High Route Adventure Pvt Ltd.

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1. Everest Short Trek

2. Overview

Perhaps the most iconic destination around the world, the Everest region (Everest Short Trek) has always invoked a feeling of thrill and adventure amongst trekkers and adventurers. Some lie in awe of the majestic snow-white…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350 m Stay: Hotel

Touching down at Tribhuvan International Airport, you will be welcomed by the representatives from our office who will guide you directly to the hotel. Freshening up from the day's journey, you will be further introduced to other staff members including your guides for the trip. Following a short briefing session on the day to day itinerary the day comes to a close and you are free to head down to the local region enjoying the pleasant evening.

Day 02: Fly to Lukla and trek to Phakding

Altitude: 2610 m Meals: Breakfast/Lunch/Dinner Stay: Teahouse

A stunning Himalayan flight over the Himalayas accompanied by a thrilling touchdown at the Lukla airport. We begin our Himalayan adventure heading away from the capital city and towards the picturesque town of Lukla. Taking some time off at the hamlet we begin our trek towards the quaint hamlet of Phakding. Exiting Lukla, the journey heads north past the hamlets of Cheplung and Nachipang to reach Koshiguan situated on the banks of the stunning Dudh Koshi River. Making past the hamlet of Ghat, the final stretch of the journey follows the ridgeline high above the river and into the hamlet of Phakding.

Day 03: Trek from Phakding to Namche Bazaar

Altitude: 3440 m Meals: Breakfast/Lunch/Dinner Stay: Teahouse

An early start to the day, the journey once again follows the banks of the Dudh Koshi River heading past the hamlet of Thulo Gamelan to reach the town of Benkar. Past Monjo, we reach Jorsale which marks our entry into the stunning Sagarmatha National Park. As the majestic Kusum Kanguru (6,367m) creeps into the horizon, we begin our final stretch of our journey heading towards the picturesque town of Namche Bazaar.

Day 04: Trek from Namche Bazaar to Tengboche

Altitude: 3860 m Meals: Breakfast/Lunch/Dinner Stay: Teahouse

Exiting the picturesque town of Namche, the trail takes us on an ascending run heading past the Everest View Hotel which like its namesake boasts stunning views of Mt. Everest (8,848m) alongside the other Himalayas. Heading north away from the quaint hamlet of Khumjung, the journey takes us to the hamlet of Sanasa and Lawi Schyasa before reaching Phungi Thenga. Known for its stunning Himalayan views, the hamlet serves as a perfect place to rest before crossing the Dudh Koshi River to reach the hamlet of Tengboche.

Day 05: Trek from Tengboche to Namche Bazaar

Altitude: 3440 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Taking some time off to explore the stunning Dawa Choling Monastery at Tengboche while also enjoying the majestic Himalayan views, we begin our descending journey retracing our steps back to Namche. Reaching back to the banks of the Dudh Koshi River, the journey ascends back to Phungi Thenga but this time with the Himalayas to our back. Pasta Sanasa, the trail descends through a series of Mani stones reaching back to the hamlet of Namche for the night.

Day 06: Trek from Namche Bazaar to Lukla

Altitude: 2840 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The final day of our trek and we begin our descending journey back to the hamlet of Lukla for the night. The journey is a scenic one as it follows the banks of the Dudh Koshi River back to Jorsale once more. Exiting the Sagarmatha National Park, the trail takes us past Monjo and Benkar, following the banks of the Dudh Koshi River to reach the quaint hamlet of Phakding. The final stretch of the trek sees us travel back through the banks of Dudh Koshi River to reach the town of Lukla.

Day 07: Fly to Kathmandu and free day and farewell dinner

Altitude: 1350 m | Meals: Breakfast/Dinner | Stay: Hotel

An early start to the day, we make our way out of Lukla, reliving the thrill of its narrow airstrip. Bidding goodbye to the majestic Himalayas, the journey takes us back to the capital city bringing an end to a stunning adventure. Touching down at Kathmandu, we make our way directly to the hotel after which you are free to head down to the local region enjoying the rest of the day. The day ends with a lovely farewell dinner as we celebrate our successful journey.

Day 08: Final departure

Meals: Breakfast

Our representatives will drop you back to Tribhuvan International Airport just in time for your flight back home. We hope you had a lovely time with us and we look forward to seeing you again.

5. Cost Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Five Night teahouse accommodation during the trek
- All meals (breakfast, lunch, and dinner) during the trek
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- An experienced, English-speaking, and government-licensed trek Guide
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation
- All necessary paperwork (Sagarmatha national park fee and Local communities fee)
- Medical kit
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage(s)
- Extra night accommodation in Kathmandu because of early arrive,late departure, early return from mountain(due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, Extra porter, bottle or boiled water, shower, etc.)
- Trips for guide, porter and Driver

7. Equipment / Packing List