

Everest Panorama Trekking - 7 Days



Trek Information

Duration	7 days
Difficulty	Medium
Region	Everest Region
Highest Altitude	3440.0 m
Group Size	1-20+
Season	Autumn & Spring
Individual Cost	\$0.00

Description

About the Destination

The **Everest Base Camp (EBC)** trek is one of the world's most celebrated journeys, drawing trekkers from every corner of the globe to witness the grandeur of the Himalayas up close. This legendary trail follows in the footsteps of Sir Edmund Hillary and Tenzing Norgay, beginning with a dramatic flight into Lukla and weaving through the heart of the Khumbu region. As trekkers ascend through Sherpa villages like Phakding, Namche Bazaar, Tengboche, and Dingboche, they are immersed in vibrant local culture, Buddhist monasteries, and unmatched mountain scenery.

The trail offers glimpses of Everest early on, but the full majesty unfolds at Kala Patthar (5,545m), a vantage point that delivers sunrise views of Everest, Nuptse, and Lhotse in stunning clarity. The final destination, Everest Base Camp (5,364m), sits at the foot of the

mighty Khumbu Icefall, where climbers prepare for their summit push. The journey tests one's endurance and altitude adaptability but rewards with unparalleled vistas, spiritual encounters, and a sense of achievement. Whether it's crossing high-suspension bridges or sipping tea with local Sherpas, every step on the EBC trek resonates with adventure and legacy, making it a must-do for anyone passionate about mountains and cultural exploration.

Trip Overview

The Everest Panorama Trek is a short trek in the Himalayas that will give you breathtaking scenery and a cultural immersion. This 7-day trek shows highlights of the Sherpa capital, Namche Bazaar, and the famous Everest View Hotel. Trekkers enjoy easy altitude gains, colorful Sherpa villages, and panoramic views of Everest, Ama Dablam, and Lhotse.

The trek starts with a scenic flight to Lukla and a leisurely trek to Phakding. Trails are taken along the Dudh Koshi River with prayer flags on suspension bridges. Daily walks average between five and six hours and are a balance between challenging and comfortable. The route goes by pine forests, Buddhist chortens, and vibrant Sherpa settlements.

Namche Bazaar at 3,440m is the primary acclimatization stop, where the trekkers rest and explore. A hike to the Everest View Hotel at 3,880m offers sunrise and sunset panoramas of Everest and the other peaks. The altitude is moderate, but guides monitor people's health and encourage them to pace themselves so as not to get AMS.

The return journey follows the route via forest and rivers to Lukla before flying back to Kathmandu. Accommodation is in teahouses along the trail, and hotels in Kathmandu, full board meals include Nepali dal bhat and also international. Sherpa culture, monasteries, and warm hospitality add to the experience.

This trek is ideal for beginners or those who have limited time, and it gives you the beauty of the Himalayas without much altitude. Sunshine against snowcapped mountains, colourful prayer flags, and cultural encounters make the Everest Panorama Trek a memorable trek. Licensed guides, porters, and organized logistics for safety and comfort for the entire journey.

Trip Highlights

- This trek combines the cultural immersion and Himalayan scenery without extreme altitude, making it ideal for a beginner or limited time trek.
- Driving towards Ramechhap from Kathmandu, we fly to Lukla (2,860 m). Beginning our trek from Lukla in a relaxing manner to Phakding (2,610 meters) passing through pine forests, suspension bridges, and riverside trails.
- Walking across suspension bridges over the Dudh Koshi River from Phakding to Namche Bazaar (3,440m) and passing lively Sherpa villages and seeing our first glimpse of Everest.
- Acclimatizing on the Namche Bazaar, we make a hike to the Everest View Hotel (3,880 m). From here, panoramic views of Everest, Lhotse and Ama Dablam are revealed as we acclimatize to the altitude.

- Returning from Namche Bazaar to Lukla (2,860m) descending through pine forests, Sherpa villages and suspension bridges. The day is a long one, but the experience is rewarding.

Flying back from Lukla to Ramechhap and driving to the capital city Kathmandu (1,400m). The comforts of the city are embraced after the adventure of the mountain.

