

Overview

Everest View Trek

Everest View Trek is the easiest and most scenic way to see Mount Everest face to face. This is the most popular trek for those who either do not have enough time or are inexperienced in high altitude trekking. If you **have dreamed of seeing Mount Everest** in person, but are not willing to take on the Everest Base Camp Trek, this trail is perfect for you. The Everest View Trek leads through the beautiful little Sherpa settlements of Lukla, Phakding, Namche Bazaar, Khumjung, and Tengboche. The trail follows the same route as the Everest Base Camp up to Tengboche. In fact, by the end of the trek, you will have hiked on 70% of the Everest Base Camp trail.

After landing at the Lukla Airport, the trail passes little **Sherpa settlements** until Phakding. Then, you follow the Dudhkoshi River up to the highest bridge, cross it, and climb more to Namche Bazaar, the biggest city of the Everest region. On this day, you enter the world's highest national park – Sagarmatha National Park. The park is lush with vegetation, rhododendron forest, pine trees, and birch tree. Most people stops in Namche Bazaar for a day of acclimatization and exploration.

On our acclimatization day, you'll hike to the wonderful **Sagarmatha National Park Viewpoint**, which offers an awesome view of the Mt. Everest, Lhotse, Amadablam, Nuptse, and many more Himalaya peaks. Afterward, you head to Everest View Point Hotel for another scenic lookout and then to Khumjung village for lunch. Khumjung is a nice, peaceful Sherpa settlement where you can observe the local lifestyle up close. Many people from this village have summited Mt. Everest. There is a school built and funded by Sir Edmund Hilary as well as an old monastery, which is houses an alleged Yeti scalp.

Tengboche another highlight of the trek, known for having a breathtaking Everest View. Also, it is home to the oldest and largest monastery in the Everest region. The hilltop Tengboche Monastery is a perfect spot to enjoy the majestic panorama of Mt. Everest, Lhotse and Nuptse. Situated at an altitude of 3867 meters, you will have an awesome view from both sides of the monastery. The sunrise and sunset views over Mt. Everest and its staggering neighboring peaks are priceless. At Tengboche Monastery, there is a puja ceremony every morning and evening. All the monks gather in the monastery and read mantras and play typical Tibetan Buddhist instruments. It's refreshing to practice meditation inside while all the monks are chanting and playing their music. If you want, we can participate in this ceremony and meditate with the monks during one of their daily pujas, which start at 6 am and 3 pm.

Everest View Trek is a great combination of Sherpa culture, spiritual allure, amazing views, and the glorious Himalayas. This is not a typical trek through the mountains. It is a culturally and spiritually inspiring journey through beautiful villages and historical monasteries. The trail ends in Tengboche, from where we retreat along the Dudhkoshi River back to Monjo and then Lukla via Namche Bazaar.

What is the Best Season for Everest View Trek?

This trek can be done all year because it doesn't lead high into the Himalayas. The best time for the Everest View Trek is during Autumn (September to early December) and Spring (March to May). September offers awesome views of the Himalayas and clear skies, complimented by beautiful alpine flowers. October and November bring even clearer skies and therefore stunning Himalayan views. December is a bit colder, but this can provide cloudless blue skies and a peaceful trail in the Himalayas. For sunrise and sunset vistas, December is the best month. March, April, and May are known to be the best months for expeditions in the Nepalese Himalayas, due to the moderate weather. During April, climbers from all over the world flock to the Everest region to try their shot at the world's highest peak. You may even share the trail with some of these people. Spring offers amazing weather and blooming flowers, so it's a perfect time for trekking in the Himalayas.

Is Everest View Trek very Difficult?

Everest View Trek is not a difficult trek. In fact, it is categorized as being easy to moderate. This trek can be done by any people of all ages, no matter your level of experience. This trek doesn't lead into the high Himalayas, so it is much easier than the Everest Base Camp Trek. The trails are well maintained all the way to Tengboche. Some parts of the trail are a bit narrow, so you'll need to walk carefully. There are 7 suspension bridges on the trail. Some people who are afraid of heights struggle to cross this kind of bridge, but just try to focus on the beauty that surrounds you. The trail on the second day, from Phakding to Namche, is a bit long and there is an uphill at the end, but this is the most challenging part. Altitude is the only difficulty for this trek, but we have built an acclimatization day in Namche Bazaar to prevent any issues. Overall, this trek is quite easy and can be done all age people with a basic level of fitness.

Fitness Level and Training for Everest View Trek

Everest View Trek is a simple hike in the Himalaya. It does not require special climbing or hiking experience. Still, it helps to be in good shape to have a joyful and successful trip. If you have regular hiking experience, try to maintain that and do some hiking around where you live starting about 2 weeks prior to your departure. If you don't have much experience, try to build some up before taking the Everest View Trek. Your basic, beginner level hiking experience will help to complete this trek without any problems.

What is the Culture and Religion on Everest View Trek?

People from the Himalayas are generally super welcoming and friendly. Most people from the Everest region are Sherpa, the most famous ethnic group of the Himalayas. To them, the mountains are sacred and they have a lot of respect for nature. Still today, Everest summiteers don't climb Mt. Everest without the help of local Sherpas. They are very friendly to visitors, each other, and the Himalayas. They are Buddhists, which manifests in their cool, laid-back ways. They are generally happy and accept easily what comes their way. There are 6 dated monasteries in the Khumbu (Everest) region. In January, there is a big festival called Lhosar, which is awesome to participate in and witness. Mani Rimdu is another major festival that happens twice a year – in August and October. If you come in October, you can combine this spiritual festival with the best time to trek in the Himalayas.

