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## Everest Panorama View Trek

- Duration: 7 Days Days
- Max Altitude: 3,867 m
- Destination: Nepal
- Trip Grade: Easy
- Best Season: Autumn, Spring

## Highlights

- Amazing view of world's highest peaks, including Mount Everest, Lhotse, Nuptse, Ama Dablam, and Thamserku.
- A Scenic flight from Kathmandu to Lukla.
- Lifetime memorable movements.
- Experience local Sherpa culture.
- Magnificent views of the world's highest peaks, including Mt Everest.
- Surrounding and culture of Namche bazer and Khumjung Village people.
- Tangboche Monastery

## Overview

The Everest Panorama View Trek, also known as the Everest View Trek or [Everest Short Trek](#), is a relatively short and less strenuous trekking option in the Everest region of Nepal. It is designed for those who have limited time or prefer a less physically demanding trek while still enjoying the magnificent views of the Everest region.

## Everest Short Trek

The Everest Short Trek is one of the most accessible trekking routes in Nepal. People who do not have the experience or are old can quench their thirst for trekking. The Everest short trek package is suitable for people who have a problem with high altitudes or have time restraints. While you move further, you will be stunned to see the panoramic view of Mount Everest's highest peak (8848 m). This trek brings you up front to see the lifestyle and culture of the Sherpa people in the Khumbu region.

This trek allows you to witness the magnificent Himalayan culture, tradition, museums, monasteries, and

ethnic settlements of the local Sherpa people, along with the natural diversities.

Everest Short Trek begins upon your arrival in Kathmandu. The next day, we will take a 40-minute scenic mountain flight, which will take us to the world's most dangerous airport, Lukla. Lukla is the heart of the Solukhumbu region and the commencing point of our trek. The trek continues as we move further to explore the diverse flora and fauna along with the lifestyle of the local people, Sherpa.

We follow the Valley of Dudh Koshi River to reach Namche Bazar. This cultural trek allows you to live the moments with the local people. It takes you above Namche Bazar for the excellent view of Everest (8848 m) and other mountains in the Khumbu region- Amadablam (6812 m), Lhotse (8516 m), Thamserku (6623 m), and so on.

The next day, we move to the Tengboche monastery, which gives you the spiritual feeling of the Buddhist Sherpa of this region. Then we descend back to [Khumjung village](#), Thame, Monjo, and Lukla. We finally board a flight back to Kathmandu. The overall cultural trek is enthralling and mesmerizing as a whole. The fantastic view of the mountain range will leave you astonished. This trek is operated in the season of September to November and March to May.

Tengboche Monastery Situated at 3,867 meters (12,687 feet), Tengboche Monastery is one of the most significant Buddhist monasteries in the Everest region. Trekkers on the Everest Panorama Trek visit this spiritual place, witness the monks' chanting, and soak in the serene atmosphere amidst stunning mountain scenery.

## How high is the Everest View Trek?

The Panorama Trek reaches around 3,880 meters at its highest point at Syangboche and Tengboche. This accessible journey offers a tantalising glimpse of the world's highest peak, Mount Everest, without the physical exertion demanded by a full [Everest Base Camp trek](#). The trek navigates through vibrant Sherpa villages and lush green valleys, presenting trekkers with a rich tapestry of culture, tradition, and stunning panoramic vistas.

Despite its relatively modest height compared to other Himalayan treks, the Everest View Trek delivers a rewarding and memorable experience. The Everest View Trek provides an opportunity to witness the beauty of the Everest region and experience the Sherpa culture without the more demanding aspects of longer treks.

It is a great option for those with limited time or who prefer a less physically challenging adventure while still enjoying the grandeur of the Himalayas.

## What is the easiest trek to see Mount Everest?

Many trekking route provides you with the easiest route experience to see Mount Everest through its close view, but we recommend you choose the Everest view trek.

