

Everest Panorama Trek

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March/May/April/ Sep/Oct/Nov

Max Elevation: 3900 m

“Embark upon a short-but-thrilling excursion into the heart of the Khumbu highlands, where you’ll come face-to-face with the incomparable majesty of the legendary Mount Everest.”

Join Alpine Ramble Treks on the most accessible Everest trek in Nepal.

For seasoned adventurers, there's nothing quite like the Khumbu. This is Nepal's most fabled territory, where Mount Everest rises above a sea of surrounding Himalayan mountains to touch the sky itself. This part of the country is also home to the hard-working Sherpa people, who are widely acclaimed for their hospitality and masterful mountaineering skills. Is it any wonder that travelers from all over the world are drawn to trek in the Everest region? Many winding trails crisscross the peaks and valleys of the mountains here in Khumbu, leading to holy lakes, ancient monasteries, and unbelievable alpine viewpoints. But this is a remote territory, far from the nearest airports and highways—and it takes time to reach Khumbu's most spectacular destinations. That's why Alpine Ramble Treks has developed our Everest Panorama Trek. Over the course of just about one week, you'll achieve unforgettable views that will rival any you'll find elsewhere in the Himalayas.

Explore the wilds of the Khumbu on the Everest Panorama Trek.

Make no mistake: the Everest Panorama Trek represents one of the very best treks in Nepal. In fact, much of your trail will actually overlap with the world-famous Everest Base Camp Trek, affording you a glimpse into one of the most time-honored hiking routes in the entire world. While we'll stop short of visiting base camp itself on this more accessible trekking itinerary, you'll nevertheless plunge into the scenic wilderness of Sagarmatha National Park to discover the wonders of Nepal's natural landscapes. You'll cross swiftly flowing rivers tumbling from high-altitude glaciers, trek beneath the boughs of evergreen and rhododendron forests, and ascend to sheer alpine heights. Keen-eyed travelers may even be lucky enough to spot some of Khumbu's most iconic wildlife, including ungulates like the musk deer and Himalayan tahr, as well as colorful birds like the Himalayan monal

and snowcock. When you trek in the Khumbu, there's bound to be beauty everywhere you look.

Feast your eyes on the majesty and splendor of the mighty Mount Everest.

Trekking in Nepal is all about the journey: from your very first footsteps in the mountain town of Lukla, you'll discover breathtaking scenery, taste unforgettable Nepali cuisine, and make plenty of new friends in the Sherpa communities you'll visit. But there's something to be said for the destination of your trek in the Khumbu, too: Mount Everest itself is the world's tallest mountain, and there's no adequate preparation for seeing it with your own two eyes. Rising to 8,848 meters in elevation, the towering edifice of Everest is like a colossal magnet, drawing you closer to its grandeur with each step you take on the trail. Your trek in the Khumbu will culminate with a close-up view of this sublime Himalayan summit, as well as the neighboring mountains of Lhotse, Nuptse, Ama Dablam, and Thamserku—among others. With such magnificent scenery to offer, it's no wonder that this trek is also known as the Everest View Panorama Trek. When you're ready to experience this thrilling trek for yourself, contact Alpine Ramble Treks via WhatsApp at +977 9851175531.

Best Time of Year for the Everest Panorama Trek

The best time of year for the Everest Panorama Trek is much the same as the best time of year for the Everest Base Camp Trek. Weather in Nepal is variable, and the best trekking seasons are usually determined by the arrival of the summer monsoon. In order

to avoid the wettest conditions, many hikers travel during the spring, which occurs from February to March. This is the time of year when wildflowers are in bloom, and temperatures are at their most comfortable. Other trekkers might prefer to undertake the Everest View Trek during the autumn season, between September and November. This is perhaps the best time of year for crisp days and clear mountain views. Of course, winter treks are also possible; while temperatures can be cold and trails can be packed with snow, there is an undeniable appeal to enjoying the majesty of the Khumbu without a crowd. While the summer monsoon can make trekking challenging during this season, Alpine Ramble Treks will be happy to arrange a suitable adventure for you at any time of the year.

