

Everest Cultural Trek

Duration: 12 Days Days

Max Altitude: 3,867 m

Destination: Nepal

Trip Grade: Easy

Best Season: Autumn, Spring

Trip Highlights

Highlightlighs of Everest Cultural Trek

- A Scenic flight from Kathmandu to Lukla.
- lifetime memorable movements.
- Experience local Sherpa's culture.
- Magnificent views of the world's highest peaks including Mt Everest.
- Namche bazer and Khumjung Village.
- Tangboche Monastery

Trip Overview

The **Everest cultural trek** is one of the easiest trekking routes in Nepal. People who do not have the experience, or are old, can quench their thirst for trekking. Everest cultural heritage trek package is suitable for people who have the problem with high altitude or have the time restraint. While you move further, you will be stunned to see the panoramic view of the highest peak- **Mount Everest (8848 m)**. This trek brings you upfront to see the lifestyle and **culture of the Sherpa** people Khumbu region. This trek provides you the opportunity to witness the magnificent Himalayan culture, tradition, museums, monasteries, and ethnic settlements of the local **Sherpa** people, along with the natural diversities.

Everest cultural heritage trek begins upon your arrival in Kathmandu. The next day, we will take 40 minutes scenic mountain flight which will take us to the world's most dangerous airport, **Lukla**. Lukla is the heart of the Solukhumbu region and is the commencing point of our trek. The trek continues as we move further to explore the diverse **flora** and faunas along with the lifestyle of local people, Sherpa. We follow the Valley of Dudh Koshi River to reach **Namche Bazar**. This cultural trek gives you a chance to live the moments with the local

people and 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 that 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 amazing view of the mountain range will leave you astonished. This trek is operated in the season of September to November and March to May.

With our experienced team and well service quality, you will not have any problems during the trip. Feel free to **contact us** and get the best experience of your lifetime. **Everest Trekking Packages**

Detailed Itinerary

Day 01: Arrival in Kathmandu (1,300 m/4,264 ft) Pick up from the airport to Hotel

Upon arrival, you will be picked by our representatives and transferred to your hotel. Later, stroll around the streets of Kathmandu and enjoy your dinner with a cultural program. O/N at the hotel.

Day 02: Fly from Kathmandu to Lukla (2880 m) and trek to Phakding

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

Day 03: 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 04: 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 05: Trek from Namche Bazaar (3440 m) to Thame (3800 m)

Ascend for 2 hours to see the statue of Tenzing Norgay and the peaks –Everest (8848 m), Amadablam (6812 m), Thamserku (6623 m), Taboche (6542 m), and Lhotse (8516 m). Pass through Phurte, admire painting in Kisibook, cross Thesyo Khola, and Same. We experience the blooming forest of Rhododendron and reach Thame Monastery in Thame. O/N in Thame.

Day 06: Trek from Thame to Khumjung (3790 m)

Trek from Thame Monastery to reach Khumjung village. We come across different villages and local residences. As we walk uphill, we can witness mountain ranges

and amazing views of the villages in the valley. The picturesque vista is enthralling. O/N in Khumjung.

Day 07: Trek from Khumjung 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, which one of the largest monasteries in the Khumbu region. The view is magnificent and unforgettable. O/N in Thyangboche.

Day 08: Trek from Thyangboche to Namche Bazaar (3440m)

Ascend and descend along the dusty trail, and 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 amazing view with a sense of accomplishment. O/N in Namche Bazaar.

Day 09: 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 in for the celebration. Review of the trek during dinner. O/N in Lukla.

Day 10: 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.

Day 11: Final Departure

Today, you fly back to your home country, after a quick photo session. Team representatives will drop you at the airport before the scheduled time.