Detailed Itinerary

Arrive in Tribhuvan International Airport in Kathmandu and transfer to your hotel

Trekkers arrive in Kathmandu and transfer to their hotel, where they can spend time on orientation and preparation. Guides give details on the trek, permits, and safety instructions as the group takes in the cultural sightseeing in the capital city. Since this is an arrival day, there is no altitude gain or loss, but short walks around Thamel or Durbar Square help to ease into the journey. The evening is spent on gear checks, a team briefing, and a welcome dinner with the group.

Drive to Ramechhap, Flight to Lukla (2,860 m), Trek to Phakding (2,610 m)

The day starts with a drive from Kathmandu at an altitude of 1,324 meters down to Ramechhap at 474 meters. Then we travel through an exciting flight to Lukla at an altitude of 2,860 meters. This is the sudden gain in altitude of over 1,500 mt that introduces the trekkers to the tenuous mountain atmosphere and glorious Himalayan scenery. From Lukla, the trek goes down to Phakding at 2,610 m at a descent rate of about 250 m. The trail follows the Dudh Koshi River and passes through suspension bridges adorned with prayer flags, pine forests, and Sherpa villages. Short breaks are taken at Chheplung and Ghat to enjoy tea and interact with locals, and the views of Kusum Kanguru and Mani walls make the day's exploration richer.

Trek from Phakding to Namche Bazaar (3,440 m / 11,286 ft)

We begin from Phakding (2,610m) and follow an ascending path up to Namche Bazaar (3,440m) - an altitude gain of about 830m. The trail follows the Dudh Koshi river crossing suspension bridges with the famous Hillary Bridge. Trekkers pass through Monjo and enter Sagarmatha National Park, where permits are checked. The ascent is arduous, and from time to time, the lack of breath or slight headaches can be experienced because of the thinner atmosphere. Scenic views of Thamserku, Kusum Kanguru, and glimpses of Everest on clear days are a reward for the effort. Cultural encounters such as mani walls, prayer wheels, and Sherpa villages are on the way. Namche Bazaar, the capital of the Sherpa, with its colorful markets, bakeries, and monasteries, is a good, vivacious acclimatization stop.

Acclimatization in Namche Bazaar, Hike to Everest View Hotel and return

Starting from Namche Bazaar (3,440 m), we hike up to the Everest View Hotel (3,880 m), approximately 440 m above, and then hike back down. This acclimatization hike helps the body to adjust to the higher elevations and reduce the risk of altitude sickness. Trekkers can experience some mild fatigue, but it pays off due to the gradualization of the thinner air. The Everest View Hotel boasts magnificent panoramas of Everest, Ama Dablam, Lhotse, and Thamserku, particularly at sunrise and sunset. Cultural exploration with visits to nearby Sherpa villages such as Khumjung, where trekkers get an opportunity to see monasteries and traditional stone houses. Returning to Namche, afternoons are at leisure to visit the markets, museums, and local bakeries.

Trek from Namche Bazaar to Lukla (2,860 m / 9,383 ft)

Starting from Namche Bazaar (3,440 m), we hike up to the Everest View Hotel (3,880 m), approximately 440 m above, and then hike back down. This acclimatization hike helps the

body to adjust to the higher elevations and reduce the risk of the body getting altitude sickness. Trekkers can experience some mild fatigue, but it pays off due to the gradualization of the thinner air. The Everest View Hotel boasts magnificent panoramas of Everest, Ama Dablam, Lhotse, and Thamserku, particularly at sunrise and sunset. Cultural exploration with visits to nearby Sherpa villages such as Khumjun, where trekkers get an opportunity to see monasteries and traditional stone houses. Returning to Namche, afternoons are at leisure to visit the markets, museums, and local bakeries.

Flight from Lukla to Ramechhap/Kathmandu, Drive to Kathmandu (1,400 m / 4,593 ft)

We start the day with an early morning flight from Lukla at 2,860m down to Ramechhap at 474m, down more than 2,300m. The flight provides breathtaking aerial views of the Himalayas, including Everest, Lhotse, and Ama Dablam, and then drops down to the lush lowlands. From Ramechhap, we go by a scenic drive to Kathmandu, at 1,324 m, where trekkers feel their entire body relax as the oxygen levels return to normal. The journey changes from mountain landscapes to brimming city life, rivers, terraced fields, and roadside villages along the way. In Kathmandu, trekkers enjoy cultural exploration, visiting the temples, markets, and heritage sites, or just resting at the hotel after the trek.