Please note: On rare occasions, domestic flights between Kathmandu and Lukla may be delayed or canceled due to weather conditions. This can happen during any time of the year, and you can rest assured that Alpine Ramble Treks will work with you to make any possible alternative arrangements to minimize the interruption to your holiday.

Everest Panorama Trek Difficulty

Prior trekking experience is not a prerequisite for our Everest Panorama Trek, and most travelers in reasonable health will be able to complete this itinerary without serious difficulty. However, this trek does reach a maximum altitude of approximately 3,700 meters, where it's possible to experience symptoms of altitude sickness. For this reason, you should be in good health and physical fitness before embarking upon the Everest Panorama Trek. Walking, running, and other forms of cardiovascular exercise are great ways to prepare for the opportunity to visit the high-altitude Khumbu region. An expert guide from Alpine Ramble Treks will also be assigned to watch over you, monitor your

progress and condition, and shepherd you safely through Nepal's most stunning alpine environments.

More Everest Trekking Options

Not sure if our Everest Panorama Trek is the right choice for you? Never fear—there are no bad choices when it comes to trekking in Nepal. If you're looking for an even shorter trek, our [Everest View Trek \(https://www.alpineramble.com/everest-view-trek\)](https://www.alpineramble.com/everest-view-trek) offers the chance to earn great views of Mount Everest in the space of just five days. And if you have a little more time to spare and would like to explore more of the Khumbu, it's hard to beat our classic [Everest Base Camp \(https://www.alpineramble.com/everest-base-camp-trek-8-days\)](https://www.alpineramble.com/everest-base-camp-trek-8-days) trekking itinerary. Of course, you aren't limited to the Khumbu when it comes to picking the best treks in Nepal. The [Annapurna Base Camp Trek \(https://www.alpineramble.com/annapurna-base-camp-trek-8-days\)](https://www.alpineramble.com/annapurna-base-camp-trek-8-days) and [Langtang Valley Trek \(https://www.alpineramble.com/langtang-valley-trek\)](https://www.alpineramble.com/langtang-valley-trek) are stars in their own right, and each hiking itinerary offers the chance to venture into remote corners of the Himalayas to discover a bewitching combination of nature and culture. Best of all, each of these itineraries can be customized to meet your needs. If you aren't sure where to start, [contact Alpine Ramble Treks \(https://www.alpineramble.com/contact-us\)](https://www.alpineramble.com/contact-us) today for some free expert advice!

Highlights

- Earn fantastic views of Mount Everest in just one week of trekking.
- Get a taste of the tantalizing Everest Base Camp Trek.
- Walk beneath the long shadows of towering Himalayan mountains like Ama Dablam

and Thamserku.

- Explore the architectural and cultural wonders of Kathmandu, Nepal's capital city.

Additional Benefits

- Free transfers to and from Tribhuvan International Airport upon arrival and departure.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!

Please note: The trekking times indicated below are approximate and are best used as general guidelines. During the Everest Panorama Trek, you'll be able to travel freely at your own pace.

Day to Day Itinerary

Day 1: Kathmandu

Day 2: Fly from Kathmandu to Lukla (30 minutes), then trek to Phakding (4 hours)

Day 3: Trek from Phakding to Namche Bazaar (5 hours)

Day 4: Trek from Namche Bazaar to Tengboche (4 hours)

Day 5: Trek from Tengboche to Khumjung (5-6 hours)

Day 6: Trek from Khumjung to Lukla (5 hours)

Day 7: Fly from Lukla to Kathmandu (30 minutes)

Day 8: Departure

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government licensed, English-speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Everest national park **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for group 6 or above
- Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in the both Kathmandu and Lukla airport
- Supplementary snacks: energy bar, crackers, cookies, etc.
- Seasonal fresh fruits dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/ vat, and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional costs by out of management control due to the landscape, weather conditions, illness, changes in government policies, strikes, physical condition, etc.
- Surplus luggage charges for domestic airport
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from the high-altitude
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tips for guide and staff (Tipping is expected)
- Any other expenses that are not mentioned in the Price Include section of this trek.