Everest Short Trek

Description

Everest Short Trek is a trekking route in the Everest region of Nepal that allows trekkers to experience the beauty of the world's highest peak, Mount Everest. The Everest region of Nepal offers a variety of trekking options, from longer treks that take 18-20 days to short treks that can be completed in just 8-10 days. The trek takes you through the stunning Solu-Khumbu region, home to the legendary Sherpa people and the world-famous Sagarmatha National Park.

Everest Short trek starts and ends at Lukla. The difficulty of the Everest Short trek is graded as moderate. So, trekkers who do not have much experience trekking through the off-the-beaten-path trails and want to enjoy the unmatched beauty of the Himalayas can trek this trail. This is a good alternative for Everest Base Camp Trek which encapsulates the beauty of the Everest Region in a short package. The trek involves a moderate level of physical activity, with daily walking for 3-6 hours over varied terrain. The maximum altitude, trekkers trek while on Everest Short Trek is in Tyangboche at 3,860m above sea level. The best season for a trek in Everest Short Trek is from September to November and from March to May.

The Everest Short Trek route offers stunning views of the surrounding mountains, including the iconic peaks of Ama Dablam, Lhotse, and Nuptse. During the trek, you will have the opportunity to visit the historic town of Namche Bazaar, home to the famous Sagarmatha National Park visitor center, and visit the Tengboche Monastery, the largest Buddhist monastery in the Khumbu region. The trek also takes you to the edge of the Khumbu Glacier, offering a unique opportunity to see the icy landscape up close.

Everest Short Trek is an ideal option for those who have limited time or are looking for a shorter trekking experience. Overall, Everest Short Trek is a perfect combination of adventure, culture, and natural beauty, offering a lifetime of memories and an unforgettable experience in the heart of the Himalayas.

Highlights

- Stunning views of the world's highest peak, Mount Everest, as well as other iconic peaks such as Lhotse, Nuptse, and Ama Dablam.
- Visit the historic town of Namche Bazaar, the gateway to the Everest region.
- Opportunity to visit the Tengboche Monastery, the largest Buddhist monastery in the Khumbu region.
- Exploration of the Sagarmatha National Park, a UNESCO World Heritage site.
- Chance to see Khumbu Glacier up close.

- Delicious local cuisine and comfortable teahouse accommodation.
- Hikes to viewpoints offering panoramic views of the surrounding mountains.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,400 meters	
02	Adventure flight to Lukla and Trek to Phakding	2,860 meters	4-5 hours
03	Trek to Namche	3,440 meters	5-6 hours
04	Trek to Tyangboche	3,860 meters	5-6 hours
05	Trek to Phortse	3,840 meters	6-7 hours
06	Trek to Manju	3,796 meters	8-9 hours
07	Trek to Lukla	2,860 meters	8-9 hours
08	Fly to Kathmandu from Lukla	1,400 meters	35 minutes
09	Explore Kathmandu		
10	Departure to airport		

Detailed Itinerary

Day 1: Arrival in Kathmandu (1,400m)

On your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the Time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

Day 2: Flight to Luka and Trek to Phakding (2,860m) 4-5 hours

Our Everest Short Trek starts with the domestic flight to Lukla, the gateway to Everest Short Trek. We take a short flight, about 45 minutes from Kathmandu to Lukla. Where scenic views of mountains and valleys can be seen. We will have an early flight from Kathmandu. After arriving in Lukla, we will continue our journey to Phakding. A short hike that takes 3 hours to reach. Today, we cross suspension bridges, and Sherpa villages and encounter travellers along with local Sherpa people. Upon reaching pleasant smiles and a cup of warm tea will be awaiting you in the beautiful Sherpa village, Phakding. Overnight at Pakhding.

Day 3: Trek to Namche (3,440m) 5-6 hours

Another thrilling day to cross a suspension bridge over Dudhkoshi river several times. We walk along the gushing Dudhkoshi river. After breakfast, we walk gradually following an up trail and catch glimpse of an attractive waterfall in Banker. Manju, the next village is the checkpoint for Permit. Here we buy Sagarmatha National Park entry permit and continue on our journey. On the way to Namche, you can observe the grand mani stone, rolling prayer wheel and hear the flattering sound of the colorful prayer flags. After having lunch at Garden restaurant in Jorsalle, we will continue strong up tail to Namche. The trail takes you through pine forests and bushes. If the weather permits you

will be able to sight Everest for the first time. We follow the uphill trail until Namche bazaar which is a major city of Everest Trek. Namche Bazaar is the junction of the Everest trek where you can meet different people with the same almost similar objectives. Many mountain climbers who are intent on climbing Mt. Everest also go through Namche and many other treks separate from this junction.