Departure from Kathmandu

On the last day, trekkers have a leisurely morning in Kathmandu, before being transferred to the Tribhuvan International Airport. Here, the altitude gain or loss is zero, and the body is completely replenished from the Himalayan trek. The departure of the Everest Panorama Trek is the end of the trip, leaving trekkers with memories of the rising and views of Everest from the Everest View Hotel, suspension bridges over the Dudh Koshi River, and the warm hospitality of the Sherpa people. Many reminisce over the cultural interactions with monasteries, prayer flags, and the busy Namche Bazaar, which added to the adventure.

What's Included

- Private airport transfers in a comfortable vehicle for smooth arrivals and departures
- Accommodation in teahouses during the trek and hotels in Kathmandu (twin■sharing basis)
- Full board meals during the trek (breakfast, lunch, and dinner), with seasonal fruits after dinner
- Experienced English■speaking trekking guide providing professional and friendly support
- Porter service included (one porter shared between two trekkers)
- Salaries, equipment, and insurance coverage for guides and porters
- Emergency rescue coordination services (rescue costs to be covered by trekker's travel insurance)
- A basic first■aid kit is carried by the guide for safety
- Trek completion certificate to commemorate your achievement
- Required permits: Sagarmatha National Park Permit and Khumbu Pasang Lhamu Rural Municipality Entry Permit
- Printed trekking route map to help navigate the trek
- All applicable government taxes and official charges

What's Not Included

- Travel insurance (recommended to cover high■altitude trekking and emergency rescues)
- Personal expenses during the trek, including hot showers, device charging, and Wi■Fi
- Beverages of any kind: tea, coffee, mineral water, soft drinks, alcoholic drinks, etc.
- Personal trekking gear and equipment (boots, jackets, poles, sleeping bags, etc.)

- Tips for guides and porters
- Expenses due to unforeseen circumstances such as natural disasters, extreme weather, political unrest, or flight delays (especially Lukla flights)
- Kathmandu hotel and food expenses before/after trek (outside the package)
- Sightseeing or cultural tours in Kathmandu not included in the trekking package

Equipment & Packing List

Everest Panorama Trek Itinerary Overview

The trek starts from Kathmandu with arrival, orientation, and preparation in advance for the scenic drive to Ramechhap. A short flight and the trekkers will reach Lukla at an altitude of 2,860 m, the gateway to the Everest region. The initial walk to Phakding is along the Dudh Koshi River and crosses suspension bridges adorned with prayer flags, along with pine forests and Sherpa villages. Daily trekking is on average five to six hours, with easy ascents and descents that are challenging yet not too demanding.

From Phakding, the trail goes steadily up to Namche Bazaar at 3,440m, the busy Sherpa capital. The route passes through Monjo & passes through the Sagarmatha National Park Checkpost, with views of Thamserku and Kusum Kanguru. Namche has cultural immersion with monasteries, markets, and traditional Sherpa homes. A sunrise and sunset hike to Everest View Hotel at an altitude of 3,880m for panoramic views of Everest, Ama Dablam, and Lhotse. The altitude isn't very high, but some guides will keep a check on the health of the trekkers and encourage them to pace themselves so they do not suffer from AMS.

The trip back follows the trail through alpine forests, rivers, and suspension bridges back to Lukla. Trekkers breathe easier with more oxygen, and energy improves with lower altitude. Sherpa culture is still in full colour along the way, with mani walls, chortens, and prayer wheels marking the trail. Meals consist of Nepali dal bhat, Tibetan thukpa, and international offerings, both in terms of cultural immersion and food.

The trek is completed by a flight from Lukla to Ramechhap and a drive back to Kathmandu. This short but rewarding journey has Himalayan scenery, cultural exploration, and easy altitude gains. Sunshine over snow peaks, colourful prayer flags, and Sherpa hospitality make the Everest Panorama Trek a memorable adventure for those who are new to hiking and those who have limited time to spend on this adventure.

