



Everest View Trek – 9 Days

Trip fact:

Designation	: Nepal
Region	: Khumbu Region
Duration	: 9 Days
Maximum Altitude	: Tengboche (3860m)

Outline Itinerary:

Day 01: Arrive Kathmandu (1400m/4593ft)

Day 02: Fly to Lukla (2800m/9186ft) & trek to Phakding (2610m/8563ft)

Day 03: Trek to Namche Bazaar (3,440m/11,286ft)

Day 04: Namche Bazaar Exploration Day - Day Hike to Everest View Hotel or Khumjung Monastery

Day 05: Tengboche (3,860m/12,664ft)

Day 06: Manjo (2,835m/9,301ft)

Day 07: Trek to Lukla (2,800m/9,186ft)

Day 08: Fly to Kathmandu / Ramechhap From Lukla

Day 09: Departure from Kathmandu



Cost Include:

- ✔ Free International transfers from and to the hotel by private vehicles
- ✔ Full board Meals on a full-board basis (Breakfast, Lunch, and Dinner/ the main course) during the trek in the mountain.
- ✔ Government-licensed, English-speaking trekking Sherpa guide
- ✔ All salary, food, drinks, accommodation, transport, and insurance for the Guide.
- ✔ All necessary papers, including Everest National Park permit and TIMS card (Trekking Information Management System)
- ✔ Trekking lodges or tea houses during the trek
- ✔ Assistant guide for the group of 10 pax or above
- ✔ A round Airfare from Kathmandu to Lukla to Kathmandu with applicable airport taxes
- ✔ Seasonal fresh fruits are served as a dessert every evening after dinner.
- ✔ Appreciation of certificate after the successful trek.
- ✔ Farewell Dinner at a typical Nepalese restaurant with traditional shows
- ✔ An oximeter is used to measure your oxygen and pulse level during the trek in the mountain; it's very useful for all the trekkers to be aware of high altitude sickness.
- ✔ A basic first-aid box
- ✔ Emergency rescue operation assistance is arranged in case of complex health conditions (funded by your Travel Insurance)
- ✔ All government, Local taxes, VAT, and official Expenses
- ✔ 10% of all proceeds go to support our social impacts initiative

Cost Exclude:

- ✘ Nepal entry visa fees
- ✘ All kinds of beverages (tea/coffee, coke, beer, water, etc.).
- ✘ Additional costs are out of management control due to the landscape, weather conditions, illness, change of government policies, strikes, physical conditions, etc.
- ✘ Surplus luggage charges for domestic airport
- ✘ Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- ✘ Travel insurance has to cover emergency rescue evacuation from high altitudes up to 5000 m.
- ✘ Gratuities to guides and staffs
- ✘ Any other expenses that are not mentioned in the Price Include section of this trek.



Trip Highlight

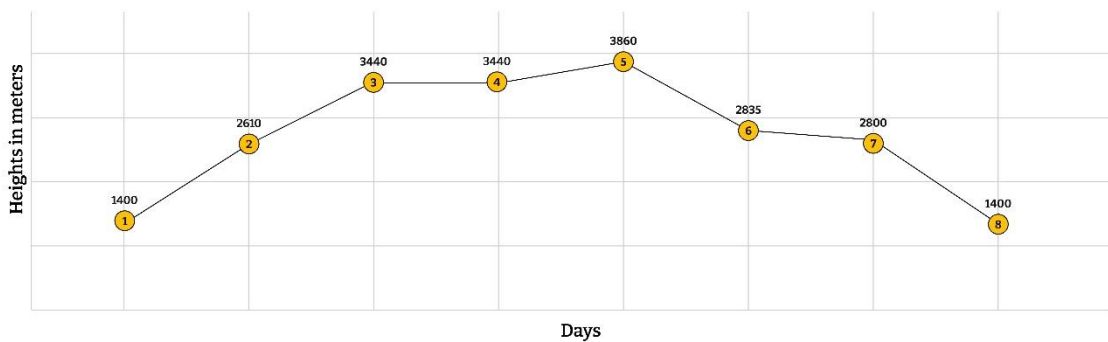
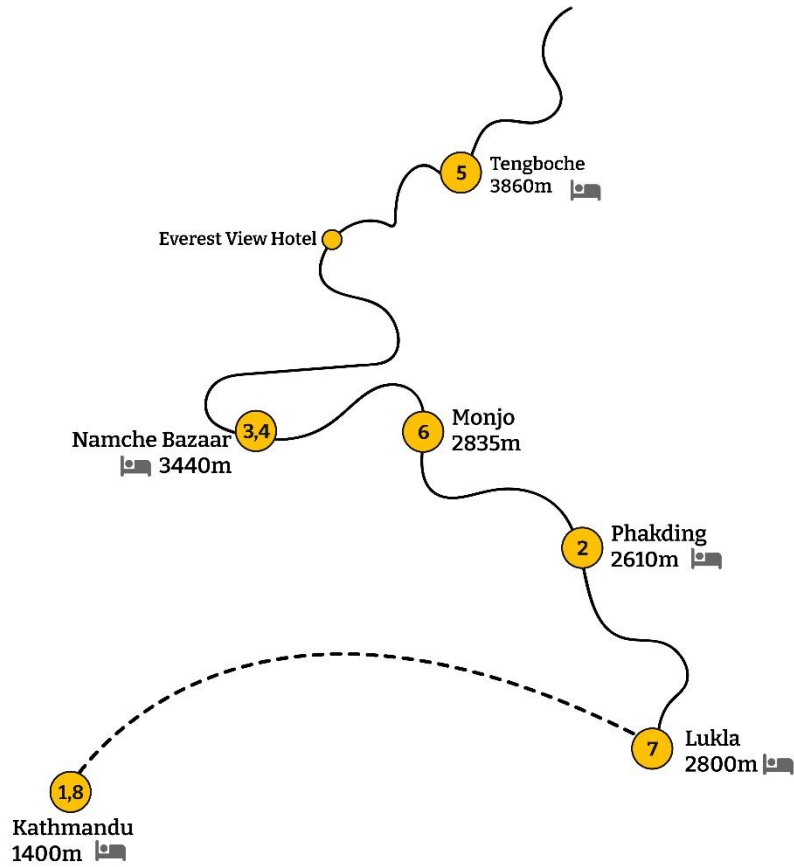
- ✔ A scenic, adrenaline-inducing flight to Tenzing-Hillary Airport, Lukla. Make use of the opportunity of gaining more knowledge of the Red Panda.
- ✔ It is an easy trek to the view of Everest and hence quite suitable for beginners.
- ✔ The entry into the Sagarmatha National Park—Nepal's protected area and a UNESCO World Heritage Site
- ✔ The passage by the legendary landmark, the Hillary Bridge.
- ✔ The charm of Namche Bazaar village and captivating Sherpa culture.
- ✔ Highest airport in the world, Syangboche Airport.
- ✔ The view from the world's highest hotel, Everest View Hotel.
- ✔ Mystique village of Khumjung and its embedded history.
- ✔ Diverse Landscapes with rare flora and fauna.



