

Overview

Everest Panorama Trek is a savior trek for those who are not ready for the Everest Base Camp Trek. As you know the Everest Base Camp(EBC) Trek is a long, demanding, and high-altitude trek. Not everyone can dare and do that trek. The trek tests its trekkers' and challenges them in every step. If you are someone who is not set for the challenge of EBC Trek yet, don't get upset.

There is this Everest Panorama Trek that is a great fit for you. It grants you to explore and enjoy the [Everest region](#) at modest risk.

Also popular as Everest View Trek, the Everest Panorama Trek is the safest and easiest way to admire the Everest region's beauty. It does not end up in the foothills of Everest like the EBC Trek but leads to the serenity of the region. You'll witness views of Mt Everest, Ama Dablam, Lhotse, and other peaks without reaching the high altitudes. The trek is excellent enough to satisfy your wildest desires of touring the home of Mt Everest.

What if you do not reach the base camp, you'll traverse through the picturesque land of Sherpas. Amazing settlements like Lukla, Namche Bazaar, Tengboche, Phakding are explorable on foot in the trek. It is a great pleasure to spend some days around those places in the Everest region. Everest Panorama Trek's brighter sides are the lush vegetation, amazing terrains, bustling rivers, monasteries, and amongst all the mountain panorama.

Above all, the trek does not demand much preparation before the trek and is out of the reach of the mountain sickness. Tengboche(3,870m), the lovely village of the Everest region is the last high point of the trek. Altitudes above 4,500m are the difficult ones to acclimatize but in the trek, you will not even touch 4000m. That is why the trek is desirable for anyone.

Major Highlights of Everest Panorama Trek

- A scenic flight to Lukla and land at one of the world's treacherous airports.
- Do an easy trek in the most picturesque region of Nepal.
- Trek amongst the lush vegetation, streams, and rivers of the Everest region.
- Explore the stretch of the UNESCO world heritage site listed Sagarmatha National Park.
- Reach the popular places of the region like Tengboche and Namche Bazaar.
- Pay a visit to the most important monastery of Nepal, Tengboche Monastery.
- Explore the Namche Bazaar, the beautiful town located in the hillocks of the region.
- Enjoy the glorious panorama of alpines like Mt Everest, Mt Lhotse, Mt Cho Oyu, Lobuche, Ama Dablam, Pumori, and many others.
- Get to know the locals of the region, Sherpas.

You may also like:

- [Gokyo Lakes Trekking 14 Days Itineraries](#)
- [Everest Base Camp Trek Alone](#)
- [Annapurna Base Camp Trekking 11 Days Itinerary](#)

Itinerary Details

Day 01 : Day 01: Arrival at Kathmandu Airport (1350m)

Altitude gain: 1400m, Kathmandu Your arrival in the land of Mount Everest will be at Kathmandu Airport. For your warmest welcome, our representative will be there at the airport before your arrival. After all the arrival formalities are done, you'll get a hassle-less drop to your hotel. Once you all freshen and refreshed, you'll meet the team for greetings and tour explanations in the evening. Overnight at [Kathmandu](#)'s hotel.

Day 02 : Day 02: Fly to Lukla(2,850m) and Trek up to Phakding

Flight duration: 30 minutes **Trek Hours:** 3 hours **Trek distance:** 6.2km **Altitude gain:** 2,650m, Phakding Your day will start in excitement for the start of the Everest Panorama Trek. After having breakfast done at the hotel, you'll leave for Kathmandu Airport's domestic terminal. You'll join the aircraft which will fly you to Lukla within 30 minutes. Lukla's airport, where your airstrip will make a landing, is one of the menacing airports. After reaching there, you'll join the other team for getting the approval done. And you'll tear apart from Lukla to move ahead to Phakding. The trek will start on a downhill track which will take you to the riverbed of Dudh Koshi River. Along the way, you'll explore the loaded vegetation, suspension bridges, mountains from some parts, and several villages. Continuing the riverbed trail, you'll reach **Phakding shortly after the trek of 3 hours**. Phakding is the village where most of the Everest Base Camp trekkers spend the first night of their treks. There are some Buddhist shrines around the village that you can explore soon after reaching. Overnight in Phakding's teahouse.

Day 03 : Day 03:Trek from Phakding to Namche Bazaar

Trek Hours: 6 hours **Trek distance:** 9.4km **Altitude gain:** 3,440m, Namche Bazaar A long trekking day of the entire trek is about to start. You'll leave the teahouse of Phakding for Namche Bazaar after breakfast. The trek will start along the bank of the Dudh Koshi river on the second day also. Today, you'll cross numerous suspension bridges loaded with prayer flags. En route to Namche Bazaar, you'll reach the Monjo after trekking through lush woods. The vegetation that you'll see today is of the [Sagarmatha National Park](#), the **UNESCO Heritage Site** listed park. You'll get your permits checked at Monjo whilst a short break there. And leaving it, you'll run to a steep climb through the woods. As you follow the trail, the glimpses of Mount Everest and other mountains start to show off. Just before Namche Bazaar, you'll walk on the popular suspension of the area, Hillary Suspension bridge, a bridge named after Everest's earliest climber. Following the trek of **around 9 km**

Everest Panorama Trekking

across the greenest part of the entire trek, you'll arrive at Namche Bazaar. Namche Bazaar, the main highlight of Everest Panorama Trek, is a scenic town settled in the womb of the Himalayas. It is the most towny place around the Everest region and is dotted with cafes, bakeries, shopping centers, etc. The view from here of the hills and terrains around is just so amazing. Overnight in Namche Bazaar.

