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# Everest Sherpa Trail

URL: https://himalaya-discovery.com/trip/everest-sherpa-trail/

**Destination**
Nepal

**Activity**
Trekking in Nepal

**Duration**
12

**Region**
Everest

**Max. Altitude**
3864m

**Best Season**
January to May & September to January

**Group Size**
10

**Easy to Moderate**

## Highlights of Everest Sherpa Trail

- Explore renowned monasteries nestled in Thame and Tengboche immersing yourself in the spiritual and cultural richness they offer
- Meet the Sherpa people, learn insight into their rich culture and way of life.
- Embark on invigorating hikes amidst the breathtaking landscapes of the Khumbu region in Nepal.
- Rejuvenate your body with nutritious trekking superfoods, ensuring optimal nourishment throughout your journey.
- Traverse the charming Khumjung Sherpa village and traverse through diverse Sherpa village, soaking in the essence of the Himalayan culture along the way.

## Everest Sherpa Trail Overview

Everest Sherpa Trali a perfect blend of rich Sherpa culture along with a mesmerizing view of the Himalayas. The route offers a fantastic feel of the historical Shera village and their truly unique way of hospitality makes you feel at home.

Starting at Lukla in the high Khumbu, your legendary Everest journey brings you first to Phakding, Monjo, and then to Namche, the village at the end of the world. The next day, you'll continue northwest to Thame, a lovely village with a spectacular 16th-century Nyingmapa gompa. Ascend to Khumjung village, then to the untouched village of Phortse.

This trip takes a circular route through the heart of the Khumbu Sherpa community. You pass through Namche Bazaar, Kunde, where you may see the Yeti Scalp, Phortse, which is home to many Everest summiteers, and the iconic Tengboche Monastery.

Throughout the journey, there are breathtaking views of the world's highest peak, Mount Everest, and the surrounding Himalayan giants. While less hard than the trek to Base Camp, the trip is equally unforgettable.

# Trip Difficulty: Is this trip suitable for me?

Everest Sherpa Trail is designed for those looking for adventure, a taste of the high Himalayan experience, and to be among the world-renowned Sherpa community.

This is a moderate trip: most trek days last 4 – 5 hours, with only a few being somewhat longer. The altitude rise is normally between 300 and 500m each day, and the trails and routes are generally wide and well-marked.

We recommend that you possess a reasonable level of fitness, although you don't have to be an experienced trekker to relish this journey. However, having some hiking experience can greatly enhance your experience along these trails. Our trek leader and crew will ensure a comfortable pace with support at every step. If you're accustomed to day walks in gentle hills in your home country or engage in activities like swimming, cycling, or attending classes a couple of times a week, you should find this trek well within your capabilities.

Knowing that a hot shower and other comforts await you at the end of each day's trek adds even more of a joy!

# Itinerary

## Day 01: Kathmandu Arrival.

Welcome to the Himalayas! Upon your arrival at the airport, our team will be there to greet you and transfer you to your hotel.

Today is a free and rest day in Kathmandu or you can explore the vibrant city. Take a stroll around the bustling streets, immerse yourself in the local culture, and discover charming shops and entertainment spots to unwind and make the most of your time.

### Highest Altitude:
1400m

## Day 02: Fly to Lukla and Trek to Phakding.

Early morning flight from Kathmandu to Lukla, offering stunning views of the Himalayas. Arrival at Lukla

airport, one of the most thrilling and adventurous airports in the world. Meet with the trekking crew and begin trekking towards Phakding.

Descend towards the Dudh Koshi River, passing through small Sherpa villages and lush forests. Cross several suspension bridges adorned with prayer flags. Arrive at Phakding, a small settlement with teahouses and lodges. Overnight at guesthouse.

| Trek Duration | Highest Altitude: |
| --- | --- |
| 3 hrs | 2652m |

## Day 03: Trek to Namche Bazaar.

Leave Phakding after breakfast, following the trail alongside the Dudh Koshi River. Enter Sagarmatha National Park, where you may encounter diverse flora and fauna. Cross the iconic Hillary Suspension Bridge over the river.

Ascend steeply towards Namche Bazaar, the bustling Sherpa hub. Catch the first glimpse of Mount Everest and other surrounding peaks. Overnight at guesthouse.

| Trek Duration | Highest Altitude: |
| --- | --- |
| 5 hrs | 3440m |

## Day 04: Rest day in Namche Bazaar.

Acclimatization day to help your body adjust to the altitude. Explore the vibrant streets of Namche Bazaar, visit the local market, and interact with the Sherpa community.

Hike to the Everest View Hotel for panoramic views of Everest, Lhotse, Ama Dablam, and other peaks. Visit the Sherpa Culture Museum and learn about the rich heritage of the region. Rest and relax to prepare for the upcoming days of trekking.

