Sherpa Nomad Trek
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Short Everest Trek - 7 Days

SHORT EVEREST TREK: DISCOVER THE PANORAMIC VIEW OF EVEREST

The Everest Trek stands as Nepal's iconic trekking destination for adventure seekers and nature enthusiasts worldwide. Numerous trekking routes can guide you to your dream adventure at **Everest Base Camp**, the **Three Pass Tre**k, **Gokyo Valley**, the **Two Pass Trek**, **Gokyo Everest Trek**, and more. Nevertheless, the Short Everest Trek is a 7-day package that is perfect for those in search of a brief yet picturesque trek in the Everest region. This package is the best choice for those desiring a short trek, but the experience is no less than a full expedition. The journey commences with a flight from Kathmandu to Lukla, followed by a trek to Namche Bazaar, the Sherpa capital, where you can behold the world's highest mountain along with other towering Himalayan peaks. This trip promises an exhilarating adventure, allowing you to experience rich vegetation, Sherpa culture, their lifestyle, breathtaking landscapes, and monasteries. You will also experience suspension bridges, savor local cuisine, and enjoy stunning sunrise and sunset views over Everest and other mountains.

The Short Everest Trek, also referred to as the Everest Panorama Trek or Mini Everest Trek, offers an exhilarating experience for those with limited time. It is ideal for both novice and experienced trekkers who wish to immerse themselves in the stunning natural beauty and rich culture of the world's highest region. This trek is classified as moderate in difficulty and requires a reasonable level of fitness. Each day, participants will walk approximately 4 to 7 hours, reaching a maximum elevation of 3,880 meters, which includes steady ascents and descents. Throughout the journey, trekkers will be treated to breathtaking views of Everest, Nuptse, Ama Dablam, Thamserku, Kongde Ri, and more. Book the Short Everest Trek Package to create unforgettable memories. Choose Sherpa Nomad Trek Pvt. Ltd. for the best local team for your Himalayan adventure. We provide top-

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notch service, maximum flexibility, premium packages, authenticity, local guides, impeccable hospitality, and competitive pricing without compromising on quality.

SHORT EVEREST TREK COST BREAKDOWN

The cost of the Short Everest trek begins at $1,100 and can reach up to $1,200 per person, depending on the size of the group. The trip's cost will vary based on factors such as group size, service level, package details, itinerary, and duration. In our 7-day package, you will receive exceptional service from arrival to departure, including 2 nights of accommodation in a 4-star hotel in Kathmandu, 4 nights of lodge accommodation in the mountains, mountain meals, a local professional guide, and a porter for groups of 2. All necessary permits and other services are included as specified. If you are looking for a reputable local company for your dream trip to the Himalayas, consider joining Sherpa Nomad Trek Pvt. Ltd. for a premium package at a reasonable price. You can choose to travel solo, in a small group, or in a large group. Please note that the cost for a solo trip is higher than for small or large groups. The minimum group size is 1 person, and the maximum is 10. If you are traveling with a larger group of more than 10 people, we can accommodate you by providing either two guides and an assistant guide or by creating a separate group. Below are the cost details for the Short Everest Trek based on the number of participants in our 7-day package and itinerary

- For solo travelers, the cost is $1,200
- For groups of 2-6 participants, the cost is $1,150 per person
- For groups of 7-10 participants, the cost is $1,100 per person.

HIGHLIGHTS OF THE SHORT EVEREST TREK

- Experience the exhilarating and breathtaking flight from Kathmandu to Lukla, showcasing the picturesque valley and mountain scenery.

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- Depart from and arrive at Lukla Airport, renowned for having the shortest runway in the world.
- Marvel at the charming Lukla Village nestled beneath towering mountains within a lush pine forest.
- Embark on a trek to the Sherpa's hometown, immersing yourself in rich cultural and natural experiences.
- Discover delightful villages, cascading waterfalls, and traverse suspension bridges over rushing glacial rivers.
- Enjoy a stay at a local lodge, where you will be inspired by and appreciate the warm hospitality.
- Visit Namche Bazar, the Sherpa capital, where modern coffee shops blend seamlessly with traditional mountain views.
- Hike to the Everest View Hotel and witness the breathtaking landscape, alpine vegetation, and stunning mountain vistas, including Everest, Amadablam, Taboche, Thamserku, and more.
- Relish the unique combination of adventure and tranquility that this journey offers.
- Capture unforgettable memories as you explore the majestic beauty of the Himalayas.

