Itinerary for Package: Mt. Everest Region (Lower Khumbu)

Journey through the Everest region, where Sherpa villages, prayer wheels, and terraced farmlands sit beneath the towering peaks of Everest, Ama Dablam, and Lhotse. Every step brings breathtaking Himalayan views and warm Sherpa hospitality.

Package Duration: 13 days

Day 1: Arrive Kathmandu (1350m)
Upon arrival in Katmandu, Tribhuvan International Airport, you will be welcomed by the representative from Rural Journeys and transferred to hotel by private vehicle. Although the fertile Kathmandu Valley has been inhabited for thousands of years, its rich and varied cultural legacy essentially began during the 14th century under the Malla Dynasty. Patronized by the nobility, Newar artisans constructed temples, monasteries and elaborate courtyards that constitute a fascinating architectural history. Rest of the day at leisure or stroll around the hotel Evening: Briefing about the prorgramme along with questions/answers session with tour/trek leader. Overnight at the hotel

Day 2: Fly Kathmandu - Lukla - Phakding (2652m) | 30 mins flight/ 3-4 hrs trek
Early transfer from hotel to domestic airport to board Lukla flight. Fly from Kathmandu to Lukla (2800m). This flight provides a magnificent entree to the trek. Upon arrival set up your baggage's and start your first day trek. It is an easy walk through several villages to Phakding, where you will have your lunch/dinner and overnight stay. Overnight at the lodge

Day 3: Phakding - Namche Bazar (3440m) | 5-6hrs trek
After breakfast we follow the Dudh Kosi for about 2 hour and then climb slowly up a steep trail to Namche. As we climb, we enjoy our first views of Everest (8848m), Nuptse (7879m) and Lhotse (8383m) - the big three. We camp in the heart of the Namche Village. Overnight at the lodge

Day 4: At Namche for Acclimatization (3440m) | 4-5hrs trek
Acclimatization day at Namche Bazar. We enjoy a rest day here to allow for maximum acclimatization on our way to Everest Base Camp. A pleasant day can be spent exploring the village, talking to the Sherpas and simply enjoying and marveling at the incredible scenery or climb upto Everest View hotel. Overnight at the hotel

Day 5: Namche Bazar - Thyangboche (3867m) | 5-6hrs trek
Climbing gently out of Namche, we follow the trail high above the river, passing through numerous beautifully inscribed mani (prayer) stones. For about 1 hours flat walk and 1 and ½ hour descending to Imja river. Cross the river and again 2 and ½ hours ascending to reach Tengboche. Visit Tengboche Monastry and sarounding area. Overnight at the lodge

Day 6: Thyangboche - Pangboche (3900m) | 2-3hrs trek
Flat walk to reach Pangboche for next stop, which takes about 2 hours. You have good view of Amadablam mountain. In the afternoon visit surrounding village and Monastery. Overnight at the lodge

Day 7: Pangboche - Khumjung (3790m) | 4-5hrs trek

Today we walk flat way about 2 and ½ hours from northern ridge to reach river. Where you will have you lunch. Again ascending 1 and ½ hours and 1 hour flat walk to reach Khumjung to overnight stay. Keep your eyes open for the splendid Danphe Pheasant, Nepal's national bird. At the monastery in Khumjung, there is what the Sherpas claim to be the scalp of the Yeti. Overnight at the lodge

Day 8: Khumjung – Thame | 4-5hrs trek
Climbing gently out of Namche, we follow the trail high above the river, passing through numerous beautifully inscribed mani (prayer) stones. Thame village is dramatically situated below the peaks of Teng Kangboche (6500m) and Kwangde (6187m). The monastery is well worth a visit, being one of the most beautiful and important places in the Khumbhu region. Overnight at Thame village. Overnight at the lodge

Day 9: Thami - Jorsalee (2800m) | 4-5hrs trek
We follow same route back to Namche bazaar where you will have your lunch. After lunch descending down to Jorsalee village for your dinner overnight stay. Overnight at the lodge

Day 10: Jorsalee - Lukla (2800m) | 4-5hrs trek
From Jorsalee we have pleasant walk around 2 hours to pass through several small village, beautiful pine forest and suspensor bridge to reach Phakding. After lunch at Phakding another 2 hours walk on flat trail to reach Lukla. Overnight at the lodge

Day 11: Fly Lukla - Kathmandu
After early breakfast at lodge fly back to Kathmandu. Meet upon arrival and transfer to hotel. Rest of the day at leisure or free for individual activities or explore Thamel which is known by its narrow alleys crowded with various shops and vendors. Commonly sold goods include food, fresh vegetables/fruits, pastries, trekking gear, walking gear, music, handicrafts, souvenirs, woolen items and clothes. Small grocery stores, budget hotels, restaurants, pubs and clubs also line the streets. Overnight at the hote

Day 12: Kathmandu sightseeing
Morning: Sightseeing of Swoyambhunath Stupa, resting on a hillock 3km west of Kathmandu, it is one of the holiest Buddhist Chaityas in Nepal. It is said to have evolved spontaneously when the valley was created out of a primordial lake more than 2,000 years ago. This stupa is the oldest of its kind in Nepal and has numerous shrines and monasteries on its premises. Afterwards, continue visit to Kathmandu Durbar Square, which never fails to impress visitors with its ensemble of palaces, courtyards and temples built during the Malla period. The Durbar Square includes the Hanuman Dhoka Royal Palace - the historic seat of the royalty; the magnificent Taleju Temple towering more than 40 meters; Kumari Ghar - the residence of the Living Goddess, Kumari and Kal Bhairav - the God of Wrath. Afterwards, proceed to Bhaktapur Durbar Square which was one of three former capitals of the valley, and was once a flourishing city on the trade route to Tibet. Today, Bhaktapur is like an open air museum with large areas open to pedestrian access - it is a store house of mediaeval art and architecture. Interesting places to explore include the renowned Durbar square, Golden Gate at the Palace of 55 Windows, Dattatraya Square, Nyatapola Square which houses the tallest Pagado Temple of its kind in Nepal and Pottery square including variety of Hindu and Buddhist temples. You may also see artisans engaged in Bhaktapur’s traditional crafts of pottery and weaving. Overnight at the hotel

Day 13: Departure
After breakfast, free until departure transfer to international airport for onward flight