Everest Panorama Trekking distance and altitude coverage

Day

Route

Distance

Duration

Altitude Gain/Loss

1

Arrival in Kathmandu, transfer to the hotel

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2

Drive Kathmandu → Ramechhap, flight to Lukla (2,860 m), trek to Phakding

~8 km

3–4 hrs

-250 m

3

Trek Phakding → Namche Bazaar

~10–11 km

6–7 hrs

+830 m

4

Acclimatization in Namche, hike to Everest View Hotel (3,880 m) and return

~3–4 km

3–4 hrs

+440 m / -440 m

5

Trek Namche Bazaar → Lukla

~18 km

7–8 hrs

-580 m

6

Flight Lukla → Ramechhap, drive to Kathmandu

–

–

-1,460 m

7

Departure day from Kathmandu or optional onward activities

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This itinerary features moderate altitude gains, an acclimatization hike at the Everest View Hotel, and easy daily hiking distances. The highlights make the Everest Panorama Trek ideal for people who are beginners or have limited time.

What are the Permits and Expenses Needed for the Everest Panorama Trek
Sagarmatha National Park Entry Permit

To trek in the Everest region, every traveler must get a Sagarmatha National Park entry

permit. This fee is used for the conservation of forests, wildlife, and trail infrastructure in the whole Khumbu region.

- Foreigners: NPR 3,000 per person (USD 23)

- SAARC nationals: NPR 1,500 per person

- Children under 10: Free

TIMS Card (Trekking Information Management System)

The TIMS card allows the trekkers to be registered officially and helps with safety monitoring and rescue operations, if needed. Issued by the Nepal Tourism Board in Kathmandu, it is still required for the Everest Panorama Trek.

- Foreigners: NPR 2,000 per person (USD 15)

- SAARC nationals: NPR 600 per person

Local Municipality Fees

Khumbu Pasang Lhamu Rural Municipality charges a fee to local people for supporting community development, infrastructure, and trail maintenance. This is collected at entry checkpoints along the trek.

- Foreigners: NPR 2,000 per person (USD 15)

- SAARC nationals: Same rate as foreigners

These permits and fees are essential to the 7-day Everest Panorama Trek, working to maintain the tourism, conserve the natural resources, and directly give back to Sherpa communities along the trail.

Trip Cost of the Everest Panorama Trek package 2026/2027

Group Size

Price Per Person (USD)

10 persons

10 – 20 persons

21+ persons

Single Supplement

Note

- Prices are calculated on a per person basis.

- For a group of 10 trekkers, the cost is fixed on a per capita rate.

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For larger groups of 21 or more people, a discounted rate applies per person.

- An additional surcharge is applicable for private accommodation

Best Time to Trek the Everest Panorama

The trek is best in Spring (March-May) and Autumn (September-November) when the skies are clear, temperatures are moderate, and mountain views are at their best. Summer monsoon (June-August) - brings heavy rain and slippery trails. Winter (December-February) is cold, but it is manageable as the trek is not at extreme heights

Spring (March to May) | Ideal for Trekking

Spring brings crisp mornings and blooming rhododendrons, and usually mild temperatures. March might still bring some light snow at higher points, too. April and May bring you warmer days, and the trails are quite stable, with an excellent view of Everest, Ama Dablam, and Lhotse.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

March

8 to 12

0 to -5

50–60 mm

Cold mornings, warming days

Light at higher ridges

April

10 to 15

2 to -4

70–80 mm

Mild rhododendrons are blooming

Rare

May

12 to 18

4 to -2

90–100 mm

Warm, clear skies, stable trails

Minimal

Autumn (September to November) | Best Season

Autumn is known to be the most popular season for the Everest Panorama Trek. There are occasional rains during September and clear skies, crisp air, and stable weather in October, and cold nights with unmatched views of the Himalayan peaks in November.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

September

10 to 15

2 to -5

120–150 mm

Clear skies, occasional showers

Light at higher viewpoints

October

8 to 14

0 to -6

70–80 mm

Stable, crisp skies, clear views

Rare

November

5 to 10

-2 to -8

40–50 mm

Cold nights, excellent visibility

Begins at higher ridges

Summary

The best time of the Everest Panorama Trek is Spring and Autumn when the weather is

stable, and the views are spectacular. Summer monsoon (June-August) brings heavy rain, slippery trails, and leeches, whereas winter (December-February) is cold but manageable as the highest point of the trek (Everest View Hotel, 3,880m) is still accessible.