Here is the reason why 7 Days Everest view trek is easiest and why you should choose this trek:

- Shorter duration: The Everest trek is just a 7-day trek shorter than other treks in the Himalayan region to see the world's highest mountain.
- Moderate altitude: The highest altitude of this trek is 3867m, considered the moderate altitude for trekking in the Mountain region.

- Accessible route: The 7-day Everest view trek has generally well-maintained routes, which does not make it difficult for you to hike. And the route is suitable for a person with a general level of fitness.
- Suitable for beginners: This trek is suitable for beginners and for those who have very limited trekking experience.

This Everest panorama trek is short, easy, and worthy, suitable for people with a general level of fitness and those who have limited time but also want to see Mount Everest from their closet more easily.

## **Which is the shortest trek to Mount Everest?**

The Everest view trek is a relatively short trek to Mount Everest and to explore the Everest region, but this trek is for 7. That's why we recommend you for the Everest short trek of 5 days. The Everest Short Trek 5 days is one of the popular trekking routes in Nepal. It is a shorter route than the Everest base camp trek, but it is an amazing and worthy trekking route for the Everest trek.

The 5 days Everest short trek provides you with an amazing view of the Himalayan range, including the world's highest mountain, Mt Everest, Lhotse, Nuptse, Ama Dablam, and many others, along with the eye-catching environment and sherpa village.

The short trek allows you to explore the Namche bazaar that passes through the beautiful forest, suspension bridge, and the beautiful Sherpa town. The trek also provides you the opportunity to explore Everest View Hotel, which is located at an elevation of 3880m. The Everest View Hotel provides you with a chance to see the snow-capped mountains along with cold drinks and hot drinks and also some delicious items.

During this short 5-day trek, you'll also be able to explore the Sagarmatha National Park, which is one of the world heritage sites. On the Sagarmatha National Park, you will explore the different flora and fauna, different unique animals, and nature's beauty.

Your journey will start from Kathmandu airport. You can choose to have an aeroplane flight or a helicopter flight. The scenic Himalayan flight will take you to the Lukla. From Lukla, you'll trek starts to Phakding for 3-4 hours. After 5-6 hours from Phakding, you'll reach Namche Bazaar on the second day. You'll explore the Namche bazaar on your third-day hike.

During your third-day hike, you'll reach Syangboche airport, where you'll have an excellent view of the Mountains and Khumbu Valley.

You'll trek back to your fourth early morning to Lukla; after 6 hours of trek, you'll reach Lukla by crossing the Dudh Koshi River and exploring there. On your fifth and final day of the trek, you'll fly back to Kathmandu by flight or helicopter.

Everest's short trek of five days is suitable for those who have busy lives and limited time but want to trek in the Mountain region of Nepal. Although this trek doesn't bring you to Everest base camp, you won't regret choosing this trek as it is worthy enough.

With our experienced team and good service quality, you will not have any problems during the trip. Feel free to [contact us](#) and get the best experience of your lifetime.

## **Fly from Kathmandu to Lukla (2880 m) and trek to Phakding**

Flying (40 minutes) and arriving at Lukla airport. Then, move towards Dudh Koshi Valley through the local villages, tea houses, and stone walls. After 3 hours of trek, we crossed the river and reached Phakding. O/N at a lodge

Day 02

## **Trek from Phakding to Namche Bazaar (3440 m)**

Cross Monjo, arrive at Everest National Park, and trek through Jorsalle village to cross the suspension bridge. Later cross another impressive suspension bridge and ascend for an hour to Namche. After 6 hours of the trek, we reach Namche Bazaar. O/N in Namche Bazaar.

Day 03

## **Rest at Namche Bazaar for acclimatization and excursion**

Visit Sherpa Culture Museum and Everest Photo Gallery in Namche Bazaar. Begin 2 hours steep walk, passing Syangboche airstrip (3700m). Enjoy the mesmerizing view of the panoramic Himalayan range. Relax and enjoy the rest of the day visiting nearby villages. O/N in Namche Bazaar.

