



Khumbu Valley Trek to Pangboche

An amazing short trek among Himalayan mountains to reach Pangboche Monastery, the oldest one in the Khumbu Valley, and Tengboche Monastery, the largest and most important.

7 days' trek
Medium
Highest altitude overnight 3930m
Local mountain guide English-speaking
Meals and overnight in lodges during the trek
Transfers in private vehicle and flights

This short trek leads you to the oldest Buddhist monastery in Khumbu Valley, that means Everest Valley. An amazing valley where Sherpa community arrived more than five centuries ago, looking for better land than the frozen Tibet. Even you walk through the lower Khumbu, you are going to enjoy amazing views over the Himalayan mountains, walking in deep valleys and crossing hanging bridges over roaring rivers. Pangboche gompa is not only important because it's the oldest, also it's known to keep what it's said a Yeti scalp. On the other hand, the itinerary also crosses Denboche nunnery, on the way to Tengboche Monastery. This Gompa is the most important and largest Buddhist Monastery in the Valley, sited in an amazing place on a hill, enjoying an astonishing view over the mountains, including the tip of Everest summit, and the beautiful Ama Dablam mountain just in front.





































NOTES ABOUT THIS ITINERARY

This itinerary is not extremely hard, but you must use to hike in the mountain and be in a good shape. This is high mountain and some uphill are quite steeply. Anyway, there is no rush, just walk peacefully enjoying deeply the amazing nature surrounding you and impressive views of the mountains.

Flights to Lukla, the gateway to Khumbu Valley, use to leave from Kathmandu Airport. Therefore, during the last years, they leave from Ramechhap airport, that implies a 4 hours shuttle transfer. At the time to write this program it's not sure where the Lukla flights are going to operate from.

Usually there is an acclimatising day in Namche, but according we are only going to reach Tengboche, under 4000 meters, this is not strictly needed. Anyway, pay attention to your body feelings being aware about altitude-sickness.

PROGRAM

1 Flight to Lukla (2800m). Trek to Monjo (2835m) ~5h	      
2 Trek to Namche (3420m) ~3.00h	    
3 Trek Khumjung (3780m) and Phortse (3820) ~6h	    
4 Trek to Old Pangboche (3930m) ~3.30h	    
5 Trek to Tengboche (3860m) and Namche or Jorsale (2740m) ~6h/7h	    
6 Trek to Lukla (2800m) ~5h/6h	    
7 Flight to Kathmandu	   



**ITINERARY**

The stages and overnight stays indicated in the itinerary descriptions are intended for "normal" conditions of weather and physical condition and pace of the hiker or group, but they should not be taken as immovable and may vary. The guide may decide to shorten or lengthen the journey according to the conditions of different factors as well as the availability of accommodation.

1 Flight to Lukla (2800m). Trek to Monjo (2835m) ~5h

Flights to Lukla leave early morning. We will drive to Kathmandu airport according your flight schedule. The flight it's about 35 minutes long before landing in the impressive Lukla airport.

In Lukla, our porters will take care of the heavy luggage and we begin our journey, first losing altitude between rocks in the middle of small farmland and farms in a valley surrounded by lush forests.

We can stop at Phading, a usual place of an overnight stay at this stage, but we will reach Monjo.

- Transfer to Kathmandu Airport
- Flight Kathmandu - Lukla
- Mountain guide and porter starting service
- Breakfast, lunch and dinner
- Lodge in Monjo

NOTE: Domestic flights in mountain areas in Nepal are very susceptible to alterations due to bad weather conditions. Keep in mind that there may be delays or, more rarely, cancellations.

2 Trek to Namche (3420m) ~3.00h

Today we enter the Sagarmatha National Park in Jorsale, where we will stop for the validation of our trek permit and ticket entrance. The path follows the Dudh Koshi River, which roars beside us. Dudh means milk and you will see clearly why about this name in the colour of the water. After we cross one of Nepal's most impressive suspension bridges at the confluence with the Bhoté Koshi (now there are two bridges so you don't need to wait in crowded season) we reach Namche Bazar.

Namche is the main village of Khumbu valley with countless shops and a lively Saturday morning market. As we slept in Monjo we have the afternoon to tour the streets of Namche, visit its Gumpa and buy everything we have forgotten. There's internet connection and even ATM.