Packing List for the Everest Panorama Trek General Essentials

- Three-season sleeping bag (suitable for 0°C to -5°C nights)
- Lightweight down jacket
- Daypack 30–40L with rain cover
- Trekking poles
- Water purification tablets/filter
- Headlamp with spare batteries

Upper Body

- Sun hat or cap
- Warm beanie/knitted hat
- UV-protected sunglasses
- Buff/neck gaiter

Torso Layers

- Technical base layers
- 2 short-sleeve trek shirts
- 2 long-sleeve trek shirts
- Fleece jacket/pullover
- Waterproof shell jacket (windproof recommended for Namche and Everest View Hotel)

Lower Body

- Thermal leggings/base layer

- 2 hiking pants

- Hiking shorts (for lower altitude days)

- Comfortable teahouse pants

- Rain/snow shell pants (optional, depending on season)

Hands

- Liner gloves

- Insulated gloves (lighter than Annapurna, but useful for mornings/evenings)

Feet

- Warm wool socks

- Hiking socks and liners

- Waterproof trekking boots

- Casual shoes/slippers for teahouses

Undergarments & Sleepwear

- Quick-dry underwear

- Sports bras (for women)

- Thermal sleepwear (important for Namche nights)

Medicals & Personal Care

- First aid kit, altitude medication, pain relievers

- Oral rehydration salts

- Sunscreen SPF 50+, lip balm SPF

- Menstrual products (for women)

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Hand sanitizer, wet wipes, toiletries

Electronics

- Power bank (10,000–20,000 mAh)
- Camera/smartphone with extra memory cards
- Adapter plug (Nepal uses Type C/D plugs)

Miscellaneous

- Trekking duffel bag
- Lightweight towel
- Notebook and pen
- Snacks: energy bars, nuts, chocolates
- Reusable water bottle/hydration bladder
- Small lock
- Lightweight book/Kindle

Equipment and Extras Provided by the company

- Down jacket (loaned for trek)
- Three-season sleeping bag (loaned for trek, suitable for Namche nights)
- Trekking duffel bag (70L, for porter use)
- Everest Panorama trekking route map
- Trekking T-shirt (souvenir)
- Appreciation certificate after trek completion
- First aid kit with oximeter for altitude monitoring
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Basic medical support during the trek

Can You Trek the Everest Panorama Solo?

The Everest Panorama View Trek can be taken with or without a guide, but taking a licensed guide is highly recommended for safety, cultural information, and logistical ease.

Unlike high altitude expeditions, this trek only hits 3,880 m at the Everest View hotel, where the risk of altitude sickness will be lower but still possible. Guided treks provide for acclimatization as well as Navigation of Sherpa villages and enrichment by local culture. Traveling along with organized teams also allows for support in the event of emergencies and makes the journey more enjoyable and stress-free.

What are the Meals and Accommodation Like in the Everest Panorama Trek?

Meals and accommodation on the Everest Panorama Trek are aimed at having a balance between comfort and authenticity of the Himalayan treks.

In Kathmandu:

- Trekkers typically stay in 3★ hotels with twin or double occupancy rooms.
- Breakfast is included before departure to the trek and upon return.

Along the Trek:

- Accommodation is in standard Sherpa teahouses. Rooms are simple, with twin sharing beds and basic bedding.
- At lower altitudes (Phakding, Namche), some lodges may offer attached bathrooms and slightly better facilities.
- At Lukla and Namche Bazaar, trekkers can find teahouses with more amenities, while facilities remain basic in smaller villages.

Atmosphere:

- Teahouses provide warmth, coziness, and Sherpa hospitality.
- Evenings are communal, with trekkers gathering around wood stoves to share meals, stories, and the mountain atmosphere.

Meals

- Full board meals are provided throughout the trek: breakfast, lunch, and dinner daily.
- Traditional Nepali dishes like dal bhat (rice, lentils, vegetables) are supplemented by Sherpa and Tibetan inspired meals such as noodles, soups, pasta, momos, thukpa, eggs, and Tibetan bread.
- Tea and coffee are served three times daily, and fresh seasonal fruit is offered after dinner to keep trekkers energized.

- At higher altitudes (Namche and Everest View Hotel area), meals are simpler but hearty, designed to provide warmth and calories for trekking days.