Day 04

## **Trek to Thyangboche (3867 m)**

Descend to Dudh Koshi and view Ama Dablam (6812 m), Kangtega (6782), Everest (8848 m), and Lhotse (8516 m). Cross the river at Phunki Thanga and walk through the rhododendron forest. Trek uphill to see Thyangboche Monastery, one of the Khumbu region's largest monasteries. The view is magnificent and unforgettable. O/N in Thyangboche.

Day 05

## **Trek from Thyangboche to Namche Bazaar (3440m)**

Ascend and descend along the dusty trail, pass through Phunki Tenga, Sanasa, Khumjung, and down to Namche Bazaar. Experience villages, yaks, and local people as you move ahead. Get thrilled with the fantastic view with a sense of accomplishment. O/N in Namche Bazaar.

Day 5

## **Trek from Namche Bazaar to Lukla (2880 m)**

We walk for about 5-6 hours down to the slippery roads. This will be our last evening of the trek, which calls for the celebration. Review of the tour during dinner. O/N in Lukla.

Day 07

## **Fly from Lukla to Kathmandu**

Fly back to Kathmandu from Lukla. Feel free to stroll in the streets of Kathmandu and enjoy a traditional dinner. O/N at the hotel.

# What To Expect?

## What's included

- Meals on full board (breakfast, lunch, and dinner) during the whole trekking
- Domestic flights (KTM-Lukla-KTM or Remechep - Lukla - Remechep) with all surcharges and airport taxes
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

## What's not included

- Meals in Kathmandu before and after trekking,
- Your travel insurance ( Rescue )
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking.
- Personal shopping and laundry etc
- Personal trekking equipment

## FAQs

### What is the Everest Panorama View Trek?

The Everest Panorama View Trek is a popular trekking route in the Solu-Khumbu region of Nepal that offers stunning views of Mount Everest and the surrounding peaks. The trek can be completed in 5-7 days and is an excellent option for trekkers looking for a shorter and more accessible alternative to the full Everest Base Camp Trek.

### How challenging is the trek?

The Everest Panorama View Trek is considered a moderate trek suitable for those with prior hiking experience and good physical condition. The trek involves walking for 4-6 hours a day on steep and rugged trails, so it is essential to be prepared for the physical demands of the trek.

### What is the best time to trek?

The best time to trek the Everest Panorama View Trek is from September to November and from March to May, when the weather is clear and dry, providing the best views of the mountains.

## **Do I need a guide or a porter?**

While it is possible to complete the Everest Panorama View Trek independently, hiring a guide or a porter is highly recommended. This not only ensures your safety but also supports the local economy and allows you to fully immerse yourself in the local culture and way of life.

## **What kind of accommodation is available during the trek?**

Accommodation during the trek is available in local teahouses, which offer basic but comfortable rooms with twin beds, blankets, and sometimes a private bathroom. Meals can also be purchased at the teahouses, which typically provide a range of traditional Nepalese and Tibetan dishes.

## **What should I pack for the trek?**

When packing for the Everest Panorama View Trek, it is essential to bring warm and waterproof clothing, a good quality backpack, sturdy hiking boots, and necessary personal items such as a headlamp, sunscreen, and insect repellent. Your trekking company will provide a detailed packing list.

## **Additional Information**

### **Why is Everest View Trek Such a Popular Trek?**

Everest Trek is a popular trekking route in the Solu-Khumbu region of Nepal that provides breathtaking views of the Himalayan mountains, including Mount Everest. The trek takes you through traditional Sherpa villages, lush forests, and high-altitude valleys, immersing you in the local culture and experiencing the region's stunning natural beauty.

### **Where to Start the Everest Panorama View Trek?**

The trek starts and ends in Lukla, a town located at an altitude of 2,840 meters, and can be completed in 7 to 10 days. The hike reaches its highest point at Tengboche Monastery, which is at an altitude of 3,870 meters and offers panoramic views of the surrounding mountains, including the mighty Mount Everest.