Day 4: Trek to Tyangboche (3,860m) 5-6 hours

On our fourth day, we begin our trek toward the Everest viewpoint. Today's viewpoint is ideal to enjoy the true beauty of Everest. After that, we continue our journey through Kanjin village. The trail today is very fine constructed. We will have lunch at Phung Thanga. After lunch, we will climb up the trail 750 meters to Tyangboche monastery. The Tyangboche monastery is the main attraction of the Everest Base camp Trek. It is a Tibetan Buddhist monastery. You can participate in a short prayer with monks in the main prayer hall. We rest overnight at Tyangboche.

Day 5: Trek to Phortse (3,840m) 6-7 hours

Today, we follow the route to one of the oldest villages in Khumbu valley, the Pangboche village. A trip to the local monastery and see the Yati scalp in the monastery. We take a short break and have small lunch in Pangboche village. After finishing up with the meal we continue our walk for another 4 hrs to Phortse. The trail sometimes may get windy but usually, it has a beautiful view. The probability to spot wild animals like Jharal, blue sheep, rabbit, and others are rather high. This part of our trek is a comparatively less crowded zone. Phortse is a beautiful village. It is also called as the mountain climber village as most of the young people of this village work as seasonal mountain guides. You can view the gorgeous towering Cho Oyu for the first time from this village overnight stay at Phortse

Day 6: Trek to Manju (3,796m) 8-9 hours

After crossing Phortse village, you walk through a luscious Rhododendron forest and small petit bushes. If you're lucky you might be able to spot local wildlife such as the wild goats and musk deer in this area. After crossing the Dudhkosi river, we will gradually climb up to the Mongla village. We take a short break in Mongla before continuing to walk to the Namche. We will have lunch at Namche and continue to walk down to Manju. For tonight we rest at Manju.

Day 7: Trek to Lukla (2,860m) 8-9 hours

Today is the last day of our Trek. We follow same trail down to the small town of Lukla. completely surrounded by mountains on each side, the petit town of Lukla is truly mesmerizing. Also known as the Tenzing-Hillary Airport the Lukla Airport, is the main gateway for trekkers visiting Mount Everest Base Camp.

Day 8: Fly to Kathamndu (1,400m) 35 minutes

We will fly from Lukla to Kathmandu. However, nowadays because of the busy airport in Kathmandu, we detour and fly to Manthali airport from where we take a short ride to Kathmandu. The long days of pursuing a new destination each day are over now, you can simply relax in your room or perhaps head out to enjoy the remaining of the day in the bustling streets of Kathmandu.