Day 04 : Day 04: Acclimatization day at Namche Bazaar

It's like a trend to spend one full day at Namche Bazaar in every Everest region treks. You'll keep on the trend by having an acclimatization cum exploration day in Namche's surroundings. As said before, the town has so many things to keep you occupied. It is a big town with many shops, cafes, hotels, and houses of local Sherpas. You'll explore the whole town on your foot for some hours. After enough of the town, you'll escape Namche Bazaar for some hiking. There are plenty of places near Namche where you can go for hiking. There are several Sherpa villages like Khumjung, Thame, Khunde. Around these villages, you'll get opportunities to explore the culture, living style, and traditions of the Sherpa people. Likewise, Everest View Hotel, one of the most sky-scraping hotels in the world, is also some KM away from Namche Bazaar and can be a perfect hike option. One full day around Namche Bazaar means a day full of exploration. The full acclimatization day around Namche Bazaar will end after the return from nearby short hikes to Namche. You'll surely have moments to recall and rethink at the end of the day. But, without your consciousness, your body will start to act like a native body of the region. The body will be totally comfortable with the new altitudes by now. And the day will make sense now.

Day 05 : Day 05: Trek from Namche Bazaar to Tengboche

Trek Hours: 5 hours **Trek distance:** 9.2km **Altitude gain:** 3,975m, Tengboche Now it is time to ascend further as you will be well acclimated to the altitudes. Tengboche, the panoramic Sherpa village, will be waiting to welcome you around the dusk hours. You'll bid farewell to Namche Bazaar for until next time by heading upwards. The trail will be a bumpy one but at various times you'll get to see the breathtaking views. You'll enjoy the views of mountains and attractive terrains while moving further. Mt Ama Dablam and Mt Everest are the popular peaks that can be seen most of the time today. Some Buddhist shrines will also come along the way. After some hours of ascending and then straight trail, the trail starts to descend down through forested areas. It will be an easy descend to reach the corners of the Dudh Koshi river But soon after that, the trail will start to go upward and upward. The visions along the uphill trail will be through green-lush vegetation. And the trek of 6 hours will end in Tengboche. You'll know Tengboche is coming before actually reaching thereby seeing the big and famous Tengboche Monastery in the heart of the village. It is a nice village to be in after the long trek. You'll pay a visit to the Monastery of the village and also tour around the villages before nightfall. The snow-clad mountain's panorama from the village will make your heart go away. Overnight at Tengboche.

Day 06 : Day 06: Trek back to Namche from Tengboche

Trek Hours: 5 hours **Trek distance:** 9.2km **Altitude gain:** 3,440m, Namche Bazaar Now you'll not proceed ahead as you have already reached the highest place of the trek, Tengboche(3,855m). It is time to descend back by retracing the same trail to Namche Bazaar. You'll enjoy the trek's view and happenings one more time. It will be a mixed trek of the bumpy, straight, and steep trail. There are some odds that you may encounter some wild animals roaming around in the woods. The same forested trail of rhododendron and oak will be your companion for some hours. You'll return to the village-like Pangboche, Phunki Thenga by crossing the same Dudh Koshi river several times. As you'll look back on the trail, your eyes will get comforted by seeing the glorious mountains. The retracing trek will end for the day after reaching Namche Bazaar. Overnight at Namche Bazaar.

Day 07 : Day 07: Trek back to Lukla from Namche Bazaar

Trek Hours: 6-7 hours **Trek distance:** 13.5km **Altitude gain:** 2,850m, Lukla On your way back to home, today, you'll follow the trail to reach straight to Lukla. This is going to be the longest trekking day of the entire trek. You'll aim to reach Lukla via Phakding from Namche. For that reason, the trek will start early in the morning after a quick breakfast. At first, you'll descend from Namche until the Hillary Suspension Bridge that is located on Dudh Koshi River. The first stretch will be mostly downhill. But then you'll follow the sides of the river to reach Lukla. You'll re-explore the place and trail once more. The same tree-dotted and river sided trail of Lukla to Phakding will come across. You'll reach Lukla after the **6 to 7 hours long trek**. Overnight in Lukla.

Day 08 : Day 08: Fly back to Kathmandu from Lukla

Flight Duration: 40 minutes **Altitude gain:** 1400m, Kathmandu The end of the Everest View Trek will await you in Kathmandu. As soon as the weather becomes clear, you'll hop inside the aircraft in Lukla. It will take 30 to 40 minutes to reach Kathmandu. But we bet you that you will not know when the time passed. The scenic views of the entire Himalayas and terrains around there will keep you occupied throughout the flight time. You'll get a hotel transfer to your hotel after reaching Kathmandu. As soon as you feel refreshed, you can tour around the capital of Nepal. Kathmandu has many places that can make your day worthwhile. Overnight in Kathmandu.

Day 09 : Day 09: Departure from Kathmandu Airport

Here is the official end of the 9 days long trek to explore the Everest region. You'll bid farewell to Nepal until next time. Our representative will provide you a quick hotel transfer. Farewell!