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Wonderful Week around Everest 07 Days - 6 Nights / 7 Days

Cities Covered: >> Lukla >> Namche Bazaar >> Tengboche >> Monjo >> Kathmandu-






On this trek you will realize why the Everest Base Camp Trek is one of the most celebrated hiking routes in all of Nepal. As you trek through the rocky ravines, beautiful forests, and steep mountain paths of the Khumbu region, you will lay your eyes upon the highest mountains in the world. You will be fully surrounded by the stunning Himalayan giants known as Lhotse, Nuptse, Pumori, and Ama Dablam—to name just a few. And if you're a nature lover, you will savor the opportunity to explore the mysterious Sagarmatha National Park on the way there, keeping your eyes feasted with rare flora and fauna.

Day 1: Lukla:

Flight to Lukla and Trek to Phakding [2656 m]

Today we start with early morning flight to Lukla by picturesque mountain flight to the magical land of Lukla. On this short thrilling flight, you will be enjoying stunning views of the Himalayas including Mt.Everest. As soon as we land at the Lukla airport, you will be surprisingly rewarded by the beautiful surrounding mountain where you will meet the local Sherpas and begin the trek to Phakding for today's 4 hours walk. Trek from Lukla towards Phakding is a normal and easy move following the Dudh Kosi River through pine and cedar woods to the first camp of Phakding.

Walk Hours: Approx. 3-4 hours
Meals included: Lunch and Dinner
Overnight: Tea House

Day 2: Namche Bazaar:

Trek to Namche Bazaar [3450 m]

At Namchee you can witness your first look at Everest itself. The trek from Phakding is beautiful where you will be crossing the Dudh Kosi River and head up the Khumbu valley following in the footsteps of the mountain porters loaded with supplies for hotels in Namche Bazaar, Tengboche, Dingboche, and Gorakshep. Pass by the trail from Phakding to the double bridges that has a level ground walk via Monjo and Jorsalle. From the end section of the suspension or Hillary bridge the walk starts to get a little tougher, with a steep ascent to Namche Bazaar through the blue pine forest. Reaching Namche bazaar, is another highlight of the day.

Walk Hours: Approx. 6-7 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 3: Namche Bazaar:

: Rest day in Namche Bazaar

Today is the day to acclimatize in the thin air. Explore the beautiful trade center in the Himalayas, this is the last point where you can get the last chance to rent any additional gear or equipment for the high altitudes. If you want to see nightlife then Namche Bazaar is still for you and it is the chance to enjoy it.
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 4: Tengboche:

Trek to Tengboche [3846 m]

The view from Namche to Tengboche is unbelievably beautiful, you will enjoy the close-up front mountain views of Thamserku, Kantega, Ama-Dablam, Kusungkangru, Phortse peak, as well Mount Everest, and Lhotse in distance. The distance from Namche Bazar to Tengboche is today which takes around 4-5 hours walking through rhododendron forests, mani walls, and Chorten (stupas) to reach Phunge Thanka where normally stop for a lunch. Later cross a suspension bridge and start climbs for another two hours to reach Tangboche, the trail after lunch is a relatively tougher. As you reach Tangbocche, you will be so much amazed with a stupendous surrounded mountains and the Monastery- the largest monastery in the Khumbu region, visit the monastery in the evening when daily ceremony is performed by monks.

Walk Hours: Approx. 4-5 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 5: Monjo:

: Trek Tengboche to Monjo [2850 m]

As the Tengboche weather is unpredictable during the day, begin your trek early after breakfast. Take a descent to the Imjatse River, then a steep climb for about an hour will take you to Sanasa. Looking back at the village and Mt. Everest in the backdrop, you will move on through the rugged trail towards a lush green forest. You might have the chance of coming across musk deer, Himalayan Tahr, or even the rare red panda. Trekkers have often shared the experience of

witnessing Blood Pheasant and Impeyan Pheasant. The route then takes a steep descent to the Dudh Koshi River. Cross the river via a suspension bridge towards Jorsale.