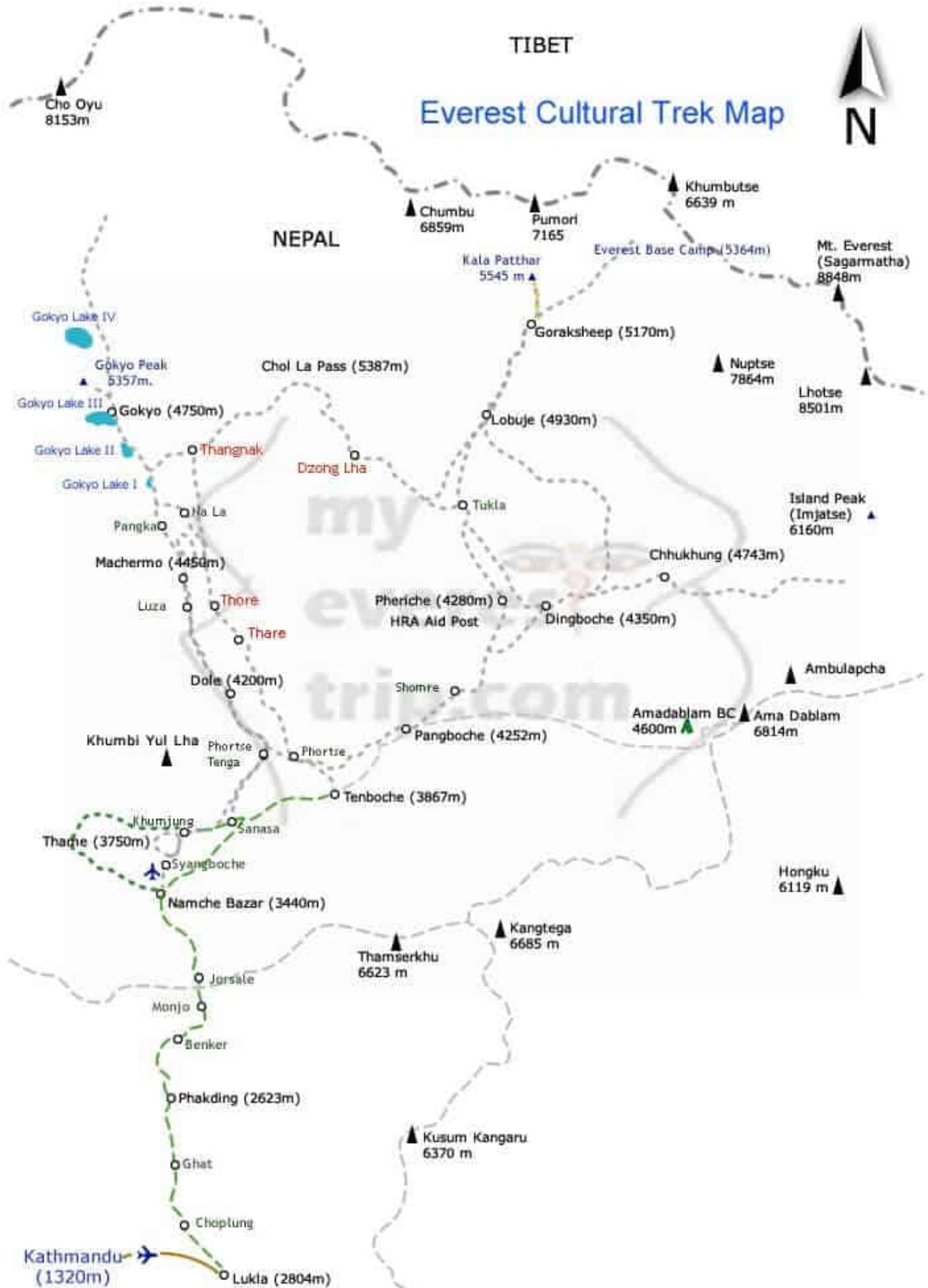
What's included

- Airport/hotel pick up and drop off by private car
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) in whole trekking
- Domestic flights (KTM-Lukla-KTM) with all surcharges airport taxes for guests and guide
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- 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 charge

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)
- Personal shopping and laundry etc
- Personal trekking equipment

Trip Map



Contact Us

Contact Us :

My Everest Travels & Tours
Satgumti Marg, Kathmandu 44600, Nepal
www.myeveresttrip.com
+977 – 9851069558
info@myeveresttrip.com
Skype: myeveresttrip
WhatsApp: +9779851069558

Taiwan :

Marketing Manager
Salikram Gyawali KC
Xinyi Road, Sec-2, Taipei City
Email: salikgkc@gmail.com
Mob No: 886-909439712

Germany and Italy:

Name: Isabel Wald
Email: myeveresttrip2021@gmail.com
Mob No: +39 3341981627 (WhatsApp)

My Everest Travels & Tours is a Government recognized and registered Travel Agency. Reg: 64831/066/067