



# Everest View Family Trek

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

## ● Trekking at a Glance

### DURATION

**10 Days**

### MAX ALTITUDE

**3880 m**

### TRIP GRADE

**Medium**

### BEST TIME

**Feb – May, Oct – Dec**

### ACCOMMODATION

**Tea houses**

## THE OVERVIEW

Everest View Trek is one of the most popular short treks in the Everest region, especially for families and travelers with children who have limited time in Nepal. Within a few days, this trek offers a great opportunity to see Mount Everest (8848 m), the highest mountain in the world, along with other beautiful Himalayan peaks. Among the 14 mountains above 8000 meters in the world, trekkers can enjoy views of Mount Everest and Mount Lhotse from this route. Besides these, many other famous peaks below 8000 meters can also be seen, such as Ama Dablam, Nuptse, and Taboche Peak....

01

### Arrival in Kathmandu The trip begins with your arrival in Kathmandu

Upon arrival at Tribhuvan International Airport, our representative will welcome you and transfer you to your hotel in Kathmandu. After check-in, you can rest and prepare for the trek.

**ALT: 1400 m MEAL: Breakfast**

02

### Kathmandu to Lukla (2840m) by Flight and trek to Phakding

After an early morning flight from Kathmandu to Lukla, the trek begins with a gentle walk to Phakding. The trail passes through beautiful villages, prayer stones, and scenic landscapes along the Dudh Koshi River.

**ALT: 2840 m HIKE: 3–4 hours MEAL: Breakfast, Lunch, Dinner**

03

### Trek from Phakding to Namche Bazaar

After breakfast, the trek continues through Monjo and Jorsalle, crossing several suspension bridges along the way. After entering Sagarmatha National Park, the trail climbs steadily to Namche Bazaar, the main Sherpa town of the Everest region.

**ALT: 3440 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner**

04

### Acclimatization Day and Hiking to Everest View Hotel

Today is an acclimatization day in Namche Bazaar. You will hike to Everest View Hotel for spectacular mountain views of Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Khangtega, Tawache, Cholatse, Khwangde, Khumbila, and more, then return to Namche.

**ALT: 3880 m HIKE: 4–5 hours MEAL: Breakfast, Lunch, Dinner**

05

### Trek from Namche Bazaar to Tengboche

The trail follows a scenic route with beautiful mountain views before descending to the Dudh Koshi River and climbing through forest to Tengboche. In the evening, you can visit the famous Tengboche Monastery and enjoy the peaceful spiritual atmosphere.

**ALT: 3860 m HIKE: 4–5 hours MEAL: Breakfast, Lunch, Dinner**

06

### Trek from Tengboche to Khumjung

After breakfast, the trail descends to Phungi Tenga and then climbs toward Khumjung Village. Khumjung is one of the biggest Sherpa villages in the Khumbu region and is known for its monastery, Sherpa culture, and traditional lifestyle.

**ALT: 3780 m HIKE: 3–4 hours MEAL: Breakfast, Lunch, Dinner**

07

### Trek from Khumjung to Monjo

The trail leaves Khumjung and passes the Hillary School before descending through Syangboche and Namche Bazaar. After crossing suspension bridges and following the Dudh Koshi River, you reach Monjo.

**ALT: 3780 m HIKE: 4–5 hours MEAL: Breakfast, Lunch, Dinner**

08

### Trek from Monjo to Lukla

Today you continue trekking back to Lukla through Phakding, crossing several bridges and passing familiar Sherpa villages along the trail. After lunch in Lukla, you can rest and enjoy your final evening in the mountains.

**ALT: 2840 m HIKE: 4–5 hours MEAL: Breakfast, Lunch, Dinner**

09

### **Fly from Lukla to Kathmandu Early flight back from Lukla to Kathmandu**

Take an early morning flight from Lukla back to Kathmandu. After arriving, you will be transferred to your hotel and can relax with a hot shower and comfortable stay in the city.

**ALT: 2840 m MEAL: Breakfast**

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10

### **Fly back to home.**

Your trip ends today. Depending on your flight schedule, you will be transferred to the airport for your departure.

**ALT: 1400 m MEAL: Breakfast**

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**END OF SERVICES**

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## - What's Included

- Airport pick up and drop at hotel and airport transfer
- Three meals a day during the trek, including tea and coffee
- Two-night hotel in Kathmandu with breakfast
- Trekking lodge accommodation during the trek
- All necessary trekking permits
- Transportation by private vehicle
- English speaking guide with salary, food, accommodation, transport and insurance
- Strong and helpful porter with proper equipment, one porter for two people
- Medical supplies, including first aid kit
- Government taxes and official expenses
- Assistant guide for group size above 6 persons

## - What's Not Included

- International flight
- Travel insurance
- Nepal entry visa fee
- Personal nature expenses
- Lunch and dinner while in Kathmandu
- Drinking water, hard drinks and cold drinks
- Battery charging, hot shower, laundry, phone calls and internet during the trek
- Personal trekking equipment like sleeping bags and jackets
- Emergency evacuation and helicopter rescue
- Any extra costs caused by itinerary changes, landslides, political disturbance or strikes
- Any other cost not mentioned in the included section
- Horse renting and additional porters due to natural calamities during the trek
- Tips for guide, porter and driver

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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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