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu

Today marks the beginning of the Short Everest Trek. If you are arriving from outside Nepal, we offer complimentary pickup services for your convenience. If you are already in Nepal, you are welcome to check in at our package offering at the Ramada Encore Hotel in Thamel, a four-star establishment. Please provide us with your flight details for the pickup; our team will be waiting for you at the arrival gate according to your arrival time, and we will meet you with a name card and the Sherpa Nomad Trek pamphlet. Our team will greet you at the airport with a flower garland and transport you to the hotel. After a brief breakfast, we will take you to our office to finalize the trip details. Following the meeting, you can explore the vibrant Thamel area and enjoy its lively atmosphere. Spend the night at the hotel and prepare your bags for the upcoming journey to Lukla.

Day 2: Kathmandu to Lukla flight and Trek to Phakding (2610m): 4 hours

Rise at dawn and prepare to travel to the airport for your flight to Lukla. The flights to Lukla are scheduled early due to weather conditions. During peak season, flights typically operate from Ramechha to Lukla instead of from Kathmandu. In this case, you will need to leave for the drive around 1 to 2 AM to catch your flight. If you prefer to avoid a 5-6 hour drive, you can upgrade to a Sherpa helicopter for a cost of $300 per person. Upon landing in Lukla, you will meet our crew and begin your trek to Phakding, passing through picturesque Sherpa villages such as Cheplung, Thado Koshi, and Ghat village, alongside the Dudh Koshi River. This trek offers experiences of monasteries, farmland, alpine vegetation, rivers, waterfalls, and stunning mountain views, including Karyolung (6,465 meters), Khatang (6,776 meters), and Nupla (5,869 meters). From Thado Koshi, you can also see Kusum Kanguru (6,367 meters). The trek from Lukla to Phakding covers a distance of 8 km and takes approximately 4 hours. Phakding is a lovely village where you can spend the night by the

banks of the Dudh Koshi River.

Day 3: Trek from Phakding to Namche Bazar (3440m): 6 hours

Today marks the third day of the Everest trek as we journey from Phading (2610m) to Namche Bazar (3440m). Awaken to the soothing sounds of the river, birds, and the crisp mountain air. After refreshing yourself, enjoy a warm and hearty breakfast before setting off towards Namche Bazar. The trek will take you through Toktok, Banker, Manjo, and Jorsalle, allowing you to immerse yourself in the local culture. Between Toktok and Banker, you will be able to witness the majestic Thamserku Mountain along with the picturesque river valley and waterfalls. Check in at Sagarmatha National Park in Manjo, and take a break in Jorsalle for lunch after crossing the suspension bridge over the Dudh Koshi River. After breakfast, begin your journey, and after a 15-minute walk, you will need to cross another bridge. Follow the trail alongside the river, cross the Hillary Bridge, and ascend through the pine forest to reach Namche Bazar. If the weather is clear, you will be rewarded with views of Taboche, Everest, Nuptse, and Thamserku. The trek covers a distance of 11 km and takes approximately 6 hours. Upon reaching Namche, you will be greeted by stunning mountain views, modern houses, and breathtaking Himalayan scenery.

Day 4: Free Day in Namche Bazar: Hike to Everest View Hotel (3880m): 6 hours

Start your day with breakfast and prepare to explore Namche Bazaar, Musume, and the Everest View Hotel. Following breakfast, embark on a fulfilling hike from Namche Bazaar to the renowned Everest View Hotel, recognized as one of the highest luxury accommodations globally. The path gently climbs through aromatic pine and rhododendron forests, providing stunning vistas of the surrounding scenery. At the hotel, take in the awe-inspiring views of Mount Everest, Lhotse, Ama Dablam, Thamserku, and other magnificent Himalayan summits. Allow yourself some time to unwind with a warm beverage while enjoying the sight of the snow-covered mountains and the

charming Sherpa villages below. The hike also showcases breathtaking views of the lush Dudh Koshi Valley and the vibrant Namche Bazaar before returning for an overnight stay. This day marks the highlight of the Short Everest Trek, leaving a lasting impression. Our 7-day trek culminates at the Everest View Hotel, including a visit to the waste management center.

