellent
- Sleeping attire
- *Conditions can change quickly in the mountains. We recommend dressing warmly with merino layers and a down puffer jacket

ACCESSIBILITY

There are stairs, uneven surfaces and moving luggage to and from accommodation, plus walking the trails on this trip. Please talk to us about your accessibility needs before booking