Everest Panorama Trekking : Scenic & Comfortable for Women

Everest Region

Trip Facts

REGION	DURATION
Everest	**11 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
3,867m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
45 km/28 miles	**Private vehicle**

Group Prices and Discounts

USD 1,060 per person

No. of travellers	Price per person
1–4 Pax	USD 1,199
6–12 Pax	USD 1,060
14–24 Pax	USD 940

Overview

Everest Panorama Trekking is a short and scenic adventure in the close harmony of impressive Sherpa's colorful cultures. It is an exciting high-altitude country walk suitable for interested women of all age groups whether you are travelling solo or with your fellow **female explorers**. You can gradually acclimatize with daily walks at a leisurely pace, taking breaks to rest and enjoy the panoramic Himalayan views—a highlight of every **Everest panorama view trek**. Explore the local lifestyle of

Sherpa women in Namche, in the Khumbu region, where their strength and resilience serve as a powerful inspiration for **women's empowerment.** Everest Panorama Trekking is less than a week trekking that takes you to the highest point at Tengboche, a picturesque location, amidst a beautiful green forest of coniferous and deciduous tree species- a central point for the Everest panorama.

Tengboche is encircled, by the towering snow-capped mountain range with excellent views of Mt. Everest with an array of famous giant peaks. The trek includes close views of the magnificent Ama Dablam, which towers high above the famed majestic monastery of Tengboche.

This wonderful **trek to Tengboche Monastery** is the best and perfect place for **Everest Panorama**, starting from **Lukla town** . Lukla is the gateway for various adventure destinations around the high Khumbu region of Everest, as well as the ending point. The walk follows through traditional villages, lined with religious monuments and prayer walls— a hallmark of the Everest panorama view trekking experience.

As the trek continues crossing exciting bridges, we then enter the *Sagarmatha National Park*, enriched with exotic flora and fauna. The park includes the world's famous mountains, Lhotse, Nuptse, Pumori, and Ama Dablam with many other giant snow peaks besides Mt. Everest.

After entering the Sagarmatha National Park, the adventure then leads to high famed **Namche Bazaar**, the capital and commercial hub for the Khumbu villagers as well as for trekkers. Namche bazar was a trading hub where nepalese traders and tibetan traders would meet and trade basic things for living.

At Namche Bazaar, you can spend an extra day to explore its scenic viewpoints and to acclimatize. After enjoying a day off at Namche Bazaar, the adventure continues towards our final destination Tengboche and the famous monastery.

The views along the walk make the adventure more exciting, as the climb takes you to fascinating high surroundings. Tengboche and its monastery is situated in the close shadow of towering giant peaks.

Tengboche is a scenic spot for a spectacular **panorama of Everest** with a series of snow peaks. Enjoy a delightful experience, as well as visit the monastery of great religious and cultural interests. We then return to Lukla for the last overnight stop around the high Khumbu region of Everest. The next morning, a short panoramic flight brings you to Kathmandu after a great adventure of **Everest Panorama Trekking**.

Highlights

- Dive into an empowering journey with your female friends or a **female trekking guide in Nepal**, pushing your limits at a high altitude.
- Get connected with local women from different areas of Khumbu region and traditions of Sherpa people.
- Sweeping short flight facing unparalleled views of **Himalayan Mountain range**.
- Enjoy the picturesque walks with a daily grand vista of towering peaks.

- Explore the traditional villages of the Sherpa's adorned with impressive cultures, guided by trusted women trekking guide agencies in Nepal.
- Walk into beautiful woodland covered in tall rhododendrons, pines, and fir trees.
- Fabulous **panorama of Everest** with an array of peaks from scenic Tengboche.

Route Overview

Trekkers planning to join for Everest Panorama or other **adventures around the Nepal Himalayas** should be aware that Nepal is a country of high land of mid-hill to higher **mountainous landscapes and terrains**.

The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Everest Panorama at Tengboche, starts with a pleasant gradual path with few short steep ups till Jorsalle. After crossing the high bridge on leaving Jorsalle village and Dudh Koshi River Valley, the walk is a steep undulating climb for a few hours to Namche Bazaar. From Namche onwards, the path is wide scenic winding gradual ups. A climb for a few hours through a beautiful forested path takes you to the Tengboche Monastery, followed by a descent with some short uphill stretches until you arrive at Lukla, completing the rewarding **everest panorama trekking** journey.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Everest Panorama Trekking team in the meeting room for a briefing. In the evening, we assemble you to our office for a trip briefing meeting.In the briefing, you will be provided with detail information about the treks, local lodge, and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: Kathmandu Sightseeing Tour (Half day) - 4 hrs.

