

## Everest Short Trek

This 9-day Everest trek is a very scenic route offering superb views of the world's highest peaks. We fly from Kathmandu to Lukla airstrip in the Khumbu region and trek up to Namche Bazaar and on to the Tyangboche Monastery. An optional day hike takes you to Khumjung village, a charming Sherpa settlement. This trek provides a splendid introduction to Sherpa country and culture and features fantastic mountain views. It is a popular destination for first time trekers in Nepal and best suited for those who do not have enough time for longer treks into the high mountains.

### Highlights of the trek

Sherpa museum in Namche Bazaar. Tengboche Monastery. Sherpa culture in Khumjung village. Superb views of Everest, Lhotse, and Ama Dablam

### Trek dates

Daily from September to late December and February to late June.

Also see [Scheduled Group Treks](#)

### Check list

Read our helpful [check list](#) before booking

## Trek Details

### Season

All Year

### Duration

9 days

### Trekking grade

Medium

### Starting point

Lukla

### Finishing point

Lukla

### Minimum altitude

2610m

### Maximum altitude

3870m

### Trek style (accommodation)

Lodge or Tented Camp

### Meals & Drinks

[Read more](#)

### Equipment

[View list](#)

### Trek code

E6

## Detailed Itinerary

Itinerary can be customized according to your needs and length of stay.

### Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel in Kathmandu or Bhaktapur. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

### Day 02 - Bhaktapur or Kathmandu

In the early morning you can take an optional "warm-up" hike in the Gundu Valley. After lunch take a guided tour of the World Heritage sites in Bhaktapur or Kathmandu while we complete your trek permits and preparations. In the evening there will be a short trek briefing followed by a traditional Nepali dinner with your guide.

### Day 03 - Kathmandu-Phakding [2610m]

Early morning you will be picked up by your guide to go to the Kathmandu airport for our 30-minute flight to Lukla. At Lukla we will meet our porters and head north to Chablung (2700m), where we cross the Tharo Kosi river on a suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m, which is the most difficult of the trekking peaks. Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), where we cross a ridge marked with painted mani stones and then climb to Phakding, where we will stay overnight (3 hrs).

### Day 04 - Phakding to Namche Bazaar [3420m]

From Phakding we follow the valley of the Dudh Kosi River, staying on the west bank of the river. We climb steeply over a rocky ridge toward Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk.

We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Namche Bazaar is the main trading centre in this region and features numerous shops, hotels and restaurants (6 hrs).

### Day 05 - Namche Bazaar-Tengboche monastery [3870m]

Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa, where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits. The view from here is rightly deemed to be one of the world's most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablan, Kantega and Thamskeru provide an inspiring panorama of Himalayan giants. We will spend the night in Tengboche village (5 hrs).

### Day 06 - Tengboche-Monjo [2840m]

Today we return to Namche Bazaar before starting our hike down to Monjo. The route to Monjo takes us steeply down along the Bhote Kosi. We cross the river and follow it to Jorsale, then on to Monjo where we overnight (7 hrs).

### **Day 07 - Monjo-Lukla**

Our route takes us along the banks of the Dudh Khosi river, then we climb uphill for an hour to reach Lukla (5 hrs).

### **Day 08 - Lukla-Kathmandu**

Today we fly back to Kathmandu. When the weather is clear, the early morning views from the plane are some of the most inspiring you'll ever experience. Overnight at hotel in Kathmandu area.

### **Day 09 – Kathmandu**

We will transfer you to the airport for your departure flight from Kathmandu. Depending on your flight time you can take an optional tour of nearby World Heritage sites including Pasupatinath temple and Boudhanath stupa.

**The trek program is – because of weather or unforeseen events – subject to change.**

### **Services and costs included in the price**

- Airport pick-up and drop-off
- Three nights hotel accommodation with breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All lodging during trek
- All meals with hot beverages whilst trekking
- Transportation to and from trailhead
- All necessary documents and permits for trekking
- Equipment such as sleeping bags, down jackets; first-aid kit
- Insurance, medication, and equipment for staff;
- Coordination of Quick Rescue service (costs covered by your insurance plan)

### **Services and costs NOT included in price**

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 10kg and hand bag more than 5kg on domestic flights
- Visa fees
- Rescue charges
- Bottled drinks (cold and alcoholic)
- Expenses of personal nature
- Permit and liaison officer fee (where applicable)
- Lunches and dinners whilst not trekking