Notes

- Meals include both Nepali and Sherpa/Tibetan dishes, with occasional international options in Namche Bazaar.
- Fresh fruit is served after dinner along the trail.
- Tea and coffee are provided three times daily.
- Accommodation is on a twin/double sharing basis, with attached bathrooms available in lower villages, and shared bathrooms at higher altitudes.

Visa and Entry Requirements for the Everest Panorama and Everest View Trek

Nepal Entry Visa

All foreign travellers must have a Nepal entry visa to participate in the Everest Panorama Trek. You can get the visa at the first entry portal, Tribhuvan International Airport, in Kathmandu or in advance from Nepali embassies abroad. A working passport for at least six months and a recent passport-sized photo are prerequisites to process a visa.

- 15-day multiple-entry visa: USD 30
- 30-day multiple-entry visa: USD 50
- 90-day multiple-entry visa: USD 125

Payments are usually made in cash, preferably in US dollars.

Trekking Permits

In addition to the entry visa, trekkers must obtain permits specific to the Everest region:

- Sagarmatha National Park Entry Permit: Supports conservation of forests, wildlife, and trail infrastructure in the Khumbu region.
- TIMS Card (Trekking Information Management System): Registers trekkers officially, ensuring safety monitoring and rescue support when needed.

Local Municipality Fees

The Khumbu Pasang Lhamu Rural Municipality charges a local fee at the checkpoints on the trek. The fee is used for community development, infrastructure, and trail maintenance.

Provided by Trekking Company

The trekking company organizes all necessary permits and includes them in the package price. This is necessary so that you comply with Nepal's laws and have a hassle-free experience during the Everest Panorama adventure.

Travel Insurance Requirements and Emergency Rescue Coverage for Everest Panorama trek

Travel insurance is highly recommended on the Everest Panorama Trek, despite the highest point being the Everest View Hotel, at 3,880 meters. The altitude sickness risk is less than at higher passes, but the trekkers can still get headaches or dizziness, or fatigue due to the thinner air. A good policy helps you to stay safe, and it also fulfills the trekking rules of Nepal.

The insurance should cover emergency helicopter evacuation from Lukla or Namche Bazaar, treatments in Kathmandu hospitals, and repatriation to your home country. It should also cover you in case of trip cancellation, delays, and interruptions, because flights to and from Lukla frequently get affected by the unpredictable mountain weather.

Rescue operations in the Everest region are usually organized from Namche or Lukla, and helicopters are used for serious cases. Guides assist in organizing the rescue, but costs are borne through your insurance provider. Medical kits carried by guides such as oximeters, are used to monitor oxygen levels and to detect the early signs of altitude sickness so that medical decisions can be made.

A proper travel insurance policy is thus crucial to have peace of mind, both in case of medical emergencies and to tackle logistical issues while undertaking the Everest Panorama Trek.

Guide and Porter Services, Staffing, and Baggage Allowance for Everest Panorama Trek

The trek is guided by licensed, English-speaking guides that specialize in altitude management and trail navigation, as well as Sherpa culture. They make sure that you are safe and enhance the journey with the local traditions, monasteries, and everyday life in the Khumbu region.

For groups larger than 12, there is an assistant guide to ensure balanced supervision and support is given. Porters carry 12-15 kg per trekker; there is 1 porter per 2 trekkers, which ensures a light daypack for participants. All staff are fully insured, properly equipped, and provided with food, accommodation, and transport during the trek. The salaries and expenses of guides and porters are included in the package cost.

Guides and porters ensure safety, handle logistics and cultural immersion, which is why the Everest Panorama Trek is both secure and meaningful, and would let the trekkers focus on enjoying the views of Everest, Ama Dablam, and the vibrant Sherpa villages.

Altitude Sickness and Prevention for the Everest Panorama Trek

Prevention begins with slow acclimatization and sufficient hydration. An acclimatization hike is scheduled in Namche Bazaar to acclimate our body with altitudes. Trekkers should not drink or smoke, should walk at a steady pace, and should eat a proper meal every day. These habits maintain energy levels and limit risks of altitude sickness, despite the highest point reached on the trek being 3880m.

Guides carry medical kits with oximeters to monitor the oxygen saturation and to identify the early symptoms related to the versatile climate. If illness becomes evident, then the safest option is to descend immediately to villages further down, such as Phakding or Lukla. Evacuation procedures are organized promptly to avoid complications, so trekker safety is ensured.