Enjoy your breakfast at the Hotel. Then be ready for a day tour of the mystic and mysterious Kathmandu valley. The tour places include Pashupatinath Temple, and Boudhnath Stupa.

Pashupatinath Temple: It is the most famous Hindu temple devoted to Lord Shiva, located in the bank of Bagmati River. This is one of the most significant temples for the Hindu devotees from around the world and the UNESCO cultural heritage site. There are numbers of occasions festivities takes place in the temple complex and the cremation of dead body in the river bank can be attraction of the day.

Boudhanath Stupa: One of the biggest Stupas in the world in terms of height and expansion, Boudhnath is located on the ancient trade route between Kathmandu and Tibet. Beautifully decorated, and situated in peaceful square surrounded by shops, tour to this UNESCO heritage site will be unforgettable. The Stupa resembles the Mahayana philosophy. You finish the tour in the afternoon. Later, you can prepare your gear, buy some gears if you want. Overnight in hotel.

Day 03: Fly to Lukla 2,860 m and trek to Phakding 2,610 m-04 hrs.

After having early breakfast and refreshments at the hotel ,the Woman Adventures guide, and staff will take you for short drive to domestic airport. You then check in with respective airlines, get on board in a small aircraft of 15 to 18 seats. (Twin Otter, Dornier or similar STOL aircraft can only fly to mountainous smaller Airport and runways.) The flight to Lukla's amazing Tenzing-Hillary Airport is an enchanting experience, with its remarkable airstrip. During this short flight enjoy sweeping panorama of the Himalayan range of peaks with Mt. Everest towards North-East.

Then the plane lands at Lukla's short runways, reaching the parking space on landing at Tenzing-Hillary Airport. After getting organized with the baggage, you'll have time to take a refreshing break. Then follow our lady expert guide heading through the market areas on the main streets of Lukla town.

Enjoy a pleasant walk downhill, passing farm villages and continuing through several charming settlements along the way. We then reach Phakding for the first overnight around the Khumbu area of Everest.

The lodge offers lovely rooms and warm hospitality, providing a comfortable place to enjoy the night in Phakding, near the Dudh Koshi River. The flight to Lukla takes about 30 minutes and covers a distance of approximately 135 km (84 miles) while the walking distance from Lukla to Phakding covers an approximate distance of 8 km (5 miles).

Day 04: Trek to Namche Bazaar 3,440 m-06 hrs.

After a hearty breakfast in the morning, follow our female guide and trekking staff for a pleasant walk to start the day. After short hour of good walk, cross over a long bridge

above Dudh Koshi River. Then a short climb to lovely Monjo village and then enter Sagarmatha National Park. Sagarmatha, the name for Everest in Nepal, meaning forehead of the great blue sky. The native Sherpa calls Chomolungma similar to Tibetan meaning goddess mother of the world. From the national park, we walk down to cross the same river once again. (Sagarmatha National Park is in the list of UNESCO World Heritage Sites).

We then reach the settlement of Jorsalle before Namche Bazaar, possible lunch stops, and then walk on river bed amidst dense forest. We take a short climb to cross a high bridge, with a long undulating uphill walk of a few hours which takes us to Namche Bazaar. A large settlement sized as a moderate town with colorful and well built houses

serving as lodge, and hotels. Enjoy a nice comfort in one of the best lodge rooms, with a grand view of Kwangde Himal range; with Thamersarkhu peaks. The total distance from Phakding to Namche Bazaar is approximately 12 km (7.5 miles), taking more than 5-6 hours due to the increase in altitude.

Day 05: Rest day in Namche Bazaar for acclimatization with short hike.

Namche Bazaar is a perfect place and ideal height for rest and acclimatization before heading to higher ground. It is best to sleep and rest at lower altitude. We also take a short hike above Namche Bazaar to aid in better acclimatization. Possible short hiking around Namche Bazaar and viewpoints are as follows:

After breakfast climb uphill to near Park Headquarters, a top ridge with an interesting museum. Enjoy the grand vista of Mt. Everest, Lhotse, and Nuptse with beautiful Mt. Ama Dablam, Khangtiaga, Tharmasarku, and Kwangde Himal range of peaks. You then visit the museum which offers good information about the Sherpa culture and history as well as local flora/fauna and mountaineering expeditions history around Khumbu and Everest.