It is the buffer zone of Sagarmatha National Park. You will further walk south towards Monjo Village. Monjo is a small village known best for being the checkpoint or the entrance gate of the national park.

Walk Hours: Approx. 6-7 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 6: Monjo:

: Trek Monjo to Lukla [2800m]

After bidding adue to the lovely locals we head on towards the Dudh Koshi River trail. There is a descent in the first part of the trek to Benkar. From there, you will take a suspension bridge and head to Ghat to stop for lunch. From here wecontinue the trek towards Phakding village. There is a gradual climb until we reach Chablung village. Walk past a thick forest of birch and juniper where you get to the Pasang Lhamu Memorial gate in a short while.

You will have reached Lukla village. Keep your belongings in your tea house, then head to the streets and enjoy yourself with the locals. The small village has a lot to give in terms of exploring. There are various shops in the area where you can find adorable souvenirs to take back home. The people here are friendly and welcoming.

Walk Hours: Approx. 4-5 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 7: Kathmandu,:

: Flight to Kathmandu

In the morning take flight back to Kathmandu. As it takes over, you will see the snowy mountains getting faint at a distance. Back to the hilly paradise - Kathmandu! Upon arrival at the Kathmandu airport continue on your own with beautiful memories.

Meals included: Breakfast
Overnight: None

Price Includes

• Tea house accommodation while on trek
• Meals as per the itinerary (all meals while on the trek with filtered drinking water)
• Transport as per itinerary in private vehicle, flights to Lukla and Kathmandu, including airport transfers
• Your trekking guide, sherpas, and porters, with all their transport, equipment, insurance, meals and accommodation

• A first aid kit with basic supplies appropriate for the group size and trek route – if you require or are taking specific medications it is critical that you discuss this with us prior to your trip departure
• Trekking permits and registration fees

• Services and activities not mentioned in the detailed itinerary
• Any gear or equipment that you may need to rent/buy – please ask us if you would like any advice about gear to bring/buy/rent
• International flights to and from Kathmandu
• Nepal visa fees and international airport taxes
Any excess baggage charges
• Comprehensive travel insurance that includes trip cancellation and rescue evacuation should this be required for any reason (we require this as the minimum insurance cover)
• Additional nights, optional trips and sightseeing tours outside the detailed itineraries above
• Single supplement
• Personal expenses (eg mineral water/soft drinks/bar bills, entrance/photography fees at monasteries, laundry, telephone calls, postage, donations, extra snacks, etc)
• Any extra charge that tea house owners may levy for single rooms, attached bathrooms, or hot showers (if these facilities are available) and charging of batteries
• Tips for your trekking crew, city guide, drivers, hotels, restaurants, etc (please ask if you would like guidance about appropriate tips)
• Costs incurred due to changes in programs and reservations due to unforeseen events (eg landslides, strikes, fuel shortages, etc)

Adventure travel: Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in the mountains, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of fellow travelers can all contribute to changes. We will try to ensure that the trip runs according to plan, but an easy- going nature will be an asset!

Terms & Conditions

Go Beyond reserves the right to change, update and/or alter these terms and conditions at any time and without prior notice.

Age Policy : Adults: 06 and above years of age; Children: 0 to 05 years of age

In case of Cancellations of tours or a particular service

Here are the general conditions and guidelines if you are traveling with us OR doing business with us at any destination where we offer our experiences.

Cancellation Policy -

Travelers/Guests/Customers OR booking Agents must notify Go Beyond Tours in writing on mail@gobeyondtours.in for any cancellation. We will NOT provide partial or full refunds for missed or unused services. Our cancellation policies and related fees are mentioned as a percent of the total booking price based on the booking's start date i.e. first day of service.

