



Everest Tengboche Trek - 8 days

Go on 8 days trip for

\$ per person

Tengboche Monastery is the largest Buddhist monastery in the Khumbu region. It was recently rebuilt at great expense after being destroyed by a fire. The tip of Mount Everest is visible to the left, and Ama Dablam stands to the right.

Tengboche Monastery sits atop a hill at the confluence of the Dudh Koshi and Imja Khola, with a clear view of Everest. About 350 years ago, Lama Sangwa Dorje (a high priest) of Khumbu declared Tengboche to be a religious site where there would one day be an important monastery. It is one of the most important religious centres for Sherpa culture, with 35 monks residing within its walls.

Tengboche (Om Mane Padme Hum) is a Shangri La, one of the last stops on the way to the high peaks. But this quiet spot has been the site of a long history of disasters. An earthquake destroyed the monastery in 1933, only to be rebuilt and ravaged by fire in 1989. The heat was so intense that none of the old scriptures, carvings, and murals could be salvaged. Patience and mindfulness are central tenets in Tibetan Buddhism, and these are needed here in large doses as the rebuilding process has stretched on from months to years.

The monk in turn blessed the bundle of prayer flags that Jamling hopes to unfurl on the summit. Wearing colourful costumes, the monks performed a masked dance ceremony, called Mani Rimdu, intended to bring into the team's presence some of the great protective deities, including a wrathful manifestation of the legendary saint Guru Rinpoche, the founder of Tibetan Buddhism. The dancer's motions depict the historic vanquishment of demons and the introduction of Buddhism to Tibet. Tengboche become symbols for tourism attracting more than 15,000 tourists per year.

Day by Day Itinerary:

Day 01: Early in the morning,

We drive to Tribhuvan International Airport. After 35 minutes flight to Lukla(2804 mtrs.), we begin our trek to Phakding (2610 mtrs.) or Joresalee (2800m).

Day 02: Trek to Namche Bazar (3535 mtrs.).

Not a long day but a hard pull up to Namche Bazar? arrive for an early lunch and our overnight camp. As we climb, we have our first views of Everest (8848m) and Nuptse (7879m). We camp right in the heart of the village and have the rest of the day to enjoy the splendid Sherpa hospitality.

Day 03: Rest day in Namche Bazaar

This is a day for an acclimatization. We have a fine walk around the valley to adjust with thin air. Namche Bazaar is known as the gateway of the Everest. We will take you to a museum too on the same day. There you can see the traditional custom of sherpa peoples. Besides, a fine view of the Everest and other mountains can be overviewed from this place.

Day 04: Namche bazaar to Tengboche (3850m).

Today also won't be hard day. After walking 4 hours, we visit a monastery known as Tengboche monastery. Then you will be taken to observe the prayer ceremony whether in the evening or morning. Tengboche is one of the best view points of the Himalayas. The Amadablam, Mountain is just front of the Monastery. Not Only that, You will have nice and close view of mt. Everest, Lotse, and some others.

Day 05: Tengboche to Khumjung/Khunde village

While you way back down, we can visit the Khumjung/ Kunde village. Where you can visit the real Sherpa and their culture. People who lived in Namche Bazaar was lived in Khumjung and Kunde before many years. Now where Sir Edmund Hillary School and Kunde Hospital is build with the memory of him. Near by there the Everest View hotel is located.

DAY 06: Khumjung – phakding

Descending, pass through Namche Bazar passing under the towering Kongde ridge (6186m) and follow the Dudh Koshi to Phakding to camp.

DAY 07: Phakding- Lukla

We walk to Lukla and enjoy a farewell party with our Sherpa crew.

DAY 08: Lukla - Fly back to Kathmandu.

What is Trekking?

A walk of few or many days up and down trail villages, hills & forests is call trekking. A walk through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people who will always well comes you smiling. We invite you to join us on visit to this remote region to see the truth of your dream.