In addition to the stunning mountain views, the Everest View Trek also offers opportunities to learn about the local Sherpa culture and religion and visit the famous Tengboche Monastery, one of the largest and most important monasteries in the Solu-Khumbu region.

### **How challenging is the Everest Panorama Trek?**

The trek is suitable for people of all ages and fitness levels and can be completed throughout the year, although the best time to go is from September to November and from March to May. It is essential to be acclimatized appropriately and to take necessary precautions to stay safe and healthy during the trek.

Overall, the Everest View Trek is an excellent option for those looking for a short and relatively easy trek that offers spectacular views of the Himalayan mountains and a chance to experience the local culture and way of life in the Solu-Khumbu region.

## Why Do We Need Acclimatization Day at Namche Bazaar?

Namche Bazar, a gateway to the Everest Region on a Khumbu valley, provides views of Kongde Ri and Thamserku. After crossing the Dudh Kosi River, you'll reach the beautiful village of Namche Bazaar.

With numerous hotels, museums, stupas, historical monasteries, bakeries, shopping centres, modern communication facilities, and well-stocked stores, Namche Bazar is a beautiful destination for trekkers and a place for proper acclimatization day hikes.

As you are trekking at a higher altitude, your body needs to adjust to the new environment, climate, and lack of oxygen. So, for your body's well-being and to avoid altitude sickness, you must acclimate to the Namche Bazaar. If you don't acclimate in Namche Bazar, you'll have difficulty at high altitudes.

On your acclimatization day, you can trek to Syangboche, the place from where 360 stunning views of mountains can be seen, including Mt Everest, Mt. Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde RI, Tabuche peak (unclimbed mountain) and many other mountains.

## Accommodation on 7 days Everest Trek

On your first day of the trek, you'll reach Lukla airport from Kathmandu airport on a flight, and after Lukla, you'll trek to Phakding. Your accommodation will be on Phakding in a comfortable lodge.

According to our trip itinerary, on your second trek day, you'll reach Namche bazaar through the Dudh Kosi River from the trekking trail of Phakding. On your second and third day of trek, you'll get accommodation on Namche Bazaar in a lodge.

On your fourth day, you'll reach Thyangboche by descending the Dudh Kosi River and with a view of the Himalayan ranges, including [Ama Dablam](#), Kangtega, and Lhotse. You'll stay in Thyangboche on your fourth day at a tea house lodge.

After reaching Thyangboche, you'll enjoy nature and then trek Namche bazaar for your return journey. On your fifth day, you'll have accommodation at the lodge of Namche Bazaar.

Your sixth day is your second last day on the trekking trail; you'll reach Lukla in 5 to 6 hours of trekking from Namche bazaar, stay at Lukla, and get accommodation there.

On your final day of the 7-day Everest view trek, after a few hours of trek, you'll have a Lukla flight to Kathmandu. After reaching Kathmandu, you'll have accommodation in a comfortable and star hotel.

About your food, you'll get breakfast, lunch, and dinner during your Everest panorama trek.

## Everest Short Trek Difficulty

The 7-day Everest view trek is considered one of the easiest treks to see Mt Everest at its close with less chance of high-altitude sickness. The difficulty is not that much on this trek duration. The highest elevation you'll climb is 3867m.

The weather in the Everest region can be difficult sometimes as the weather is unpredictable in the off-season and also in the season. The snow may make the routes slippery, which might be difficult for you. Due to unpredictable weather, it's important to pack appropriate clothing to stay warm and comfortable.

If you have a general level of fitness, you can simply trek on this trekking trail. Just remember to walk

slowly, drink water as much as you can, as proper hydration is necessary when trekking at higher elevations, be calm, have rest if you feel any altitude sickness symptoms, and for a better trekking experience, hire a trekking guide.