The following cancellation policy is applicable and applicable fees is mentioned as a percentage of total booking price for Standard Tours booked directly on our website -

-100% refund of the total booking price IF the cancellation request is received more than 30 days prior to the travel date / first day of service.
-50% refund of the total booking price IF the cancellation request is received between 15 and 29 days prior to the travel date i.e. first day of service.
-No refund of the total booking amount IF the cancellation is received less than 15 days prior to the travel date / first day of service.
-Compulsory cancellation fee applicable once you get the confirmation for trips with non-refundable services like train or air tickets, rides, jungle safari etc.
-Compulsory Service charge / cancellation fee applicable for customized trips / group tours as mentioned at the time of specific offers

Fixed Departures and shared services

Tours that are operated as “Go Together” / shared services, that is on a "join-in" basis, there is generally a minimum number of passengers that must be booked on the tour in order to assure that the tour departs. IF the number of customers on a particular join-in departure change after our customer books but before the tour departs, we reserve the right, at any time, to offer an alternative price for that departure and / or an alternative departure date notwithstanding the cancellation policy detailed above.

Specially for you Tours / Custom-Made Tours / Private Tours

Customized / Tailor-Made tours might have different cancellation policies at our discretion. The cancellation policy for tailor-made tours are always more stringent and is disclosed to the customer at the time of offer / prior to booking.

Cancellations By Go Beyond Tours

Go Beyond Tours reserve the right to cancel any trip for any reason that may occur due to circumstances that can make it unrealistic to run/continue a tour or service. Tour are ONLY canceled for unusual or unforeseen circumstances that are outside of our control or, in the case of shared / fixed tours, if there are too few people confirmed for us to operate the trip.

At a stage, when we cancel a tour, you may choose between a full refund of the amount paid or credit in that amount for any alternative trip. If the alternative trip is of lesser cost than the canceled trip, we might offer a partial refund, and pay you the difference. If the alternative trip is more costly than the canceled trip, we might ask you to pay the difference amount.

Please note we are not responsible for any incidental expenses or consequential losses that you incur as a result of the booking, such as, but not limited to, visas, vaccinations and non-refundable flights, missed connections, road blocks, adverse weather conditions, medical reasons and situations beyond control.

Customer Liability & Insurance

Guests traveling with us must be protected by their own travel insurance that covers accidents, medical expenses, emergency evacuation and loss or damage to personal effects. By participating in a product, package tour or activity with us, you agree to be responsible for all costs related to the above and exempt and fully release our company, our employees and our local partners from any and all liability, claims, demands, actions or causes of action whatsoever arising out of any damage, loss or injury to yourself, to your property, or death, which may occur as a result of or in the context of participation in a tour or activity, whether such loss, damage, injury or death results from the negligence and/or other fault, either active or passive, of any of the parties described, or from any other cause.

Travelers and participants must be able to provide proof of insurance. All customers traveling

with us and our suppliers / service partners do acknowledge that no refunds will be provided for any reason if the customer cannot furnish and we are unable to verify the proof of insurance purchase prior to your trip with us. In all cases, customers should seek refunds from their insurance provider prior to requesting a refund from Go Beyond.

Also note that coverage, such as insurance for trip cancellation or the loss of luggage and personal effects is not required, but strongly encouraged. We are not liable for lost or stolen luggage.

Disputes and applicable law

Please note that any and all Terms and Conditions that you abide by in traveling with us, including all matters arising from these Terms and Conditions, are subject to the law and the exclusive jurisdiction of the courts exclusively in the destination in which we have provided services to you.

Please note: Your guide will provide filtered water for you to drink which is preferable environmentally to buying mineral water since the bottles are not recycled. We recommend that you take two x 1-liter water bottles which can take boiling water (one is nice to have at your toes on a cold night, while the other cools down for the morning!)
Note: The local tea houses are basic but clean and they do not often have attached bathrooms or hot showers. The price is based on twin share and does not include any extra charge that lodge owners may levy for single rooms, attached bathrooms or hot showers (if these facilities are available) or for battery charging. We can't know in advance what they may charge for such things in the different lodges along the way, so we prefer to leave this cost out, rather than pass along an estimated charge to you.

The meal inclusions on the trek are breakfast (one set breakfast and tea or coffee), lunch (one main meal and tea or coffee) and dinner (soup, main and dessert with tea or coffee).