Khumbu Trekking



> Khumbu trekking is one of the best trekking in Nepal. Experience Sherpa culture, Buddhist monasteries and alluring mountain views of Mount.Everest (8848m)

The Khumbu region is synonymous with the Everest region. It is in Nepal's Solu Khumbu district, in the country's northeast. Khumbu trekking is one of the most popular destinations in the world since it includes the world's tallest peak, which stands in the Himalayas.It is gifted with a distinct cultural existence as well as the friendly inhabitants of the Khumbu region. The region is dominated by Sherpa settlements, but Rai, Tamang, and Lumbu also live at lower elevations. Khumbu trekking takes you through many picturesque villages, including Namche Bazar, Thame, Khumjung, Pangbouche, Pherich, and Kunde. Tengboche's earliest Buddhist ministry is likewise in the Khumbu region.

Khumbu trekking in the Khumbu region is arguably the most popular trekker destination in Nepal."Lonely Planet recommends the top forth best place to trek in the world."The elevation ranges from 3,300 metres (11,000 feet) to 8,848 metres (29,029 feet) at the summit of Mount Everest. Sagarmatha National Park has effectively conserved the entire area. Trekkers must have a Sagarmatha National Park permit and a TIMS (Trekkers Information Management System) to hike in the Khumbu region. Trekking to Everest Base Camp provides breathtaking views of the Himalayas, a diverse range of Himalayan flora and wildlife, Buddhist practices, and opportunities to interact with Sherpa people, their lifestyle, and culture.

The Khumbu valley trip begins after a 45-minute flight from Kathmandu to Tenzing Hillary airport in Lukla. Lukla is located in the Himalayas and offers a variety of amenities to trekkers, including last-minute shopping, lodging, air transportation, and a hospital.This trail attracts many wild uncommon creatures, including Musk Deer, Thar, Blue Sheep, Snow Leopard, and a variety of bird species such as Monal, Kalij, and Danfe (Lophophorus). During your hike, you'll also see Himalayan Pheasants.In addition, if you want to take a side trip during your stay, we provide sightseeing at World Heritage sites, rafting, Bungee jumping, jungle safaris, cultural tours, yoga, meditation, and so on. We organise every tailor-made journey based on our clients' interests; simply dream and dare, and we will make it happen.

Duration: 16 days

Price: $1650

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

Itinerary:

Day 1: Arrival in Kathmandu airport (1345meters)

Upon your time of arrival at the Tribhuwan international airport in Kathmandu, our staff will be there to greet you and take you to your hotel. Refresh and relax in the afternoon followed by a welcome dinner in the evening. In the meantime, we introduce you with your trekking guide.

Day 2: Sightseeing around Kathmandu valley

Your sightseeing trip will start at 9 AM in the morning after breakfast. We provide a private vehicle and professional tour guide. Places we visit are Pashupatinath temple, Buddhanath, Monkey temple, Bhaktapur Durbar square, and Kathmandu durbar square. The afternoon includes a final briefing and preparations for the trek.

Day 3: Fly to Lukla (2804 meters) trek to Phakding (2610 meters) 3 hours

Our Guide will come to your hotel early in the morning and drive you to the domestic airport in Kathmandu. It's a 35-minutes scenic flight to Lukla at 2804meters from where we commence our trek towards Phakding at 2610meters.

Day 4: Phakding - Namche Bazaar (3441 meters) 5.30 hours.

We continue trekking along the banks of the Dudh Koshi river and crossing this river several times on exciting suspension bridges. After entering Sagarmatha National Park, the trail climbs steeply up until we head Namche Bazaar. Namche Bazaar is known as the Gateway to Everest and one of the biggest towns along the entire Everest trail.

Day 5: Rest for acclimatization at Naamche

We will spend a day here for acclimatization. After breakfast, we do a short hike to Syangboche from where we can see the splendid views of Kwandge.

Day 6: Naamche - Tengboche Monastery (3860 meters) 5 hours

We continue our trek toward Tengboche with less paved and narrower paths. We will cross a couple of long and strong suspension bridges and lush pine forests. Since Tengboche monastery is the biggest monastery in Khumbu Region, the village is also called the monastery village.

Day 7: Tengboche to Dingboche (4410m, 6/7 hrs.).

Today, we descend in a fairly wide path with well grown green trees. We will see wide valleys and speeding streams far below us as

we begin trekking uphill. Finally, we will arrive at Dingboche after a long hike.

Day 8: Acclimatization day.