## **Why Should You Trek Everest Panorama?**

### **Beginner friendly:**

The 7-day Everest, panorama view trek is beginner-friendly in that anyone with a general level of fitness can do this trek. If you are a beginner trekker, you can do this 7-day Everest view trek without much fear, and this trek will help for future trekking routes.

7 The Everest View trek is a great beginning to trekking in the Everest region, allowing beginners to enjoy the excitement of trekking and avoiding the challenges of difficult routes.

### **Easy Route:**

In comparison to longer treks, the 7-day Everest view trek involves a less difficult and steadier climb. The routes are usually maintained properly and not very slippery, making the conditions simpler for beginners to trek.

### **Short trek:**

As the trek takes just 7 days to complete, this trek is relatively short. If you have limited time, this short trek is perfect for you, and if you prefer a less challenging trekking experience, this 7-day Everest view trek is for you.

### **Moderate Physical Challenge:**

The 7-day Everest view trek is moderately difficult, and anyone with a basic level of fitness can do it. It is a great opportunity for those who are far from having physical fitness but want to trek in the Everest region.

## **Cost for Everest Panorama Trek**

The Everest view trek costs USD 999 per person, but we offer a group discount for you. If you are a duo, you'll cost USD 950 per person. If you are in a group of 3 to 5 people, you'll be charged USD 910 per person. If you are more than 5 in the group, we will see you accordingly.

### **Last Moment Booking with MY Everest Trip**

We also provide moment bookings for you, but make sure you make a booking before the day trek starts. You have to pay your charge fully if you make reservations at the last moment. This will ensure your commitment, decreasing the possibility of last-minute cancellations that could spoil the trekking.

For last-minute booking, you can have multiple choices for the booking process. You can fill out the form through our online form, you can directly send us an email, you can message us on different platforms, including WhatsApp, Facebook, and other social media platforms, or you can call us.



## Permits Required for Everest Trek

### Sagarmatha National Park Entry permit

Sagarmatha National Park permit is an important trekking permit required for trekking in the Everest region. The permit is required once your trail climbs towards Phakding. You can obtain the permit from the Nepal Tourism Board or in the Monjo village at Rs.4000.

### Khumbu Pasang Lhamu Municipality Entry Permit

Khumbu Pasang Lhamu Municipality Entry Permit is another permit required for trekking in a 7-day Everest view trek. The permit is directly collected by the local government and can be obtained from the Nepal Tourism Board and also on the Lukla and Monjo check post. The cost of the permit is Rs.2000.

## Best Time to Visit Everest Panorama Trek

Choosing the best time for trekking on any trekking route is vital to your journey. Among the four seasons in Nepal( Autumn, Spring, Summer, and Winter), Spring and Autumn are considered the best seasons for trekking in Nepal.

### Spring

Spring is considered one of the best seasons for trekking in the Everest region. Monsoon, also known as pre-monsoon season, provides a stable and moderate temperature. With the undisturbed view and beautiful environment, Spring is known as the best season for trekking in the Everest Panorama view.

With a maximum temperature of 15 to 20 degrees Celsius and a minimum temperature of -8 degrees Celsius, the trek welcomes thousands of flora and fauna and a beautiful environment.

### Autumn

Autumn, one of the peak seasons for trekking in the Mountain region, provides an excellent trekking journey for you. Autumn provides a minimum of -5 to -10 degrees Celsius, whereas the maximum temperature is 15 to 20 degrees Celsius. With the pleasant and warm weather, Autumn becomes an ideal time for trekking in the Everest Panorama trek.

## Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

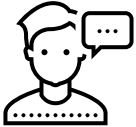
With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



## **Customize Your Itinerary:**

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



## **Our Expert Guide:**

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



## **Fair and reasonable Cost:**

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



## **Your safety is our priority:**

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.

