# Everest Heritage Trail

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

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| DURATION | **15 Days** |
| DIFFICULTY | **Moderate** |
| MAX ALTITUDE | **3880m** |
| GROUP SIZE | **17 People** |
| BEST SEASON | **September–November and March–May** |
| START / END | **Kathmandu / Kathmandu** |
| PRICE FROM | **USD 2,090 per person** |

## Day-by-day itinerary

### Day 1 : Arrival in Kathmandu (1,400m)

*Altitude: 1400m*

**Stay: Hotel · Visit: Nepal · Meals: Dinner**

Upon your arrival at Tribhuvan International Airport in Kathmandu, you will be warmly welcomed by our representative and transferred to your hotel. After check-in, you can relax or explore the vibrant streets, temples, and local markets of Nepal's capital city. In the evening, you will meet your trekking guide for a detailed briefing and preparation for the journey ahead.

### Day 2 : Trek and Permit Preparation

*Altitude: 1400m*

**Stay: Hotel · Visit: Nepal · Meals: Breakfast**

Today is dedicated to trek preparation and final arrangements before heading into the mountains. You can check and organize your trekking equipment, complete permit preparations, and meet your trekking team. If time permits, explore cultural landmarks, traditional markets, and local restaurants around Kathmandu while experiencing the lively atmosphere of the city.

### Day 3 : Drive or Fly to Phaplu (2,400m)

*Altitude: 1400m - 2400m*

**Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

Travel Duration - 35 minutes flight / 8-9 hours drive

After breakfast, begin your journey to the Solu region either by a scenic mountain flight or a picturesque drive through hills, rivers, terraced farmland, and traditional villages. Upon arrival in Phaplu, you can enjoy the peaceful mountain atmosphere and beautiful surroundings of the lower Everest region.

### Day 4 : Trek to Ringmo or Taksindu (2,960m)

*Altitude: 2400m - 2960m*

**Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

Your first trekking day begins with a gradual ascent through pine forests, traditional Sherpa villages, and peaceful mountain trails decorated with prayer flags. Along the route, you will enjoy beautiful Himalayan

scenery and experience the local culture of the Solu region. If time permits, you may also visit the historic Taksindu Monastery overlooking the valley.

### Day 5 : Trek to Junbesi (2,700m)

*Altitude: 2960m - 2700m*

**Walk: 5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

The trail to Junbesi passes through rhododendron and fir forests, scenic ridges, and traditional mountain settlements with stunning views of the Everest region. Junbesi is one of the most culturally rich Sherpa villages in the area, known for its stone-paved paths, monasteries, and traditional wooden houses.

### Day 6 : Explore Junbesi and Visit Thuptencholing Monastery

*Altitude: 2700m*

**Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

Today is an acclimatization and cultural exploration day. You will hike to the famous Thuptencholing Monastery, home to hundreds of monks and nuns practicing Tibetan Buddhism. The peaceful surroundings, prayer ceremonies, and mountain atmosphere provide a unique cultural and spiritual experience before returning to Junbesi.

### Day 7 : Trek to Nunthala (2,330m)

*Altitude: 2700m - 2330m*

**Walk: 6-7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

The trail descends through forests, terraced farmland, and traditional villages while crossing the Dudh Koshi River. Along the route, you can enjoy views of Everest and Thamserku on clear days while experiencing the unique blend of Rai and Sherpa cultures in the mountain communities.

### Day 8 : Trek to Bupsa or Kharikhola (2,400m)

*Altitude: 2330m - 2400m*

**Walk: 6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

The trail follows scenic ridges, forested hills, and beautiful farmland while passing traditional villages of the lower Everest region. Along the way, you will experience local mountain culture, peaceful landscapes, and stunning views of the surrounding valleys and hills.

### Day 9 : Trek to Surke or Chaurikharka (2,950m)

*Altitude: 2400m - 2950m*

**Walk: 6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

Continue trekking through alpine forests, yak pastures, and peaceful mountain trails toward Surke or Chaurikharka. The route offers a quieter alternative path before connecting with the main Everest Base Camp trail near Lukla.

