

Mount Everest instant View Trek - 7 days



Everest Instant Trek means a short trek designed for those travellers with very limited time frame! If you are willing to trek to Everest region of Nepal but aren't sure due to the time constraints, then Short Everest trek is the one for you! Walk along the trail that takes you to the popular trading centre in Everest region – Namche Bazaar to explore people and their lifestyle in the mountainous region of Nepal. Namche Bazaar is not only a trading centre in Everest region but also an only gateway to Everest. Your hike up to the Everest View Hotel will reward you with the close of views of the mountains in the Everest region like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt Thamerku, and Mt. Ama Dablam and may other peaks in the Everest region of Nepal. Imagine yourself experiencing the wilderness in mountains with a sip of tea or coffee.

Short Everest trek starts with a stimulating flight to Lukla. Flying above the lush landscape with the views of mountain panorama parallel to you is a wonderful experience. Landing on a narrow runway in a dramatic terrain is a terrifying yet adventurous! As you arrive in Lukla, you descend down to Dudhkodhi River and ascend along well paved path to Phakding. Moving ahead along rhododendron forests, we cross suspension bridges over Dudhkodhi River and enter the Sagarmatha National Park. We pass the villages like Monjo and Jorsale to reach Namche. Visit to Syangboche airport, Kunde hospital and a museum with photo gallery on the way to back from Namche is a major highlight of this trek.

Short Everest Trek is amongst the easiest treks to the Everest Region Trek of Nepal. Anyone with low physical endurance capacity can also opt out for this trek. There is also very low risk of suffering from altitude sickness. It is an easy journey full of fun, adventure and natural glory.

Duration: 7 days

Price: \$740

Rating: 5 Star

Group Size: 02

Grade: Medium

Destination: Nepal

Activity: Trekking in Nepal

Accommodation:

Kathmandu: Bed and breakfast with Room

Trekking Region: Breakfast, Lunch, Dinner and Accommodation in Lodge

Nepal Trekking Gears

The following is a list of clothing and accessories that we recommend for treks and climbs in Nepal. This is not intended to be a comprehensive clothing and equipment list, rather it is intended to act as a reminder of those items that we feel are essential for your comfort and convenience. However we recognize that you may have your own personal preferences for clothing which may be equally as suitable.

Head

Sun hat or scarf

Light balaclava or warm fleece hat

Sunglasses with UV protection

Upper Body

T-shirts (2)

Light and expedition weight thermal tops

Fleece jacket or pullover

Fleece Wind-Stopper jacket (optional)

Waterproof (preferably breathable fabric) shell jacket

Down vest and/or jacket (optional)

Hands

Lightweight gloves

Heavyweight gloves or mittens with a waterproof shell outer

Lower Body

Underwear (4)

Hiking shorts (2)

Lightweight cotton long pants

Light and expedition weight thermal bottoms

Fleece or wool pants

Waterproof (preferably breathable fabric) shell pants

Feet

Thin, lightweight inner socks (4)

Thick, warm wool hiking socks (4)

Hiking boots with spare laces

Camp shoes (sneakers and/or sandals)

Gaiters (Optional)

Accessories

Sleeping bag rated -10C. to -20C (Depending on trekking region)

Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries

Small pad or combination lock-to-lock trek bag

Basic First Aid Kit (see Health and Medicinal)

Large plastic bags - for keeping items dry inside trek bags

Daypack (approximately 2500 to 3000 cubic inches)

Thermarest sleeping pad (Only Camping Trek)

Water bottles (2)

Toiletries

Small wash towel

Optional items

Binoculars

Books (Highly Recommended)

Compass

Playing cards/backgammon/chess set

Swiss Knife

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialized items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Fleece trousers or silhouette

Additional mits and gloves suitable for climbing

Ice axe, and ski poles (note - ice axes can be rented in Kathmandu)

Climbing helmet

Alpine climbing harness.

2 x tape slings

2 x screwgate karabiners

Descender/abseil device

Ascender

Vital Information

Useful Information for Trekking

01. Trekking Permit

In Nepal, Government has made a system to need a permit to visit in some particular interior regions in the remote trekking area and Nepal's national park, wildlife preserve. All visitors have to pay a certain amount which government has made a rate to visit those regions. It means called trekking permit which is available in the department of immigration in Kathmandu, regional office in Pokhara.

To apply for permit, it requires two photos and application form which is available in the department of immigration. You can get a permit same day within an hour. Visitor has to take a separate permit for separate regions.