Trekking Styles:

There are very various ways of trekking on foot through Himalayan range of Nepal. When you are planning a trek you need to think carefully about different styles of trekking available. Remember that when hiking in any major range of the mountains, it makes sense to go with at least one well chosen companion, as a slip and a sprained ankle can acquire at any time. It is also prudent to register with your embassy before setting off, and to sign in at any police checkpoint along the way.

Typical Trekking Days:

Most of days begin with stunning Himalayas sunrise when the crew bring around a piping hot cup of tea and a warm bowl of washing water. After hearty breakfast cooked we generally walk for 3 to 4 hours. You are encouraged to walk at your own pace, stopping frequently for photographs or to explore local villages. There is a lot of leisureed time, you are allowed to rinse out clothes, read novel books or explore small mounds. .

The journey on the Himalayas varies in length to reach our campsite or lodge by the afternoon. The rest of the day is free to explore, read or write up diaries while dinner is being prepared by the trekking staff. The evening is spent in the mess tent or lodge following a three course meal. On our higher altitude treks, rest and

exploration days are build in to the ensure proper acclimatization. So Samrat Tours & Travels P. Ltd classified his trekking into three types.

Private Groups:

Every year, Samrat Tours & Travels operates a tangle of private groups. They may be a small or a big groups, wishing to go trekking with their friends around Annapurna, Dhaulagiri, Langtang, or they follow the itinerary which has included many destinations of Nepal. This is besides included the Everest region & various regions. Samrat treks has the expertise to provide you a high quality service at very competitive prices.

School & Collage:

Samrat Groups , which specializes in trekking, handles School & collage groups to the Himalayan at the affordable prices. The itineraries of this company are designed to provide a real insight in the cultural, religious and environmental aspects of the Himalayan but just as importantly, they are fun, exposed to a Samrat adventure. Students will quickly discover the rich rewards of exploring the globe. Please contact more information. Family Holidays:

We have introduced two programmes for the different Himalayas (Annapurna, Langtang & Mt. Everest regions)as the camping trek and tea house trek. The company operates specially family as well as student groups . The mentioned regions are suitable to the families for going trek, no trouble on the route.. Departure dates are fixed. of both groups. The company allows families with younger children to travel together..

General Information:

Trekking in the Himalayan. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them. The immense contrasts in altitudes and climates found here support an equally spectacular of lifestyles, vegetation and wildlife. Trekking in the mountains of Nepal is more a cultural experience than a wilderness expedition. You will be passing through picturesque villages inhabited by diverse ethnic groups. You will see Cheetri farmers working in their fields and Tamang herders grazing their animals on the steep slopes. And you will meet Gurkha soldiers on the way ,come across Sherpa yak drivers transporting goods over the high mountain passes. And always in the background, the icy pinnacles of the Himalayan loom over the scenery.

What is included in the price?

- Hotel / Airport pick up & drop by private car / van / bus
- Accommodation as required by you or as specified in the appropriate itinerary
- Guided city tours if applicable by private car / van / bus
- All your standard Meals during the trek (Breakfasts, Lunches, Dinners)
- Local licensed English speaking Guide
- The required number of local staff and porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Airfares including taxes as appropriate for internal flight transfer as part of trekking itinerary
- Land transfers as appropriate for trekking itinerary
- All our government taxes
- Official expense

What is not included in the price?

- Certain lunches and dinners as explained in the trekking itinerary
- Your travel insurance (compulsory)
- International airfare and airport departure tax
- Appropriate visa fees
- Alcoholic, cold and hot drinks, laundry
- Personal trekking equipment
- Tips for trekking staff and driver. (Tipping is expected)
- Certain sightseeing/monument entrance fees
- Any others expenses which are not mentioned on Price Includes section

Trip Fact

- **Trip code**EHCS-91734
- **Destination**Nepal
- **Duration**8 days / 7 nights
- **Season**February to October
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Hiking and Trekking