### Day 10 : Trek to Phakding (2,610m)

*Altitude: 2950m - 2610m*

**Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

Today you join the famous Everest Base Camp trail, where the path becomes more lively with trekkers, yaks, and porters. Cross suspension bridges over the Dudh Koshi River and walk through pine forests before reaching the beautiful riverside village of Phakding.

### Day 11 : Trek to Namche Bazaar (3,440m)

*Altitude: 2610m - 3440m*

**Walk: 6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

One of the most exciting trekking days, the trail crosses several suspension bridges including the famous Hillary Bridge before ascending through pine forests toward Namche Bazaar. Along the way, you may catch your first clear view of Mount Everest. Namche is the vibrant trading hub of the Everest region with cafes, bakeries, shops, and stunning mountain views.

### Day 12 : Explore Namche Bazaar or Hike to Everest View Hotel (3,880m)

*Altitude: 3440m - 3880m - 3440m*

**Walk: 3-4 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

Today is reserved for acclimatization and exploration around Namche Bazaar. You may hike to the famous Everest View Hotel for breathtaking panoramic views of Everest, Ama Dablam, and surrounding peaks. You can also explore local monasteries, museums, cafes, and traditional Sherpa culture in Namche.

### Day 13 : Trek to Lukla (2,860m)

*Altitude: 3440m - 2860m*

**Walk: 6-7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner**

Retrace your steps through forests, rivers, suspension bridges, and traditional villages as you make your way back to Lukla. This final trekking day offers a chance to reflect on the incredible Himalayan adventure and celebrate the successful journey with your trekking team.

### Day 14 : Fly to Kathmandu (1,400m)

*Altitude: 2860m - 1400m*

**Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner**

Travel Duration - 35 minutes flight

Take a scenic mountain flight back to Kathmandu while enjoying spectacular aerial views of the Himalayas. Upon arrival, transfer to your hotel and spend the rest of the day relaxing, shopping, or exploring the city.

### Day 15 : Buffer Day or Final Departure

*Altitude: 1400m*

**Visit: Nepal · Meals: Breakfast**

This day is reserved as a buffer in case of flight delays from Lukla due to weather conditions. If everything goes according to schedule, you may enjoy sightseeing around Kathmandu Valley, explore Bhaktapur or Patan, or do some last-minute shopping before your international departure.

## Altitude & temperature

*Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.*

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Trek and Permit Preparation · 1,400 m · day 21°C / night 11°C
- Day 3 · Drive or Fly to Phaplu · 1,400 m · day 21°C / night 11°C

- Day 4 · Trek to Ringmo or Taksindu · 2,400 m · day 16°C / night 5°C
- Day 5 · Trek to Junbesi · 2,960 m · day 13°C / night 1°C
- Day 6 · Explore Junbesi and Visit Thuptencholing Monastery · 2,700 m · day 14°C / night 3°C
- Day 7 · Trek to Nunthala · 2,700 m · day 14°C / night 3°C
- Day 8 · Trek to Bupsa or Kharikhola · 2,330 m · day 16°C / night 5°C
- Day 9 · Trek to Surke or Chaurikharka · 2,400 m · day 16°C / night 5°C
- Day 10 · Trek to Phakding · 2,950 m · day 13°C / night 1°C
- Day 11 · Trek to Namche Bazaar · 2,610 m · day 15°C / night 3°C
- Day 12 · Explore Namche Bazaar or Hike to Everest View Hotel · 3,440 m · day 11°C / night -2°C
- Day 13 · Trek to Lukla · 3,440 m · day 11°C / night -2°C
- Day 14 · Fly to Kathmandu · 2,860 m · day 13°C / night 2°C
- Day 15 · Buffer Day or Final Departure · 1,400 m · day 21°C / night 11°C

## What's included

### 1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

### 2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

### 3. Permits

- Sagarmatha National Park Entry Permits. (Permit required for the Everest region)
- Local Government Entry Permits. (Khumbu Pasang Lhamu Rural Munacipality)
- Trekkers' Information Management System (TIMS) permits.

### 4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

## Not included

### 1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

### 2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

### 3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

### 4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

### 5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

## Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-heritage-trail/

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