Trekking Permit Fees: Nepal has some restricted areas for trekking and Nepal Government has applied special permit for those areas which are mentioned as give below.

Kanchenjunga Trek and Lower Dolpo Trek - 10 USD per week for the first four weeks and then 20 USD per week

Upper Mustang Trek and Upper Dolpo Trek – 500 USD for the first 10 days and then 70 USD per day

Manaslu Trekking - 90 USD per week for trekking during September to November and 75 USD per week during December to August;

Nar Phu Valle Trek – 75 USD per week and Tsum Valley – 35 USD per week.

Humla (Simikot-Yari) – 90 USD for the first seven days and then 15 USD per day for rest day.

No need trekking permit for the general trekking areas such as the Annapurna Trek, the Everest Trek and Langtang Trek

02. TIMS Card for Trekking

Nepal is naturally Paradise and best destination for trekkers. . It has high standing mountains, scenic hills and the luxuriant lowland Terai which offers some of the most spectacular trekking trails in the world. Passing through the diverse culture and nature. Trekking in Nepal gives unique life-time experience and thrill which involves a certain degree of physical risks owing to the rugged topography.

To trek in Nepal, our government and Trekking Agent Association have implemented Trekkers' Information Management System (TIMS) to control illegal trekking operations and to ensure safety with security of trekker in general trekking areas for prompt information services when it requires. In the past it has an experience that many difficulties have been faced while carrying out rescue operations promptly during the times of accidents and natural calamities. Because of lack of proper record system of trekkers, their exact whereabouts and the information about trekking routes, rescue and search missions used to face difficulties in spotting the trekkers missing. So to be aware from such problems and to get easy to protect them, this TIMS is applied for all trekkers those whoever be individual or Group. TIMS is necessary for all general trekker of Nepal.

03: Best Trek Season

In Nepal best trekking seasons are autumn and spring.

Autumn Seasons mean September to November and spring seasons mean March to May.

Normally, trekking can organize around the year for some certain areas such as Annapurna, Everest and Langtang. But in rainy season most of the time is raining and road and trails are disturbance by some times land sliding and road blockage. This monsoon season is began from June to August. But some restricted area trekking means need special permit to trek this area such as Upper Mustang, Dolpo Trek, Humla, Jumla and Rara Lake Treks are organized in rainy season. Because no rain at that time in these areas.

In winter, most of the trekking trails will be blocked by snowing and glacier with so colds. Weather does not permit some remote area flights because of so foggy.

The best time for trekking in Nepal is began from spring (February to May) and autumn (September to November). These days weather is so clear and fine. Temperature is warm with clear skies make this season favorable for trekking. After December to January is also ideal for trekking, the air can be quite cold at high altitudes.

04. Types of Trekking

In Nepal, particularly we operate two types of Trekking. One is Lodge trek and other is camping trek. In trekking, trekker will learn about the diverse cultures, tradition and people. Also see the natural beauty of Nepal with

panoramic mountain views.

Camping Treks:

Camping trek means organized trek with all trekking gears and meals. This type of trek needs plenty of preparation to organize where all trekking equipment and trekking crews are involved in Trekking for trekking member. Member stays at tent in camping site and all meals provide on the ground with chair and dining will be in camp site. Trekkers have to bring their personal trekking gears only.

In this trek, trekking gears include like as two men camping tent, sleeping bag, mattress, Kitchen tent, all kitchen equipment, hygienic foods(breakfast, lunch, dinner and tea, coffee, chocolate etc)

For the man power, Trekking Sirdar, Guide, Sherpa, Cook, Kitchen boy and Porters will be included.

Tea House or Lodge Treks:

In Nepal, some popular trekking areas are developed and built Lodges, hotels and guest houses. So for those regions it is easy to operate tea house or lodge trek.

Trekker can go individually or group too. Also In this trek we arrange accommodation, guide, porter and all meals for trekkers if they prefer to go through trekking company. They don't have to be worried about lodging and fooding during the trek.

5. Trekking Grades

Trekking grades are categorized in three grades which are Easy, Moderate and Demanding.

Easy: Easy trek means easily accessible place where all ages' people can hike up. This area is not higher than 2500 meters. This trek is especially targeted for beginners, old ages trekker and trekking with kids. Every day, they have to be walking 3 to 4 hours in average. Trails are neither too steep nor too up.

Moderate: The moderate trekking trails go up to 4000 meters height. Every day normally need to walk about 5-6 hours a day. They should have good health and physically strong with fit. It suits all trekker.

