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Everest Short Trek

The Everest Short Trek is one of the ideal walks among the short trek in Nepal. We have designed this trek itinerary for people with little time but who want to discover the Everest region. It is a mixture of incredible natural beauty, a unique culture of the Sherpa people, and the ancient Buddhist monastery. In a short time, you have an excellent opportunity to attend the highest mountain in the world; Everest and surrounding peaks such as Mt. Lhotse, Makalu, Mt. Cho Oyo, Nuptse, Pumori, Ama Dablam, and Thamserku.

- ❖ A fascinating flight over high mountains and beautiful landscapes.
- ❖ Visit the old and famous Tibetan Buddhist monasteries.
- ❖ Find Himalayan fauna and vegetation such as Danphe, pheasants.
- ❖ Hiking trails with rhododendrons, junipers, pines, and prayer flags.
- ❖ Short walks to Tengboche Monastery, Sangboche, and Everest View Hotel.
- ❖ Generous The Sherpa's generous hospitality, unique culture, and tradition.

Everest Short Trek

Everest Short Trek, one of the best short Treks in Nepal, is designed for those who have minimal time. Within a short time, you get an excellent opportunity to experience the highest mountain in the world. Mount Everest (8,848 m) and surrounding peaks such as Mt. Lhotse (8,516 m), Mt. Makalu (8,485 m), Mt. Cho Oyu (8,201 m), Mt. Nuptse (7,855 m), Mt. Pumori (7,145 m), Mt. Ama Dablam (6,856 m), Mt. Thamserku (6,723 m).

The highest point of the Everest Short Trek is the Tengboche Monastery in the middle of the UNESCO-protected Sagarmatha National Park in the Khumbu region in the east of Nepal at an altitude of 3,867 meters. This monastery, also well-known as Dawa Choling Gumpa, is the Tibetan Buddhist monastery of the Sherpa society and the largest gumpa in the Everest region. It offers a panoramic view of the Mount Everest, Mt. Lhotse, Mt. Tawache and Mt. Nuptse, Mt. Ama Dablam, Mt. Thamserku, and other neighboring peaks

Depending on your availability of time, budget, interest, and region, we organize short and long hikes in different places in Nepal together with a professional, local, and friendly guide. This trekking opportunity would be your best decision for the next vacation trip that offers the immeasurable natural beauty of mountains and landscapes along with incomparable cultural experiences. Plan your trip to Nepal with us; we will make your dream come true!

Day 1: - Flight to Lukla from Kathmandu and trek to Phakding

Early in the morning, you fly from Kathmandu National Airport to Lukla. After 40 minutes of panoramic flight, you reach Lukla. After lunch, we head towards the beautiful village of Phakding. The trail runs along the Dudh Koshi River through suspension bridges and rhododendron pines. On the way to Phakding, Several Sherpa settlements will appear. You can also make a short visit to the Phakding Monastery. Enjoy your dinner with the team and local sherpas! Night in the guest house.

Breakfast, lunch, and dinner included.

Day 2: - Trek Lukla to the Namche Bazaar: walking Distance 6 to 7 hours.

A hard walk takes you to the gateway to the Everest region and the famous stop for Everest climbers. Namche bazaar. Today's hike begins with a steep climb. The route leads through several suspension bridges over the Dudh Koshi river, the picturesque Sherpa settlements, the village of Monjo and Jorasle as well as the rhododendron forests. The city of Monjo is the entry point to the famous Sagarmatha National Park. Discover the attractive trading market of Tibet and Nepal! Overnight stay at the lodge.

Breakfast, lunch, and dinner included.

Day 3: - Acclimatization day in Namche

Namche Bazaar is mainly known to hikers in the Everest region for its altitude adjustment and the gateway to the Upper Himalayas. Namche has two suitable acclimatization points; Syangboche and the Everest Hotel are coming. If you go to these panoramic points, you can enjoy the view of the mountains: Everest and the surrounding Himalayas such as Ama Dablam, Thamserku. The look of the Khumjung valley is also breathtaking. Upon your return to Namche, explore the city, and interact with people to experience their warm hospitality and learn about a unique culture. Night in the guest house.

Breakfast, lunch, and dinner included.

Day 4: Trek from Namche to Tengboche Monastery. Duration: 5 to 6 hours.

Today's route first leads to the Dudh Koshi River before reaching Phunke Tenga and then to Tengboche. The path leads through the forest full of juniper, rhododendron, and pine. Upon arrival in Tengboche, take a trip to Tengboche Monastery for the best views of the Himalayas and landscapes. You will witness the view of Mount Everest, Mt. Ama Dablam, Mt. Taboche, and other neighboring peaks in the background of this ancient Buddhist monastery. We will return to Tengboche later. Night in the guest house.