We definitely enjoy a rest day in Dingboche. It's important to have a few rest days along the way to appropriately acclimatize your body to the altitude. We' will do a day hike Nangkartshang Peak 5083m to be well acclimatized. We will be able to view snow and ice formations all over the valley. We will also be able to enjoy the scarce flora and fauna of the Everest Region. We then climb down to Dingbuche and stroll around the monastery in Dingboche.

Day 9: Dingboche trek to Lobuche (4930m) 5 hours

After having breakfast, we start trekking up and arrive at yak farm from where you can enjoy the fascinating views of Tawache Peak (6,542m) and Cholatse peak (6,440m) on the left. Then the trail directly goes to the Khumbu Glacier by following the Duglha before reaching the village of Lobuche having views of the Khumbu ice, Pumori and lots of smaller peaks from the ridge.

Day 10: Lobuche to Gorakshep - trekking to Everest Base Camp (5357) and back to Gorakshep 6-7 hours

From here, the trail continues to Gorakshep. Along the way, we can view Khumbu glacier by crossing north rim of Everest next to Khumbutse and Pumori, and finally, we will head Gorak Shep.

We will check into a lodge in Gorekhshep. After Lunch, we will continue our journey to Everest Base Camp by passing several ups and down hills. To be in the Base Camp which is the objective of the EBC trek. You can get to base camp without climbing gears. We can view Khumbu icefall, Khumbu glacier, and the close view of Mt. Pumori, Khumbutse and other several peaks. The base camp is filled with many Buddhist prayer flags. We stay there to cream our eyes with the views of large pools of water and ice. After a while, we head back to Gorakshep.

Day 11: Gorakhshep to Kalapathar (5545m) and Pheriche (4240m – 5/6 hrs.).

We start climbing Kalapathar early in the morning to enjoy the sunrise view over the Mt. Everest. Kalapathar is just a pile of large rocks and dust and it is a famous spot for its incredible panoramic views of the surrounding peaks. We get back to Gorakshep for breakfast and then move towards the village of Periche. The trek is quite easy as we only hike downhill. The day is quite a long and the challenging as we ascend a thousand meters up and descend another thousand meters.

Day 12: Pheriche to Namche Bazaar (3440m, 7 hrs.).

We will trek down to Pangboche village, where you can see the oldest monastery in the region which contains what is said to be the scalp and bones of a Yeti. From here, the trail drops to the riverside and cross a bridge and continues up through the pine and juniper forest to the Tengboche village. The trail then drops sharply down to the Dudh Koshi River and the village of Phunki, where we cross the river, and up toward Namche Bazaar.

Day 13: Namche Bazaar trek to Lukla (2810m) 6-7 hours

Today is the last day of our trekking. The entire trail drops sharply down to Lukla by following the Dudh Kosi River. Here we complete our trek.

Day 14: Morning flight back to Kathmandu.

Take a scenic flight to Kathmandu in the morning. Once you're at the airfield at Kathmandu, your guide will take you to the hotel. Rest of the day is yours for refresh and relax. We will have dinner with Nepali cultural program shown in the evening.

Day 15: Leisure Day at Kathmandu.

Today you will be free in Kathmandu city; you can spend on shopping and relaxing. If time permits, and also if you are interested to visit a beautiful and medieval town, Bhaktapur Durbar Square

Day 16: Fly back Home

We take you to the airport for your final departure and say you a SAD GOODBYE then.

Highlights:

- 45-minute spectacular mountain flight from Kathmandu to Lukla.
- Experience the Sherpa's culture, lifestyle, and daily life.
- Trek up to 5,545m at Kalapather
- Observe Buddhist moanstry, Chorten and Buddhism practices
- Glistering view of Mount Everest, Lotse, Cho Oyo, Ama Dablam, and many more.
- Khumbu Trekking offers moments of reflection amidst the Himalayan splendor.
- Experience warm hospitality from the Sherpa people throughout the trek.
- Reach the iconic base camp and stand in awe of the world's highest peak.
- rom lush forests and valleys to rugged alpine terrain and glacial moraines.

Cost Include:

- Domecstic Airport pick up and drop off
- Two 1/2 day sightseeing in Kathmandu
- Flight to and from Lukla for you and Nepalese Staff
- 4 nights' accommodation in Kathmandu at Hotel Horizon (Very nice hotel)
- Accommodation and 3 meals while on the trek
- Fully escorted trek with English speaking a Guide and a Porter for every two persons
- National Park Fees
- TIMS CARD
- Sleeping bag (If you don't have)
- Wages, equipment, insurance and other facilities to staffs
- Welcome and farewell dinner in Kathmandu

Cost exclude:

- Items of personal nature ie. Soft/hard drinks, tips etc.
- Travel Insurance (this is a mandatory condition of booking)
- Medical evacuation in case of emergency
- Personal spending money
- Tips