Day 9: Explore Kathmandu

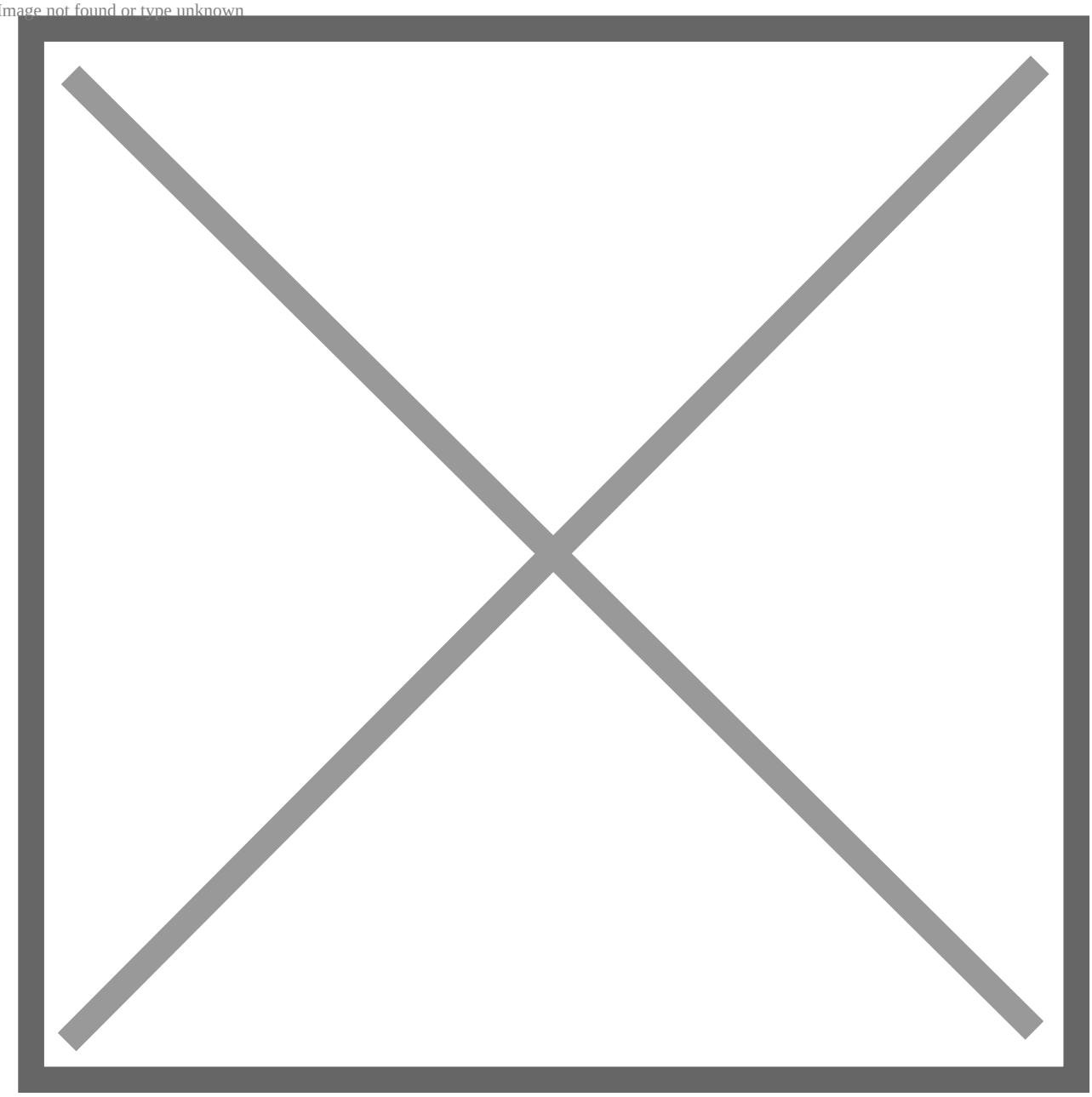
Free day to relax and enjoy, enough time at your disposal today for shopping souvenirs or perhaps exploring the world heritage sites of Nepal before leaving. . Witness the traditional craftsmanship in Bhaktapur, a historic city close to Kathmandu and Boudhanath, one of the prominent Buddhist pilgrimage sites. Walking around those cities brings about a beautiful impression of the tradition, culture, city life, and customs of Nepal. The choice is yours to make.

Day 10: Departure homeland.

With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward for more precious adventures together. Have a safe journey.

Map

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Practical Information

Q. Food and Accomodation
A. Everest areas is famous on producing potatoes. Similarly they produce wheat, buckwheat and barley. Local people eat mostly potato items like Rilduk, Thenduk, potato bread, potato curry. They eat mostly champa with butter tea in the morning. Their main course in the evening is Soup like Thenduk, Rilduk etc. Tourism is growing in khumbu valley. There are many standard to very basic Restaurant and Guest House available. Spagetti, noodle, rice, curry etc can order in those restaurant. as for accomodation, You will typically stay in local teahouses or lodges. These accommodations are basic, but provide a comfortable place to rest and recharge after a day of hiking. Most teahouses offer shared bathrooms, and some may have hot showers for an additional fee. It is important to note that electricity may be limited in the teahouses, so it is a good idea to bring a portable charger for your electronic devices. It is also advisable to bring your own sleeping bag, as blankets and bedding are not always provided.

Q. Best season for trek
A. The best season for an Everest Short Trek depends on your personal preferences and tolerance for cold weather. The peak tourist seasons in the Everest region are Autumn (September to November) and Spring (March to May), when the weather is generally clear and dry. These seasons offer the best visibility for mountain views. Winter (December to February) can also be a good time to go on the trek, as the weather is usually dry and the trails are less crowded. However, it can be very cold at high altitudes, with temperatures dropping below freezing at night. Summer (June to August) is the monsoon season in the Everest region, and the trails can be muddy and slippery. This season is not ideal for trekking, as there is a higher risk of landslides and avalanches.