Breakfast, lunch, and dinner included.

Day 5: Trek from Tengboche to Monjo: Duration of the trek: 6 to 7 hours.

After having breakfast in the morning and revisiting the Tengboche Monastery to enjoy the impressive view of the sunrise over the high peaks, we continue our hike back to the city of Monjo. The town of Monjo is the last settlement before the Namche bazaar. We arrived in Namche on the same paths and past mani walls, prayer flags, and rhododendron forests. After lunch in Namche, we return to Jorasle, cross the suspension bridge over the Dudh Koshi river and reach Monjo. Night in the guest house.

Breakfast, lunch, and dinner included.

Day 6: - Return to the Lukla: walking Duration 4 to 5 hours

Today's route leads through several charming little Sherpa villages such as Phakding, Benkar, Chaurikharka. Go back to Lukla, cross several suspension bridges, prayer flag chains, rhododendron forests, and experience the magnificent view of the surrounding mountains, landscapes, and rivers. Rest the rest of the day or hike around town! Overnight at the hostel.

Breakfast, lunch, and dinner included.

Day 7: - Flight to Kathmandu (1,350 m)

When you return to Kathmandu, you can relive the view of the snowy mountains, green landscapes, and dense forests from above. Upon arrival in Kathmandu, our vehicle will transfer to the hotel. Stay overnight at the hotel

Breakfast included

Included in the price

- ❖ Collection/return at the airport
- ❖ Ground transportation while driving.
- ❖ Accommodation in a three-star standard hotel in Kathmandu
- ❖ Accommodation in a tea house at the stop during the trip
- ❖ Meals specified in the itinerary.
- ❖ Trekking permit if required
- ❖ Entrance fee and permission to enter national parks, heritage sites, and other places.
- ❖ A professional and English speaking guide
- ❖ A doorman for two customers
- ❖ Trekking map
- ❖ Insurance of the members of the support crew and their other costs.
- ❖ A first aid kit

- ❖ Local cell phone SIM card.

Price not included

- ❖ Flugtickets International plane tickets
- ❖ Travel visa fee
- ❖ Lunch and dinner in Kathmandu
- ❖ Expenditures for personal soft drinks such as soft drinks, hard drinks, bottled water, etc.
- ❖ Expenditures for personal services such as telephone, internet, laundry, etc.
- ❖ Tips for support crew members

Meals and accommodation

Food is a big part of the vacation. When you travel with us, you will experience a variety of excellent Nepalese, Chinese, continental, Italian, and various local cuisines. Your guide will suggest delicious, hygienic, and unique dishes for each location during your trip. A mountain restaurant owner prefers not to order too many dishes and waste food, as he wants to provide more hikers with limited food before running away. It's been a week or more of hard work for shippers and caravans to get groceries to these places. During this walk, you usually eat breakfast and eat in the same lodge. Lunch will be taken in one of the restaurants on the way.

A tea house is the combination of a guest house, restaurant, and meeting point. Single rooms are available in most tea houses, except for a higher level, which is only dormitories. The accommodations are pretty simple, with two single beds and tiny additional furniture. Blankets are usually provided. There are a large dining and living room heated by the Bukhara stove (an iron cylinder equipped with a fireplace that lights a wood fire. There is usually no electric lighting in the rooms unless the city has electricity hydropower.

Most tea houses now have electricity to charge small devices, cell phones, and cameras, and a small fee may apply.

Drinking water:

During the hike, we provide unlimited water treated with chlorine/iodine. All tea houses have mineral water and boiled water for hikers at an additional cost. We do not recommend buying mineral water and mineral water while trekking because plastic bottles are difficult to dispose of and have become an environmental problem.

What to bring

It is a very active trip, which means that you are traveling most of the time. So pack up as lightly as possible. We offer a luggage rack for two travelers. The porter carries his trekking equipment in a canvas bag, which we make available to him. The maximum that the chargers can carry 15 kg per hiker means 30 kg of 2 hikers. Unnecessary luggage can be checked out at Hotel Kathmandu and is entirely free.

Insurance / evacuation:

We do not expect any serious problems to arise on your trip. However, if you suffer from a severe illness, we will do our best to take you to the nearest possible hospital. However, you are responsible for all costs incurred during the evacuation process. It is, therefore, suitable that you have insurance that covers your expenses.

Travel insurance for every itinerary of our company is a prerequisite for booking a holiday. You must have at least emergency and repatriation insurance, which should include the cost of mountain rescue. Please read the conditions of your insurers carefully; in particular, make sure that the following is covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached in the hike 3) evacuation of the helicopter in case of emergency. You must understand that you are ultimately responsible for all costs associated with evacuation and return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in specific medical emergencies, our company guide

may initiate helicopter rescue (or other necessary means) without first asking your insurance company for approval.