The other interesting hike is climb above Namche Bazaar to a small old airstrip at Syangboche. Then on slow gradual ups to Everest View Hotel, the first luxury hotels of Khumbu and Everest region. It is designated in the Guinness Book of World Record, as the highest hotels in the world at 3,962 m/ 13,000 feet.

It is located in a serene surrounding amidst pines and rhododendrons small forest. Enjoy the glorious views of Mt. Everest, Lhotse, Nuptse with Ama Dablam while having refreshing hot drinks. We then return to Namche Bazaar for lunch. The rest of the day is free to leisurely explore the fascinating streets of Namche Bazaar.

Namche Bazaar is also famous for its weekly Saturday Market, hence the name is tagged as Namche Bazaar due to the colorful busy bazaar/ market held every Saturday.

Day 06: Trek to Tengboche Monastery 3,867 m-05 hrs.

After enjoying a pleasant stop for two overnights in Namche Bazaar, the walk leads on a pleasant gradual wide trail. Next, a steep short climb to start the morning walk to Tengboche. The walk follows along with superb views of towering snow peaks with downhill to 'Imja tse River' at Phunki Tenga. It is a small settlement and a popular lunch stop for trekkers before heading to Tengboche and beyond.

After lunch we climb for two hours on average, heading uphill and winding up through dense woods. The trail is covered in tall rhododendrons, pines, oaks, and firs trees. We then reache an open wide area at Tengboche. It is a beautiful location surrounded by towering snow-clad peaks amidst a beautiful forest with a colorful majestic monastery. After checking into a nice room and having afternoon refreshments, enjoy a tour of the monastery enriched with ancient artifacts and colorful decorations of vivid religious arts and paintings inside the monastery interiors. Tengboche Monastery is famous for a colorful religious festival called Mani Rimdu. This event is held for three days during late October or first week of November, as per Buddhist Lunar calendar. Interested people can contact Woman Adventures for the exact date for the trek to coincide with Mani Rimdu Festival. Discover the lifestyle of the Sherpa women in Tengboche, where their traditions, strength, and dedication to their community reflect the essence of resilience and cultural pride.

The walking distance from Namche Bazaar to Tengboche is approximately 10 km (6.5 miles), taking 5 to 6 hours due to the steep climb.

Day 07: Trek to Monjo 2,880 m via Namche Bazaar-05 hrs.

Enjoy the morning glory overlooking grand vista of Mt. Everest and adjoining peaks. After breakfast, we walk downhill to Phunki Tenga, and after the bridge, climb to Lobesa and Shansa villages. In the afternoon, descend to the Dudh Koshi River valley. We continue our walk past Jorsalle and after the bridge a short steep climb to the national park post. Then reaching Monjo for an overnight halt before Lukla.

Day 08: Trek to Lukla and transfer to a lodge-04 hrs.

On the last day of the adventure, enjoy the pleasant walk toward Phakding, where you can take a short rest. From here, enjoy a few hours of good walking, with a last hour-long climb to reach Lukla. You will arrive at Lukla by afternoon on time for lunch and an overnight stop, with ample time to hang around. You can enjoy the last dinner celebration with fellow members and the trekking staff.

Day 09: Fly to Kathmandu and transfer to hotel.

In the morning, you will be transfer to Lukla's Tenzing-Hillary Airport for a smooth, short flight back to Kathmandu. After a great adventure and wonderful experience on Everest Panorama Trekking, we then return in the hustle and bustle of city life of Kathmandu. Spend the rest of the day at leisure with fond memories of Everest Panorama Trekking

Day 10: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 11: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Khumbu with trek to Everest Panorama. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