The trekking company coordinates emergency rescue operations with helicopters from Lukla or Kathmandu when the need arises. Patients are sent to hospitals in Kathmandu to get cured and recover. A team of guides takes care of the process, ensuring timely medical support and communication with insurance providers.

With correct acclimatization, professional guidance, and awareness of altitude dangers, trekkers can successfully undertake the Everest Panorama Trek with guaranteed safety, a rewarding and memorable trip to the Himalayas, enriched with Sherpa culture and

spectacular mountain views.

Personal Expenses and On-Trek Incidentals to Budget For on the Everest Panorama Trek
Trekking is advised to budget for personal costs not covered by the 7-day package. These typically include snacks, bottled water, and additional tea or coffee bought along the trail. Namche Bazaar has bakeries and cafes where trekkers often spend on cakes, hot chocolate, or international meals.

Wi-fi, hot showers, and battery charging in teahouses are also charged separately, and prices are higher in higher villages like Namche and the Everest View Hotel. Alcohol, soft drinks, and phone calls are personal expenses. Souvenir shopping for handicrafts or Sherpa art in Namche requires extra cash.

Tips for guides and porters are customary and should be budgeted for in advance. Carry small denominations of Nepalese Rupees, as the ATMs at Lukla and Namche may not be reliable all the time. Proper budgeting of these incidentals will make the trek a smooth ride without any financial stress and allow trekkers to enjoy the Everest Panorama experience to the fullest.

Extra Activities and Customized Services Available for Everest Panorama

Trekking may add optional activities such as private sightseeing tours in Kathmandu, cultural walks in Khumjung or Kunde, or monastery visits in Namche Bazaar. These experiences will increase immersion in Sherpa traditions and will take exploration off the main trail.

Customized services, such as enhanced hotels in Kathmandu, private transport to Ramechhap, or extra porters for hefty baggage, may be organized on request. These options add comfort and convenience throughout the journey.

Helicopter sightseeing flights over the Everest region can be taken at an additional price. They offer panoramic views of Everest, Ama Dablam, Lhotse, and surrounding peaks, and are a unique way of experiencing the Himalayas without having to trek for longer.

These activities and services are not included in the standard 7-day package but can be adapted for groups or individuals. They bring comfort, cultural immersion, and highlights that will be remembered for the rest of your life to the Everest Panorama adventure.

Why Trek the Everest Panorama with Us?

Trekking the Everest Panorama with us (Everest Trek Guide) incorporates the adventure, cultural, and professional guidance that goes into making this a safe and enriching experience.

We offer a customized, tailor-made itinerary that suits a 7-day plan with the main focus on acclimatization and comfort. The trek is guided by licensed local experts who provide invaluable cultural insights to Sherpa traditions, monasteries, and village life in Namche, Khumjung, and Kunde.

Guaranteed departures and flexible timetables make the trip a convenient and convenient way to travel in groups of any size. Our all-inclusive package includes permits (Sagarmatha National Park, TIMS, Khumbu Municipality), transport, accommodation, meals, guides, and porters, so that the trekkers can focus on their experience, rather than the logistics.

Our good reputation and positive reviews give confidence to choose us for your Everest Adventure. We are well-prepared to accommodate larger groups with assistant guides and porters who ensure safety, smooth logistics, and personal care during the trek.

Extra activities such as monastery visits to Namche, cultural walks to Khumjung, or helicopter sightseeing flights over Everest and Ama Dablam can be organized to give an extra dimension to the trek and create some unforgettable highlights!

The Everest Panorama Trek is the perfect mix of Himalayan scenery, a cultural immersion, and accessible adventure. With us, the 7-day journey is not only about reaching the viewpoints of Everest but about experiencing Sherpa hospitality, spiritual heritage, and a safe, memorable trek in the Khumbu region.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: How difficult is the Everest Panorama Trek in Nepal?

A: The Everest Panorama and Everest View Trek is of easy to moderate difficulty. The trail has stone steps, suspension bridges, and constant uphill towards Namche Bazaar and the Everest View Hotel (3,880 m). Trekkers usually walk 4-5 hours per day, so a reasonable level of fitness and stamina is needed. The itinerary includes an acclimatization day in Namche Bazaar to help one adapt to the altitude. Licensed guides lead the trek, and it is safe and well-organized. With a constant pace and the correct amount of rest, and the assistance of guides and porters, the trek is accessible, enjoyable, and rewarding.