Day 5: Trek Back from Namche Bazar to Lukla (2860m): 7 hours

After a hearty breakfast, set off on your picturesque journey from Namche Bazaar to Lukla, following the stunning path through the heart of the Everest region. Descend through aromatic pine and rhododendron forests, traversing several suspension bridges adorned with vibrant prayer flags over the Dudh Koshi River. As you pass by traditional Sherpa villages, terraced fields, and ancient monasteries, take in the last glimpses of the breathtaking Himalayan peaks. Throughout your trek, enjoy the warm hospitality of the local community and reflect on your remarkable Everest experience. Upon arriving in Lukla, commemorate the successful conclusion of your trek and indulge in a well-earned overnight stay.

Day 6: Flight from Lukla to Kathmandu

After enjoying an early breakfast, you will be transferred to Lukla Airport for your scenic flight back to Kathmandu. During the peak trekking seasons, direct flights between Lukla and Kathmandu are subject to air traffic regulations and weather conditions. If a direct flight is not available, you will first fly from Lukla to Ramechhap (Manthali Airport) and then proceed with a shared tourist vehicle transfer to Kathmandu, which takes around 5-6 hours. Throughout the journey, take in the final aerial views of the majestic Himalayas before arriving in Kathmandu, where you will be transferred to your hotel for a well-deserved rest. Your stay will be at the Ramada Encore Hotel Thamel.

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Day 7: Departure

Today signifies the conclusion of your remarkable Short Everest Trek. Following breakfast and hotel check-out, you will have some leisure time based on your international flight schedule. According to the itinerary, our representative will escort you to Tribhuvan International Airport for your departure flight. We genuinely appreciate your choice of Sherpa Nomad Trek Pvt. Ltd. for your Himalayan journey. Should you have additional days in Nepal, we strongly suggest extending your vacation with a wildlife safari in Chitwan National Park, a cultural exploration, or a serene visit to Pokhara. We eagerly anticipate welcoming you back for another unforgettable adventure in the Himalayas. Wishing you safe travels!

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PRICE INCLUDES

- International Airport Pick-up & Drop-off service
- 2 Nights Kathmandu Accommodation (Ramada Encore) with complimentary breakfast
- Kathmandu/ Ramechhap- Lukla - Ramechhap/ Kathmandu by plane
- Domestic Pick-up and Drop-off by Private/shared Jeep
- 4 Nights' Mountain Accommodation at Lodge
- All the Trekking Permits (National Park Fees, and Pasang Lhamu Rural Municipality Fees)
- A professional English-speaking Local Guide
- Two guests: One porter is available for your heavy luggage; please be aware that the maximum weight allowed is 20kg in total.
- Guide and Porter related expenses such as Salary, meals, insurance, gear, and accommodations.
- 3 cups of Tea or coffee every day
- Mountain Meals (breakfast, Lunch, & Dinner)
- Organic fresh fruit, nuts, and energy bars
- Gears such as a sleeping bag, Map and a duffel bag
- Baggage storage facility and first Aid service.
- Farewell Dinner after the trip completion.

PRICE EXCLUDES

- Nepal Visa Fees
- Travel Insurance for clients
- Meals in Kathmandu (Lunch & Dinner)

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- Drinks (Drinking Water, Soft & hard Drinks, Extra Hot Drinks)
- Wi-Fi, a hot shower, and personal expenses
- Kathmandu -Ramechha-Kathmandu by Car: 200$ per Car
- Kathmandu to Lukla Shred Helicopter- USD350 per person
- Lukla to Kathmandu by Shared helicopter- USD350 per person
- Tips for Diver, Guide, and Porter
- Kathmandu sightseeing with entrance, car, and Guide: USD80 per person
- Extra Day in trek: USD 70 per person per day
- Extra Night in Kathmandu: USD90 per night for single and USD110 per night for Double/ Twin.
- Trekking Gears and personal equipments
- Extra Days due to adverse weather conditions.
- Rescue fees and Medical related expanses - suggest having proper travel insurance for the evacuation.

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- one pair of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes

Head & Hands

- Sun hat or cap, & Warm beanie
- Buff or neck gaiter & Lightweight gloves

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Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-1°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Notebook or guidebook (optional)

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FREQUENTLY ASKED QUESTIONS

1. What is the Short Everest Trek?

2. How long does the Short Everest Trek take?

3. Is it good for the beginners?

4. Does Short Everest Trek require permits?

5. How difficult is the Short Everest Trek ?

6. How to reach the Lukla from Kathmandu?

7. What is the flight fare for Lukla from Kathmandu?

8. Can I Take a Heli ride between Kathmandu and Lukla?

9. Can I hire a Guide from Lukla?

10. What is the Cost for a Guide?

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11. What is the best time for Short Everest Trek?

12. What is the highest Point of the Short Everest Trek?

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