

Everest Tengboche Trekking

Image not found or type unknown
40 days

From \$300



Tengboche Monastery, also known as Dawa Choling Gompa, in the Tengboche village in Khumjung in the Khumbu region of eastern Nepal is a Tibetan Buddhist monastery of the Sherpa community. Everest Tengboche is a short trek to Everest which starts from Kathmandu to Lukla flight of 35 minutes. Then you head towards Namche Bazar, the local settlement of Sherpa people. Then next day you will head towards the Tengboche, where you can explore the beautiful Buddhist monastery. Tengboche is a biggest monastery of this region. From here you can view the beautiful sunrise view of the Mount Everest.

Destination: Nepal

Activity: Trekking

Region: Everest Region

Itinerary:

Day 1 :Kathmandu (1350m)

Arrival in Kathmandu. You will be met, greeted and transported to the hotel.

Day 2:Kathmandu - Lukla (2840m) - Phakding (2610m) 3 hrs

In the morning, after 40-minute flight from Kathmandu we will reach Lukla (2840 meters). From Lukla we will have a views of the terraced landscape and river valleys below, as well as up-close perspectives of some of the world's highest mountains. After an easy walk, we will reach Phakding. Overnight at lodge.

Day 3:Phakding - Namche Bazaar (3440m) 7 hrs

This day we will walk through the magnificent forests of rhododendron, ending our nature-filled journey at Namche Bazaar (7 hrs from Phakding). On the way to Jorsale sometime we can see Himalaya Thar, Ghoral. While passing this long and often-steep passage we will see the scenery of blue pine forests, firs, and junipers. Overnight at lodge.

Day 4 :Acclimatization at Namche Bazaar

This day we will enjoy the beauty of Namche village . We will hike to Everest View Hotel, from there we can see very good views of Mt. Everest. We may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history of the Mount Everest region. Overnight at lodge.

Day 5:Namche Bazaar - Tengboche (3860m) 5 hrs

This day we will walk through the trail following the valley of Imja Khola, After 30 minutes walk from Namche Bazaar through the Sanasa and kenjomo we can see Himalayan Thar, Ghoral, Deer and Danphe (National bird)we will see some spectacular views of the mountains including Thamserku, Kangtega and Amadablam, Everest and Lhotse. At Tengboche we will find one of the most significant Buddhist Monastery in Solukhumbu Region. Overnight at lodge.

Day 6 :Tengboche - Phortse Tenga(3600m) 3 hrs

This day we will walk 3 hours through the forest where we can see Himalayan thar, Musk Deer, Ghoral, Danphe (national bird). We will find different species of Flora and Fauna surrounding to this area. Overnight at lodge.

Day 7:Phortse Tenga - Khumjung (3780m) 6 hrs

This day we will ascending and decending trail to Khumjung. We will follow the slopes of Khumbila towards the hidden valley of Khumjung. In this part we can see Himalayan Thar, Deer, Danphe (National bird) . Overnight at lodge.

Day 8:Khumjung - Thame (3820m) 6 hrs

This day we will walk for about 6 hours through downhill and uphill trail. After 1 hour walk we reached to Thamo which is the habitat of Ghoral, Thar , Deer and Danphe (National bird). This is the best place to see lots of animals and birds. Overnight at lodge.

Day 9:Thame - Monjo (3840m) 6 hrs

This day we will walk through mostly downhill trail for about 6 hours to reach Monjo. In Monjo also you can see some Ghoral, Thar, Deer. Overnight at lodge.

Day 10:Monjo - Lukla 4/5 hrs

This day we will walk for about 4/5 hours through mostly and easy trail to reach Lukla. Overnight at lodge/hotel/resort.

Day 11:Lukla - Kathmandu

Fly from Lukla to Kathmandu and transfer to hotel .Free for your own activities.

Day 12:Kathmandu

This day we will be free for various activities such as shopping, city sightseeing. Overnight at hotel.

Day 13:Final Departure

Final departure to your destination.

Cost Include:

- Transfer airport – hotel – airport including domestic airport
- 3 Nights Hotel/Resort in Kathmandu with breakfast
- Kathmandu - Lukla – Kathmandu flight tickets including guide
- Everest National Park Fee + TIMS (Trekker's Information Management System)
- All meal (breakfast, lunch and dinner with tea/coffee) during the trek
- Accommodation at lodge during the trek
- Guide and porter-s during the trek
- Guide and porter-s all meal, accommodation, daily wages and insurance
- Farewell dinner
- Company service charge
- All necessary government taxes

Cost exclude:

- Personal equipment
- Personal and medical insurance
- Lunch and dinner in Kathmandu
- Emergency Rescue evacuation by helicopter incase needed
- Bar bills and beverage (like mineral water, coke, beer and etc.)
- Personal expenses
- Tips
- Any other services, which is not mentioned above