## Day 05: Trek to Thame.

Leave Namche Bazaar and trek towards Thame, following a less-traveled route.
Enjoy picturesque views of the Himalayan landscape and traditional Sherpa villages.
Pass through lush forests and cross several streams.

Arriving at Thame, a charming village known for its monastery and cultural significance. Explore the village and interact with the friendly Sherpa people. Overnight at guesthouse.

| Trek Duration | Highest Altitude: |
| --- | --- |
| 4 hrs | 3736m |

## Day 06: Trek to Khumjung.

Begin the trek from Thame towards Khumjung village. Trek through rugged terrain and past yak pastures. Visit the Khumjung Monastery, home to the famous Yeti scalp.

Explore the village and admire the traditional Sherpa architecture. Enjoy stunning views of the surrounding mountains. Overnight at guesthouse.

| Trek Duration | Highest Altitude: |
| --- | --- |
| 3 hrs | 3786m |

## Day 07: Trek to Phortse.

After breakfast, leave Khumjung behind and trek towards Phortse village.
Traverse through rhododendron forests and alpine meadows. Enjoy breathtaking views of Mount Everest, Lhotse, and Ama Dablam. Arrive at Phortse, a tranquil village offering spectacular mountain vistas. Overnight at guesthouse.

| Trek Duration | Highest Altitude: |
| --- | --- |
| 4 – 5 hrs | 3542m |

## Day 08: Trek to Tengboche Monastery.

Depart Phortse and trek towards Tengboche Monastery, one of the most sacred monasteries in the Khumbu region. Descend to the Dudh Koshi River and cross a suspension bridge. Ascend through rhododendron forests and past small settlements.

Arrive at Tengboche and visit the monastery, soaking in the serene ambiance. Enjoy panoramic views of Everest, Nuptse, and other peaks. Overnight at guesthouse.

| Trek Duration | Highest Altitude: |
| --- | --- |
| 4 hrs | 3864m |

## Day 09: Trek to Namche.

Leave Tengboche behind and descend towards Namche Bazaar. Retrace your steps through familiar trails, enjoying the views along the way. Arrive back at Namche and restock on supplies or souvenirs. Relax and reminisce about the journey so far. Overnight at guesthouse.

| Trek Duration | Highest Altitude: |
| --- | --- |
| 5 hrs | 3450m |

### Day 10: Trek to Lukla.

Begin the final leg of the trek towards Lukla. Descend steeply through forests and past Sherpa villages. Cross several suspension bridges over the Dudh Koshi River.

Arrive at Lukla, where you'll bid farewell to your trekking crew. Celebrate the completion of your trek with a hearty meal and some drinks. Overnight at guesthouse.

| Trek Duration | Highest Altitude: |
| --- | --- |
| 6 – 7 hrs | 2800m |

### Day 11: Fly to Kathmandu.

Catch an early morning flight from Lukla to Kathmandu. Enjoy aerial views of the Himalayas one last time. Upon arrival in Kathmandu, transfer to your hotel.

Spend the day relaxing or exploring Kathmandu's vibrant streets and cultural sites. Reflect on your adventure in the Everest region and cherish the memories made.

### Highest Altitude:
1400m

### Day 12: Free day / Fly home.

You have the choice to spend today leisurely in Kathmandu or proceed to return to your respective countries.

As an optional activity, you might want to explore Durbar Square, situated in the heart of the old city, where the ancient Royal Palace with its intricate woodcarvings is a prominent feature. The area is a maze of temples and statues, offering a glimpse into the rich cultural heritage.

Indulge in the pleasures of Kathmandu by treating yourself to a spa massage, enjoying live music, or simply unwinding in a tranquil café or restaurant with a view of the city.

As this remarkable journey concludes, today marks the farewell. Our representatives will ensure you reach the airport on time according to your flight schedule.

# Price Includes

- Airport transfers pick-up and drop-off.
- Airfare both ways Kathmandu – Lukla – Kathmandu.
- Everest National Park entry permits and Trek card

- Three meals a day (breakfasts, lunch, dinner) during the trek.
- Tea/Coffee three times a day.
- Fresh fruit every evening after the dinner.
- All accommodations during the trek.
- English speaking native Sherpa trek guide.
- Porter to carry your luggage during the trek (1 porter for 2 trekkers).
- Transportations, accommodation, wage, food, insurance, equipment for the guide.
- English speaking Sherpa trek guide.
- All necessary paper works and entry permits.
- Transportations, accommodation, wage, food, insurance, equipment for the guide and
- porter.
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner.

# Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for the guide and porter (tipping is expected)
- Any others expenses which are not mentioned on the ‘Price Includes’ section.

## Address

Nagarjun 5, Swayambhu
Kathmandu, Nepal