



Itinerary for Everest spiritual trek

Day 1

Fly to Lukla, trek to Phakding & visit to local monastery

- Altitude – 2610 meters
- Special – Scenic view of mountains and greenery from plane and during trek
- Time – 25 minutes flight and 3 hours hike
- Activity – Flying in plane and trekking

Get the mountain trip to Lukla, appreciating shocking perspectives on the Himalayas. Meet the Sherpas and start the trip to Phakding.

The mountain trip into Lukla is awesome and the arrival an intriguing starting to the journey – one finish of the runway is 60m (197ft) higher than the other.

Once in Lukla, head through pine and cedar woods along the Dudh Koshi river to Phakding. Go through the following three evenings traveling nearby and adjusting in anticipation of making a beeline for headquarters. This is a difficult excursion and includes troublesome traveling at high elevations however the entire experience is just spectacular!

Day 2

Trek from Phakding to Namche

- Altitude – 3440 meters
- Special – Namche bazaar
- Time – 4/5 hours trek
- Activity – Trekking

Go through a day in Namche Bazaar adjusting to the elevation. There are likewise journeys to the encompassing towns of Thame and Khumjung; these brief day walks are intended to give us an opportunity to become accustomed to high-elevation traveling. Keep your eyes open – this is the chance to get a brief look at the pinnacle of great Mt. Everest, the most noteworthy mountain on the planet

Day 3

Visit local monastery at Namche and Hike to Thame

- Altitude – 3820 meters
- Special – Exploration of local monastery
- Time – 5/6 hours
- Activity – Hiking



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Explore around the local monastery at Namche. After exploring monastery at Namche start your walk to beautiful Thame village dominant by Sherpa settlement.

Day 4

Thame to Khumjung

- Altitude – 3790 meters
- Special – View of wide snow-capped mountain ranges
- Time – 5/6 hours
- Activity – Trekking

This way shapes some piece of the section course to Tibet, which goes at Nanga La, near the 8,012-meter zenith of Cho Oyu, first moved in 1954. It is furthermore the legitimate course that the Sherpa's moved from eastern Tibet 800 years back. A lunch stop is made at Thamo. It's similarly the home of Ang Rita Sherpa, who holds the record for scaling Mt. Everest on numerous occasions without oxygen. After lunch you rise bit by bit up passing a strict local area where nuns reside in conclusion you come to the town of Samden. From here you descend to the platform and convergence Bhothe Koshi River and a thirty minutes move up to arrive at Thame Village. In close to five hours, you will arrive at Khumjung, the most part tremendous town that gives food well to traveler needs. The town lies by Mount Khumbila and the local shelter is acknowledged to be made of a Yeti scalp.

Day 5

Trek from Khumjung to Pangboche

- Altitude – 3985 meters
- Special – Exploration of Pangboche village
- Time – 5/6 hours
- Activity – Trekking

Today we head off to Pangboche, it is the most elevated mark of this whole journey, situated at a height of 3985 meters. In Imja Khola Valley, where we can trade the way of life and involvement in the Sherpa public and also visit to the monasteries and schools.

Day 6

Pangboche to Tengboche & Spend night at Tengboche monastery

- Altitude – 3860 meters
- Special – Tengboche monastery
- Time – 2/3 hours
- Activity – Hiking



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Today you will start your hike to Tengboche. Once you reach to Tengboche you will be able to explore the rich monasteries over there. Once you finish exploring you will explore around tengboche and spend overnight at Tengboche monastery.

Day 7

Trek Down to Monjo

- Altitude – 2835 meters
- Special – Exploration of Monjo Village
- Time – 8/9 hours
- Activity – Trekking

After breakfast in Tengboche, you'll get back to Namche Bazaar for lunch and any somewhat late shopping prior to beginning your walk down to Monjo.

The course brings you steeply down along the Dudh Kosi River. You'll cross the stream and follow it to Jorsale, and afterward keep crossing the waterway a couple of additional times to Monjo where you'll remain for the time being.

Day 8

Monjo to Lukla

- Altitude – 2860 meters
- Special – View of mountains and greenery
- Time – 6 hours
- Activity – Trekking

After breakfast in Monjo, start the last day of the journey as you head along the Dudh Kosi stream to Lukla. You'll initially swalk from Monjo to Ghat and stop for lunch prior to proceeding to clear your path through villages like Chumoa, Benkar, Phakding, and Chuthawa, at last arriving at the Pasang Lhamu Memorial Gate connoting the finish of the trip. However a large portion of the course is a simple downhill slant, the last segment of trail prior to showing up takes you uphill — a fitting method for wrapping up.

With Lukla's modest bunch of shops, bars, and bistros — and, surprisingly, a faux Starbucks! — there are a lot of things to possess your experience as you consider your experience.

Day 9

Fly back to Kathmandu

- Altitude – 1380 meters
- Special – Scenic view of mountains and greenery



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- Time – 25 minutes flight
- Activity – Flying in Plane

25 minutes of scenic flight from lukla will take you back to Kathmandu. Your trip ends in Kathmandu.



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