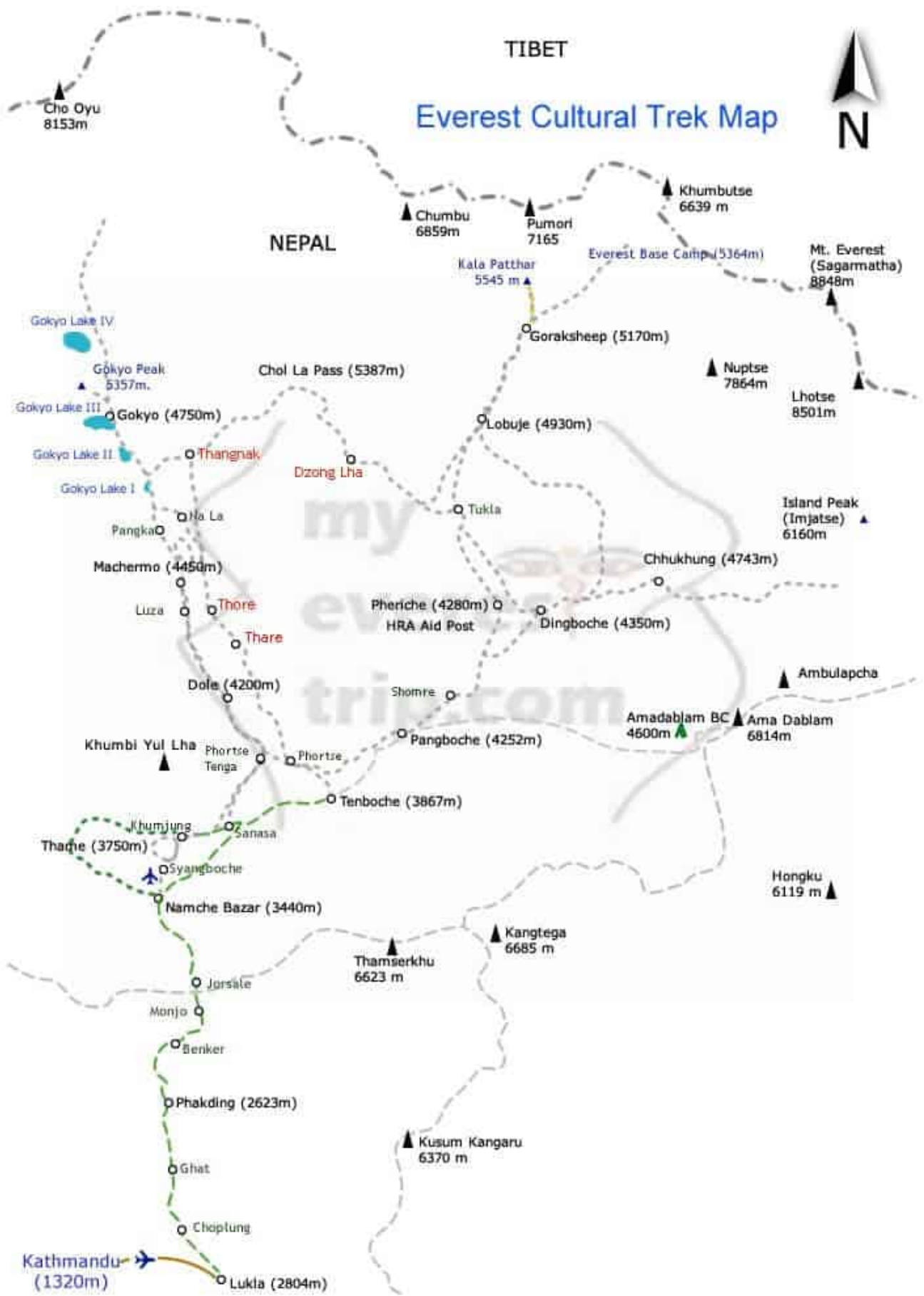


## **Responsible and Eco-Friendly**

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

## **Map**



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