- Breakfast, lunch and dinner
- Lodge at Namche

3 Trek Khumjung (3780m) and Phortse (3820) ~6h

We leave Namche towards Khumjung crossing the "Everest Point View" from where we can see the Everest mountain. Khumjung is sited in a plain area with crops, where we can visit the Edmund Hillary school, the first to create the foundation that bears his name, and its small Gumpa (temple).

From Khumjung we follow the path that goes up to Gokyo Valley, passing by Mong and Phortse Tenga, where we turn off crossing the river to climb up to Phortse, very seldom visited by treks, and where the lodges are quite simpler.

- Breakfast, lunch and dinner
- Lodge at Phortse

4 Trek to Old Pangboche (3930m) ~3.30h

From Phortse we will ascend first to gain the pass that will give us access to the Imja Khola valley that runs along the route to the Everest Base Camp and from which we will have a privileged bird's eye view. The path descends to Upper Pangboche and Old Pangboche, where the oldest monastery in the whole valley is located. This is famous also to keep a "Yeti scalp".

- Breakfast, lunch and dinner
- Lodge at Old Pangboche

5 Trek to Tengboche (3860m) and Namche or Jorsale (2740m) ~6h/7h

We leave Pangboche following the main route to reach Tengboche, the most important and largest monastery in the whole valley. We have full time to explore the monastery and the area itself.

After visit we keep going towards Namche, first walking downhill through the forest to Phunki Tenga where we will cross the river, to start a relatively long climb up to Sanasa. In Sanasa we descend gently to Namche. If we want and we have enough time, we can reach Jorsale in order to make our tomorrow's journey softer.

- Breakfast, lunch and dinner
- Lodge at Namche or Jorsale

6 Trek to Lukla (2800m) ~5h/6h

We are already on our last trek day. Even we are sad for that, we are also looking forward to getting there, but let's not forget that to get to Lukla we must walk uphill gaining 200m in altitude in the final stretch.

In Lukla and once installed, we celebrated it deservedly with all the staff that joined us.

- Breakfast, lunch and dinner
- Lodge at Lukla





Nepal

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7 Flight to Kathmandu

If there is no incident and after breakfast, we will go to the nearby airport to take our flight to say goodbye to this amazing valley.

Once landed, we will drive to your accommodation in Kathmandu where you can finally enjoy a well-deserved rest.

- Flight Lukla - Kathmandu
- Mountain guide and porter ending service
- Breakfast
- Hotel in Kathmandu (included in your general program)





Nepal Khumbu Valley Trek to Pangboche

PRICE per person in US\$

	Travellers in the group:			
	1*	2	4	6
JUST TREK		\$ 1.005,00	\$ 920,00	\$ 885,00

* One-person travellers have specific conditions. Ask us.

SUPPLEMENTS IN OPTION

Rent sleeping bag	thick	\$ 4,00/day
	medium	\$ 3,00/day

NOTE: Be aware about the tips for the staff.

INTERNATIONAL FLIGHT SCHEDULE

Programs may have to be adapted according to the schedules of your flights to Nepal. The itineraries are designed taking into account that the international flight arrives at Kathmandu in the morning or noon. If you arrive to Nepal afternoon or later it would be better to have a margin day before starting your trek, although it is not essential.

DO YOU WANT TO CUSTOMIZE YOUR TRIP?

Related to the trek itinerary and Kathmandu and/or Pokhara staying we plan the "minimum days recommended" to have a comfortable and safe trip and trek. But always is a good idea to add some extra day during the trek (for rest or as safety extra day) or in your days in Kathmandu or Pokhara. Like all our tours, the itinerary can be customized and adapted to the taste, needs and preferences of the traveller, especially when it comes to staying in Nepal outside the trek route.

You can opt for the full trip or just hiring the trek and travel on your own in Nepal.

EXPERIENCES TO NEPAL OUTSIDE THE PROGRAM

Whether for free days in Kathmandu or Pokhara, as if you want to add more days to your trip, we offer a number of options and extensions. With them you can add and complete activities and experiences on your trip. Some are already included in some program, but in general we prefer that you choose them on your own, if you are interested in any, depending on your tastes and way of traveling. Ask us for more information if you are interested.

PLEASE READ CAREFULLY THE DOCUMENT "FOUR THINGS ABOUT NEPAL" WITH INFORMATION, TIPS AND NOTES, BOTH FOR THE JOURNEY IN GENERAL AND SPECIFICALLY ON THE TREKS.

Available online in fourthingsabouteurope.com/ (password: open)

Please, read carefully the contract conditions: planhimalaya.com/blog/contract-conditions