What are the Most Popular Places in Everest View Trek?

Everest View Trek leads into the most popular region in Nepal – the Everest region. Many of the most popular places along Everest Base Camp Trek can be seen in this short trip. Here is a list of the most popular places on the Everest View Trek:

Lukla Airport

The Everest View Trek is full of excitement from the moment you take off in Ramechhap. The early morning flight is quite a thrill, especially landing on an airstrip that sits on the edge of a cliff. In fact, in 2010, the History Channel deemed the Lukla Airport as the most dangerous airport in the world. The infamous airport was built in 1964 with the help of Sir Edmund Hilary and the Nepal Government. During your flight, you can see mountains of all sizes from your window. Once you disembark, you'll feel immense joy knowing that you've reached the gateway to the Everest region.

Namche Bazaar

Namche Bazaar is the biggest town and commercial center of the Everest region. After your trek, it is the best place to chill out and have a beer in one of the many bars in town. On Saturdays, there is an awesome little local market, where you can buy local Sherpa handicrafts among many other things. On your acclimatization day, spend an hour or two wandering the streets, checking out the various bakeries, galleries, cafes, and restaurants Namche Bazaar. This little tourist hub is a must-see place on any Everest region adventure!

Sagarmatha National Park Viewpoint

Everest View Point gives you your first glance at the world's most legendary mountain. Seeing Mount Everest for the first time is an unforgettable moment. A few hundred feet

above Namche Bazaar, you can see the expansive Khumbu Valley and several of the highest mountains in the world.

Hotel Everest View

On your acclimatization day in Namche Bazaar, one place you will visit is Everest View Hotel. As the name suggests, the place has stunning views of Mount Everest. At 13,000 feet above sea level, Hotel Everest View is officially the Highest Placed Hotel in the World, according to Guinness Book of World Records (2004). In the morning on the way to Khumjung Village, it is the perfect spot to have a cup of tea and relax while absorbing the peace and serenity of this beautiful place. The 360-degree panorama gets you excited for the even more glorious view the following day!

Khumjung Village

The final destination of our acclimatization hike from Namche Bazaar is Khumjung Village. Ascending higher and higher above Namche, incredible mountain views begin to appear. The village is small and charming, with little stone houses clustered around the flat grassy area. At the highest point of Khumjung village, there lies a famous old monastery. Within this monastery lies an alleged Yeti scalp, the fabled creature that is known to roam the Khumbu region. Take a look at it and wander around the monastery. Afterward, you hike back down to Namche Bazaar, feeling good after the acclimatization hike.

Tengboche Monastery

The oldest and largest gumpa in the region, Tengboche Monastery is an absolute gem. At 3867 meters, it is the highest point of the trail and offers beautiful Himalayan views. One highlight of the Everest View Trek is participating in the daily puja at Tengboche Monastery, which happens at 6 am and 3 pm. Meditating with monks in the early morning is an experience that you will cherish for life. Tengboche village is also a great place to witness Sherpa culture and their devout adherence to Tibetan Buddhism. The view from the back of the monastery is the best view you'll have throughout the trek, so enjoy it!

Why Everest View Trek?

The truest answer to this question is, "Why not the Everest View Trek?" This adventure offers a lifetime experience to trekkers. It can be done by people of all ages, even with a basic level to zero mountain hiking experience. This is a short introduction trek into the Everest region, which offers several awesome views of Mt. Everest from up close, as well as other towering mountain peaks. The trail goes through many Sherpa villages, where you can observe the local culture and day-to-day lifestyle. With very little risk of high altitude sickness, you can see incredible views of Mt. Everest and several more of the world's highest peaks. A bucket list dream can be crossed off within just a few days of leaving Kathmandu.

Highlights

- Awesome scenic flight to Lukla
- Lovely Sherpa villages along the trail
- Sherpa people's culture and lifestyle
- Breathtaking view from Everest Viewpoint Hotel
- Amazing Sagarmatha National Park Viewpoint
- Khumjung Village, Hilary School, and Monastery
- Sunrise and sunset view from Tengboche Monastery
- Participate in the puja ceremony at Tengboche Monastery

Outline Itinerary

Cost Includes

- Transportation to and from Tribhuvan Airport.
- All transportation for the trek, including flights to and from Lukla.
- Local guest house accommodation in the mountain.
- Government-authorized experienced guide and porters
- Insurance, food, accommodation, and wage for guides and porters
- Hygienic meals (breakfast, lunch, and dinner) during the trek.
- Down Jacket, Sleeping Bag and Duffel bag
- Fresh Fruits every evening
- First Aid Kit
- Maps
- Service charge and government taxes
- Sagarmatha National Park entry fee
- Post-trek celebration dinner in Kathmandu

Cost Excludes

- International airfare
- Meals in Kathmandu (besides breakfast)
- Shower and electronic charging fees at guest houses during the trek
- Alcoholic drinks, chocolates, tea and coffee
- Tips for guide and porter
- Extra accommodation and meals outside of itinerary
- Costs from unexpected occurrences (i.e. cancellations, weather problems, damages of property, illness, etc.)