Route Map:



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Disclaimer of Itinerary

We do our best to stick to the schedule we have laid out for the trek. We may have to change the route, though, if the situation calls for it. Therefore, because of the nature of the trip and how far away it is, anything could happen. During a trek, if something comes up that changes the plan, the trek leader will make decisions that are best for the group.

Points to be noted:

Here are some things you should know before going on the trek:

- There is a chance of getting altitude sickness on the trek. So, talk to your doctor and find out what might happen to your body at high altitudes
- The Langtang Valley has a lot of modern facilities, which makes it easier to hike than other trails.
- Altitude sickness can be avoided by drinking a lot of water.
- Do not go hiking in brand-new hiking boots. You will get blisters, which will make it hard for you to walk.
- You can go to the Langtang trek in the off-season as well if you are ready. During the off-season, prices are low and the trail is not crowded.
- You can make changes to the schedule to fit your needs.
- Have extra money so you can pay for things like hot showers, charging stations, WiFi, etc (not covered in the package cost).

Safety and Security

Adventure Master Trek is a trekking company with a license. Therefore, you can have a safe and pleasant trip with us. We have a safe way for people to pay. So, you can trust us with your money and time. Our team has worked in this field before, so all treks go smoothly. Also, you will not have to worry about food, water, or a hotel room.

During your langtang trek, the leader of your group will look out for your safety. The trek leader has a satellite phone with him in case he needs to get in touch with the city office. Our guide will keep us informed about the trek all the time. Therefore, your safety is our top priority.

Also, the whole team has been immunized against Covid-19. Therefore, there is no emergency on a national scale, and the country is open to people from all over the world. Most people have had their first or second dose of the COVID-19 vaccine, so it is safe to go on the trek.

Travel Insurance

To go on the Langtang trek, you need to have travel insurance. We do not accept a reservation if the person who wants to go does not have good travel insurance. You should know that the Langtang trek is at a high altitude and in an area that has not been developed and is hard to get to. If there is a medical emergency on the trek that cannot be fixed with first aid, we will send the person by helicopter for emergency rescue.

In case of an emergency, your travel insurance should pay for your medical bills and get you to a safe place by air. You can also add flight cancellation and loss or theft of personal items to



your travel insurance if you want to. Nepal does not offer travel insurance to people from other countries, so you must get it before you leave.

Minimum Age

To join our trek on your own and without a guardian, you must be 18 years old. Those younger than this age (up to 12 years old) must hike with a known guardian. Langtang trek is at a higher altitude, so it is not safe for kids under 5 to hike there.

Best Time

Spring and fall are the best times to go trekking to Langtang trek. Therefore, it is the best time to trek or climb in the Himalayas, and the weather is most stable. From March to April and October to November, the weather is nice and clear.

During the day, it is sunny and windy, and you can see the mountains. In Autumn, the air smells cold and crisp, and in Spring, it smells warm.

Tipping

The cost of the Everest base camp trek does not include tips. We let our guests decide how much to tip the people on our field crew. Tipping is more of a cultural thing than something you have to do. But we recommend tipping to show your appreciation for your team's hard work, and it is best to tip as a group.

Group leader Description

You hike with a strong group of guides and porters. Depending on the size of the group, we may also send a second guide. Our guides have been trained well and have been trekking for many years. Our guides have licenses for trekking, survival in the wilderness, first aid, and other skills. On your trip to Nepal, we take care of everything. We promise that your trek through the Himalayas will be safe and enjoyable to the fullest. We are one of the most reliable and experienced local trekking companies in Nepal, and we offer the best itineraries, prices, and service.

Group Size Notes

We organize private treks for solo travelers who prefer to trek alone and take their time. Likewise, our group size usually ranges between 2 to 12 trekkers. If you are planning a Langtang valley trek in a group bigger than 12 people, we suggest you share your requirements with us. We will organize the perfect Langtang valley trek for you.



If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram

[\(@adventuremastertrek\)](#) or get in touch via [WhatsApp \(+9779851033195\)](#). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

Adventure Master Trek

We are recommended on



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