



Lower Everest Trekking

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

13 Days

MAX ALTITUDE

4,065 m

BEST TIME

Mar – May, Sep – Dec

ACCOMMODATION

Camping, Hotel

THE OVERVIEW

Lower Everest Trekking trail is a newly explored trekking route in Nepal. It was explored by the Dharma Peak Sherpa Community and the Trekking Agent Association Nepal (TAAN) in 2011. This is a new trekking route in the lower regions of Solukhumbu and Khotang districts. On this trekking route, travelers can enjoy geographical diversity, cultural diversity, and ethnic diversity. The trail offers beautiful mountain views, rivers, forests, and traditional villages. Trekkers can also experience the lifestyle and culture of different ethnic groups such as Sherpa, Rai, Tamang, Chhetri, Newar, Sunuwar, and many other communities living in this region. Along the...

01

Airport pick-up and drop to the hotel

Upon arrival at Tribhuvan International Airport in Kathmandu, our representative will welcome you and transfer you to your hotel. You will receive a short briefing about the Lower Everest Trek and prepare for the upcoming adventure in the Himalayas.

ALT: 1,400m

02

Kathmandu to Halesi (Maratika) by jeep

Today we travel from Kathmandu to Halesi by jeep, enjoying scenic countryside views along the way. Halesi is famous for the sacred Maratika Cave, an important pilgrimage site for both Buddhists and Hindus.

ALT: 1,736 m MEAL: B, L, D

03

Maratika to Aiselukharka by Jeep

After visiting the sacred Maratika Cave, we drive towards Aiselukharka through beautiful hills and rural villages. This journey provides a glimpse of local lifestyles and natural landscapes of eastern Nepal.

ALT: 2,200 m MEAL: B, L, D

04

Aiselukharka to Bagur

The trek officially begins today as we hike through traditional villages, terraced fields, and forest trails. The peaceful surroundings and mountain scenery make this day an enjoyable start to the trekking journey.

ALT: 2,600 m HIKE: 4–5 hours MEAL: B, L, D

05

Bagur to Rakshikharka

Today's trail gradually ascends through forests and rural settlements. Along the way, trekkers can observe local culture, traditional farming, and beautiful landscapes of the lower Everest region.

ALT: 2,900 m HIKE: 4–5 hours MEAL: B, L, D

06

Rakshikharka – Lokhim – Bhudidangda

We trek through scenic forest trails and small settlements before reaching Bhudidangda. The trail offers beautiful views of the surrounding hills and glimpses of distant Himalayan peaks.

ALT: 3,000 m HIKE: 6–7 hours MEAL: B, L, D

07

Bhudhidangda to Salleri

Today we continue trekking toward Salleri, an important town in the Solukhumbu district. The trail passes through forests and villages with wonderful views of the surrounding landscapes.

ALT: 2,362 m HIKE: 5–6 hours MEAL: B, L, D

08

Salleri to Junbeshi

We trek from Salleri to the beautiful Sherpa village of Junbeshi. The village is known for its traditional houses, monasteries, and rich Sherpa culture.

ALT: 2,700 m HIKE: 4–5 hours MEAL: B, L, D

09

Junbensi to Jase Bhanjyang

Leaving Junbeshi, the trail gradually climbs through forests and ridges toward Jase Bhanjyang. Along the way, trekkers enjoy panoramic views and peaceful mountain landscapes.

ALT: 3,400 m HIKE: 5–6 hours MEAL: B, L, D

10

Jase Bhanjyang to Pikey Peak and Pikey Peak Base Camp

Today we hike to the famous Pikey Peak viewpoint, one of the best spots for breathtaking Himalayan panoramas. From the summit, trekkers can see Everest, Makalu, and other snow-capped peaks.

ALT: 4,065 m HIKE: 4–5 hours MEAL: B, L, D

11

Pikey Peak Base Camp to Jhapre

After enjoying sunrise views from Pikey Peak, we descend toward Jhapre village. The trail offers magnificent mountain scenery and passes through beautiful alpine landscapes.

ALT: 2,820 m HIKE: 4–5 hours MEAL: B, L, D

12

Jhapre to Dhap

Today's trek is relatively short and easy as we descend toward Dhap village. The route offers scenic views and a chance to experience the traditional lifestyle of local communities.

ALT: 2,850 m HIKE: 3–4 hours MEAL: B, L, D

13

Dhap to Kathmandu by jeep

After breakfast, we drive back to Kathmandu by jeep. The journey offers beautiful countryside views, marking the end of the unforgettable Lower Everest trekking adventure.

MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport picks up and drops to hotel.
- Airport transfer
- Three meals a day (Breakfast, Lunch and Dinner) during the trek.
- Soft drinks (Tea and coffee)
- Three-night hotel in Kathmandu with breakfast.
- Trekking lodge accommodations during the trek.
- All the necessary trekking permits
- Transportation by aircraft to Lukla and back to Kathmandu
- English speaking guide with all his salary, food, drinks, accommodation, transport and insurance.
- A strong, helpful porter with proper equipment (one porter for two people).
- Medical supplies (first aid kit will be available).
- Government taxes and official expenses.
- Assistant guide for group size above 6+ persons.

- What's Not Included

- International flight.
- Lunch and Dinner while you are in Kathmandu.
- Nepal entry visa fee.
- Your personal expenses.
- Drinking water and hard drinks.
- Battery charging and hot shower during the trek in tea houses.
- Tips for the guide, porter and driver (tipping is expected).

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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