Strenous: This trek is organizing in far remote areas and altitude also will be more than 5000 meters height. They have to be physically and mentally strong and fit. Before beginning the trek, we advise those interested trekkers to check up their health problems and physical fitness. If all are good, there is no objection to start trekking for them.

Group joining or Fixed Departure Trekking

There is option for trekker with us to join group or on our fixed departure trekking schedule. For joining the group

or on fixed departure trekking, it includes trekker of different countries and different ages, these are minor. Our group involvements are minimum two pax to maximum 15 pax group size.

6. Altitude Sickness in Trekking

In trekking, altitude sickness is known as Acute Mountain Sickness (AMS) which is particularly an important medical consideration while trekking in Nepal. But it sure that all trekker will not be such this Altitude Sickness and this effects such that people who ascend too rapidly to elevations above 3,000 meters. Normally the initial symptoms of altitude sickness are loss of appetite, light headache, dizziness, weakness, vomiting, slight swelling, sleeplessness etc.

In case of feeling above symptoms, best idea is bring down to low land and there should be first aid kits from protection. We advise our clients to acclimatization more and more. Actually altitude sickness can be happened above 3000 meters high.

7. Trekking Health Insurance

Health Condition

Before visit to Nepal, we suggest you to consult with your doctor for your health, is it fit or not to travel or trekking in Nepal. It is good idea to save your health and life. It would be better to protect from Malaria, Tetanus, Typhoid, Hepatitis and Polio.

Actually, for trekking, main health problem is high altitude sickness. The symptoms of acute mountain sickness experiences light headache, nausea, vomiting, and lethargy and feeling difficulty for sleeping difficulty or breathing. In this condition normally people take pills called 'Diamox'. You can buy it Kathmandu any medical shop.

08: Emergency Rescue /

Evacuation

We always take you care during the trek and we want that you would not get any problem on the way to trek, but sometimes it happens like as serious sickness, which we don't expect, so in that condition, it is needed rescue by helicopter or take to some hospital for good treatment. For your life security, you should be liable for all expenses if it happens. So strongly recommend to all trekker to be insurance to cover their all economic problems. Because you need to pay all your amount after back to Kathmandu through your insurance or your own

09: INSURANCE

We always recommend trekkers whether they would be individual or group, it is best to issue insurance for their

safety. Means it would be able to cover their medical expenses, emergency rescue and in case of hospitalize. It can make tension free for trekking.

Itinerary:

Day 01

Kathmandu Arrival

Our representative will pick you up at Kathmandu airport and transfer to Hotel.

Day 02

Kathmandu to Lukla flight and trek to Phakding

This day, in the morning fly to Lukla and after few rest in Lukla trek to Phakding.

Day 03

Trek to Namche Bazaar

After breakfast, trek to Namche Bazaar and take rest.

Day 04

Rest in Namche Bazaar

This day, you will hike to Everest View Hotel area. Also walk around Khumjung village and Khunde. From here you can see nice view of Mount Everest and other many great Himalayas.

Day 05

Trek back to Lukla

After breakfast in Namche, you will slowly back to Lukla.

Day 06

Lukla to Kathmandu

This day in morning, fly back to Kathmandu. You will have enough time to visit some places in Kathmandu or shopping.

Day 07

Final departure to you country or next destination

This day, we will see you off at Hotel and transfer to International airport.

Cost Include:

- All ground transports in private vehicle including airport transfers
- Two nights' accommodation with breakfast at hotel in Kathmandu
- Full board meals with tea/coffee (breakfast, lunch and dinner) during the trek
- Best available twin sharing lodge to lodge accommodation during the trek; we provide private bathrooms with hot shower at Phakding, Namche and Lukla
- Seasonal fruits during the trek
- One highly experienced, helpful and friendly guide
- Round trip flight Kathmandu – Lukla and Lukla – Kathmandu including departure taxes
- First aid medical kit
- Sagarmatha National Park Permits fee
- TIMS Fee- Trekkers' Information Management System (Please bring 2 passport size photos for permit)
- Government taxes & office service charge

Cost exclude:

- Meals not specified in the 'Meal Inclusions' in the itinerary'
- Travel insurance
- International airfare
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport-size photos.)
- Cold drinks Inc. coke, water, Fanta etc.
- Snacks and other personal expenses
- Hot shower during the trek except Phakding, Namche and Lukla
- Personal trekking equipment
- WiFi internet during the trek
- Tips and gratuities for trekking staff and drivers