Q: What is the maximum altitude reached on the Everest Panorama Trek?

A: The peak of the 7-day trek is at the Everest View Hotel at 3,880 meters. Mild symptoms of altitude sickness are possible if acclimatization is ignored. The route has a rest day in Namche Bazaar and a gradual ascent, which helps the trekkers to adjust safely before reaching the viewpoints. This trek is ideal for beginners or those looking for a shorter Everest without the extreme altitude challenges.

Q: What are the best seasons for the Everest Panorama Trek?

A: The best seasons are spring (March - May) and autumn (September - November). Spring brings the pleasant temperatures, the blossoming rhododendrons, and the clear views of Everest and Ama Dablam. Autumn brings clear air that gives good weather and provides excellent views of the Himalayan peaks. Winter can be cold at Namche and the Everest View Hotel, with the summer monsoon, which brings heavy rains, cloud cover, and slippery trails. For comfort and safety, spring or autumn are the best months for a trek.

Q: Do I need prior trekking experience for the Everest Panorama Trek?

A: No extensive trekking background is required; however, good fitness is important. The route consists of steady ascents, suspension bridges, and daily walks of 4-5 hours. With proper pacing, rest, and all of the guides and porters who are licensed guides, the trek is manageable for beginners and rewarding for all levels of trekkers.

Q: What accommodation and meals are provided on the Everest Panorama Trek?

A: Trekkers stay in 3-star hotels with breakfast in Kathmandu before and after the trek. Along the trail, there are accommodation facilities arranged in Sherpa teahouses and lodges in the form of twin-sharing rooms with basic bedding. The attached bathrooms may be available in lower villages such as Phakding, and in Namche Bazaar and around Everest View Hotel, where the facilities are typically shared. Dining halls in teahouses offer warmth and a friendly atmosphere after taking a walk each day. Meals are full board during the trek. Traditional Nepali dal bhat, along with Sherpa and Tibetan-inspired dishes, are served, such as noodles, soups, rice, pasta, dumplings (momos), vegetables, eggs, and bread. Tea and coffee are served three times a day, and fresh fruit is served after dinner. Namche Bazaar also has bakeries and cafes where trekkers can indulge in cakes, hot chocolate, and international food to add variety to the eating experience.

Q: What permits are required for the Everest Panorama Trek?

A: Trekkers must carry the Sagarmatha National Park Entry Permit and TIMS card (Trekkers' Information Management System). In addition, the Khumbu Pasang Lhamu Rural Municipality fee is needed to support local infrastructure and development of the community. These permits are organized by the trekking company, and they are included in the package cost. All permits are required and must be presented at checkpoints along the 7-day trek route.

Q: Is travel insurance required for the Everest Panorama Trek?

A: Travel Insurance is highly recommended. Although the trek does not exceed 3,880 m, policies should still include covering moderate altitude trek, emergency helicopter evacuation from Lukla or Namche, medical treatment in Kathmandu, trip cancellations, and repatriation. Weather in the Khumbu can cause delays to flights, and insurance is a safeguard against unexpected costs and challenges that are logistical.

Q: What about altitude sickness (AMS) on the Everest Panorama Trek?

A: Altitude sickness can be experienced at above 3000 m, especially during the ascent to Namche Bazaar and the Everest View Hotel. Symptoms may include headache, fatigue, or mild dizziness. An acclimatization day in Namche, as well as steady pacing, proper hydration, and avoiding alcohol help to decrease risks. Guides carry oximeters to check on oxygen levels and will make the necessary arrangements for descent or evacuation if needed.

Q: How should I prepare for the Everest Panorama Trek?

A: Preparation includes regular cardio exercise, brisk walking, and light weight training to build stamina. If you are a trekker, you should choose to pack layered clothing, waterproof trekking boots, personal medicines, and some essentials such as power banks to charge your gadgets. Pre-trek briefings by the agency familiarize the participants with the route, altitude pre-cautions and cultural highlights, so that they are both physically ready and mentally confident for the Himalayan trek.