

Mountain and Monastery Trek



Introduction

The Tibetan Buddhist religious people live to the Himalayan region of Nepal. They deeply believe in their religion and are very cultural. They decorate their house in a Buddhist way. Khumvu (Everest) region is one among such region in Nepal. The centuries old Tengboache Monastery is situated in this area where the lamastic (the monk) life can be observed. The mani wall, prayer flag, chortens are all around the village. Beside the culture of people the Mountains of Khumbu - Everest (8848 m), Kwangde (6187 m) Ama Dablam (6812 m), Lhotse (8501 m) and Nuptse (7879 m) offer a stupendous backdrop for the experience a lifetime. En route Donkeys and yaks carrying loads and a porter are another interesting things.

Trip Facts

Trip Duration	7 Days
Trip Grade:	Moderate
Best Season	March-may, Oct - November
Per Day Hiking:	5-6 hr
Elevation	3800m
Accomodation	Hotel/ Guest House
Transportation	Private car/ van/ bus/ Flight

Itinerary Details

Day 01: Arrive in Kathmandu:

Our representative will be waiting in the Nepal airport and transfer to Hotel. Take an easy evening to stroll around. Over night in the Hotel. Our company will offer a traditional Nepali dinner at Nepali restaurant. Night rest at Hotel.

Transport: Private transfer by car van.

Accommodation: Hotel in the city center

Meal: Nepali cultural dinner

Day 02: Kathmandu Sight seeing:

After the breakfast drive to sight seeing by car with guide to the world heritage sites (Pashupatinath-Hindu temple, Boudhanath - Buddhist stupa, Swyambhunath - Buddhist Stupa and Patan Durbar Square). Back to Hotel and free in the evening. We will welcome to our city office and finalize the formalities. Brief the program and introduce the guide and other operator. Overnight in the Hotel.

Transport: Private car/ van.

Accommodation: Hotel in the city center

Meal: Nepali cultural dinner

Day 03: Fly to Lukla and trek to Phakding:

Take an early breakfast and our trekking guide will led you to domestic airport to take a flight to Lukla which will take 45m. After arrive in Lukla we will meet our porter and after a tea/ coffee we will walk to Phakding which will take approximately 4hr. Over night in the lodge. Lunch will serve on the way and dinner at the lodge.

Transport: Domestic flight/ Private transfer by car van.

Accommodation: Local guest house

Meal: BLD from local guest house.

Taken care by: Trekking guide and porter

Day 04: Trek to Namche Basar 3440m

We start our trekking after the breakfast 8:00AM. Today we will walk around 6hr and it has a steep ascending before getting to Namche. From Namche we will have good view of Kwongde, Thamserku and Kusum Kangru Mountain. Overnight rest at lodge.

Accommodation: Local guest house

Meal: BLD from local guest house.

Taken care by: Trekking guide and porter

Day 05: Acclimatization Day:

Today is an easy day. Wake up and have a breakfast and after breakfast hike to Syanboache from where we will see the view of Mt. Everest, Amadablam and many other mountains. If you want you can further walk down to Khumjung where we can explore the first school of Sir Edmond Hillary and the sherpa village. Back to Namche and over night at the lodge.

Accommodation: Local guest house

Meal: BLD from local guest house.

Taken care by: Trekking guide and porter

Day 06: Trek to Tengboache 3800m:

Our trek will start after the breakfast. It will take approximately 5 hr to get to Tengboache. Tengboache is a old Monastery in the Khumvu region. After taking rest in the lodge we will visit to Monastery and talk

to lama or can seat while they will have their rituals. Over night in the lodge.

Accommodation: Local guest house

Meal: BLD from local guest house.

Taken care by: Trekking guide and porter

Day 07: Trek to Monjo 2840:

Overnight in the Monjo at lodge. Lunch will serve on the way and dinner will be at the lodge.

Accommodation: Local guest house

Meal: BLD from local guest house.

Taken care by: Trekking guide and porter

Day 08: Trek to Lukla:

and take last night enjoy. Lunch will serve on the way and dinner will be at the lodge. Enjoy the last day dinner and can join a chill out party in some pub. Overnight in the lodge.

Accommodation: Local guest house

Meal: BLD from local guest house.

Taken care by: Trekking guide and porter

Day 09: Fly back to Kathmandu:

Leave to Lukla and Everest mountain region with a life time memory in the morning. Arrive in Kathmandu and transfer to hotel. Free in the afternoon. Overnight in the hotel.

Accommodation: Hotel in the city center

Meal: Breakfast from local guest house.

Taken care by: Trekking guide

Transfer: Domestic flight/ private car/ van

Day 10: Drive to airport and fly back to Home:

We will transfer to airport and take a flight to home. Home sweet home.

Meal: Breakfast at Hotel

Transport: Private car/ van to airport

Cost Includes :

- Arrival and departure and all the land transfer as per itinerary.
- Sightseeing (UNESCO World Heritage Site) for one day with guide by car.
- Three night standard Hotel in Kathmandu on BB
- Breakfast, lunch and dinner whilst on the trek.
- Lodge accommodations in trekking on twin sharing
- Applicable trekking fees (national park and TIMS).
- Guide and Porters (one porter per two persons is provided to carry the clients personal effects)
- Domestic flight to and from Lukla.
- Sleeping bag, duffle bag and trekking pole in trekking

- First aid medical kit with guide.
- Insurance for the trekking staff. (insurance as per state law)
- All the government tax and our (AATE) service charges.

Cost Excludes :

- Personal trekking equipment
- Extra accommodation, meal and sight seeing in Kathmandu.
- International flights and Visa.
- Your travel insurance (for travel, cancellation, accident, health, emergency evacuation and loss of life, theft of or damage to personal effects).
- Tips and gratuities (crew frequently receives some recognition for good service)
- Costs arising from unforeseen events outside the control of AATE.
- Personal expenses such as alcoholic beverages, soft drinks, mineral water, monuments entrance fees, postage, laundry, video, camera, phone, etc.
- TreAll other services not included in the “cost includes” section above.