Q. Trip category
A. The Everest View Trek is a moderate-grade trek that takes you through the breathtaking Khumbu region of Nepal, offering stunning views of Mount Everest and other towering peaks in the Himalayas. As you ascend to altitudes above 4,000 meters, it is important to allow enough time to acclimatize and to be in good physical condition. The trek involves a constant ascent, but there are no particularly steep sections. You may encounter yaks or donkey caravans along the way, and it is important to stay uphill on the trail. With its cultural experiences and breathtaking mountain views, the Everest View Trek is a rewarding adventure for those seeking a moderate-grade trek in the Everest region.

Q. Health and Safety along the trail
A. xx

Frequently Asked Questions

Q. What are some technical information of Everest Short Trek?
A.

The trek typically takes 5-7 days to complete, depending on the route and the pace of the group. The maximum altitude reached on the trek is around 3,900 meters (12,795 feet), which is significantly lower than the summit of Mount Everest (8,848 meters/29,029 feet). The trek follows a route through the Sagarmatha National Park, a UNESCO World Heritage Site that is home to an abundance of flora and fauna, including the iconic Himalayan blue poppy and the rare Himalayan tahr. Along the way, you will pass through the Sherpa village of Namche Bazaar, which is the gateway to the Everest region and the hub of the Khumbu region. You will also have the opportunity to visit the Tengboche Monastery, which is the largest monastery in the Khumbu region and an important center of Buddhist

culture and learning.

Q. How difficult Everest short trek ?
A.

Everest short trek difficulty can be graded as a moderate level of trek. If you are physically fit and can walk and trek for 4-5 hours per day, you trek the trail. The highest point of this trek is 3860 meters at Tyangboche above sea level. There is always the possibility to return back if you are tired and unable to continue the trek. There is less possibility of severe high altitude sickness.

Q. How is permits & regulations in the Everest Short Trek?
A.

A new trekking permit system has been implemented in the Everest region for 5 years. Everest Short Trek is also part of the Everest region. We require local government body permission. The permit cost is Rs 2000 per person. You can collect the permit in Lukla. TIMs card system is no longer in use. Similarly, a Sagarmatha national park permit is required. You can pay for it either in Kathmandu or you can get it in Manju.

Q. Are there any festival that trekkers come across while in Everest Short Trek?
A.

Yes, the Everest region is the inhabitant of the Sherpa people. They are originally from Tibet and migrated to Khumbu valley. Sherpas' are followers of Tibetan Buddhism. They celebrate many festivals related to religion. Losar is the biggest festival celebrated in Everest Region. Similarly, Manirimdu is another big festival celebrated in Khumbu. They celebrate Buddha's birthday, Guru Rinpoche's birthday etc celebrated in the Everest region.

Q. How is food on the trail of Everest Short Trek?
A.

Everest Short Trek is in Everest Region, the region is famous for producing potatoes. Similarly, they produce wheat, buckwheat, and barley. Local people eat mostly potato items like Rilduk, Thenduk, potato bread, and potato curry. They eat mostly Champa with butter tea in the morning. Their main course in the evening is Soup like Thenduk, Rilduk, etc. Tourism is growing in the Khumbu valley. There are many standards to very basic Restaurants and Guest Houses available. Trekkers can order spaghetti, noodles, rice, curry, etc in those restaurants.

Q. How to hire Guide and porter in Everest Region in Everest Short Trek? How much does it cost for a guide and porter?
A.

There are many trekking guides and porters you can hire at Lukla airport. Similarly, many trekking management companies deliver services including reliable guides and porters for your trek. Helpful and reliable porter and guide is the most necessary part for the best trekking. It is always recommended to hire a porter and guide for your trek. A qualified guide gives you better knowledge and experience and a porter makes the trek exponentially easier. A porter costs $20 to $30 per day.

Q. Who are the sherpas?
A. Sherpa is a ethnic communities lives in Himalayan region. Sherpa speaks Tibeto Bremease

language. They follows Tibetan Buddhism. Sherpa people are very friendly, honest and helpful.

Q. What are some famous monasteries trekkers come across while in Everest Short Trek?
A.

There are many monasteries in the Khumbu region that the trekkers come across while trekking in Everest Short Trek. The most famous monastery is Tyangboche Monastery at 3,860m above sea level. Similarly, Pangboche monastery, Khumjung monastery, Thame monastery, Pema choling monastery in Thulo Gumela, and Thaktul monastery in Lukla are some to list in Khumbu valley.