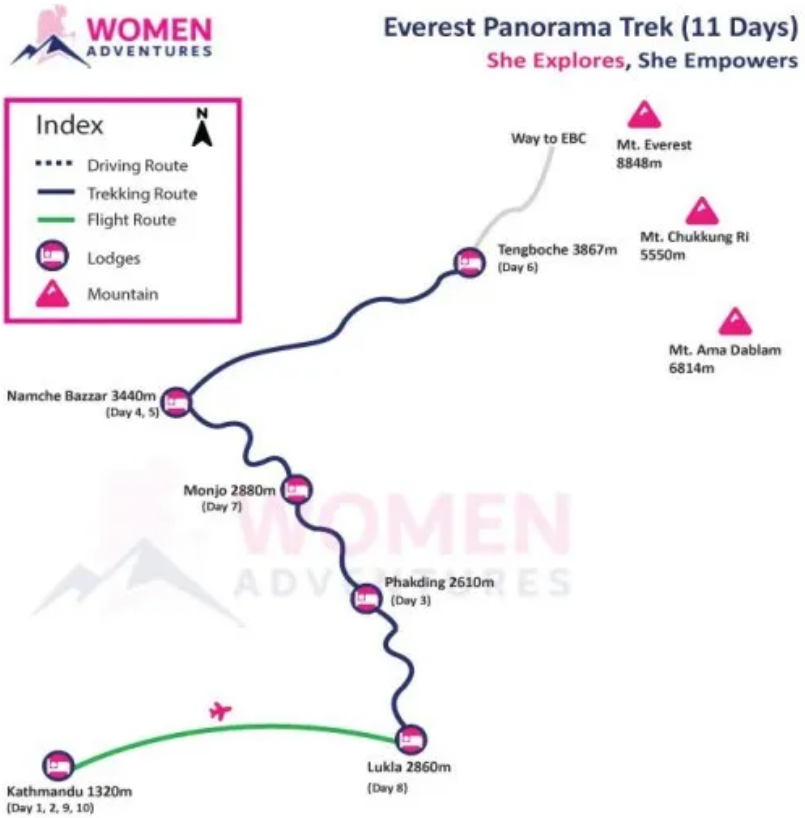
- Airport Pick up and Drop.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Air ticket (Kathmandu- Lukla –Kathmandu)
- Kathmandu Cultural and Historical sightseeing with a certified female Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.

- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

Trip Map



Food and Culture

Food and lodge accommodations along the everest panorama trek in the Khumbu region of the Everest region are available at designated overnight stops. The guide including those from leading **female trekking guide agency in Nepal** will choose the best lodge accommodation for an overnight stay.

The foods are available according to the menu, from breakfast, lunch, dinner, or main course. So you can choose any kind of food according to your preference from the menu. It will be served in a nice and cozy dining room, with a fireplace. We also provide some healthy fruits and tea/coffee of your own choice.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

The lodge accommodation and food are best in the Khumbu areas en route to Tengboche. The lodge accommodations from **Namche Bazaar** onwards, are simple with clean and cozy rooms. From Namche Bazaar to Tengboche, most lodges provide common bathrooms and toilets. They have a good food menu of limited varieties, some villages offer fresh homemade bakery items. In most places, the rooms are on a shared basis with common bathrooms and toilets due to harsh terrain conditions. The plumbing systems for running water might freeze in the morning, evening, and nighttime.

From Namche Bazaar village onward, hot showers are available at an additional cost due to the freezing temperatures. All lodges have electricity to light the large dining room powered by local hydro or solar power.

For charging electronic items, you have to pay an extra cost per hour and for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions.

In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is a good practice for **Eco-Tourism** and involves properly managing garbage and litter throughout the trek.

Trekkers must be aware that the **Khumbu region** from Lukla to Tengboche Monastery, offers various standard of Lodge accommodations. From budget to tourist standard and luxury lodges, interested people can upgrade the standard of accommodation on booking with **Woman Adventure (P) Ltd.**

It is important to know that alcoholic drinks are not healthy and good while going up to higher altitudes. But can enjoy after completing the main highlights, on a return journey to Lukla, and losing altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the high Khumbu of North Mid-East Nepal is populated by the Sherpas. The highlanders of eastern Himalayas, the Sherpa menfolk are famous and renowned, as the world's best mountaineers and guides. The Sherpa follow a strong **Buddhist religion**, similar to their early Tibetan predecessors. The walk leads across many **Buddhist monuments and shrines**, as well as the famous monastery of Tengboche— an integral part of the **everest panorama view trek** and the broader spiritual landscape of the region. The religious monuments include a series of prayer walls, and spinning wheels with impressive monasteries of great religious and cultural interest.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).

- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.

- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

For more about this trip, see https://womanadventures.com/packages/everest-panorama-trekking

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