



# Khumbu Valley Trek to Tengboche

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

6 days' trek

Medium

Highest altitude overnight 3860m

Local mountain guide English-speaking

Meals and overnight in lodges during the trek

Transfers in private vehicle and flights

The Khumbu Valley leads to Everest, among impressive Himalayan white mountains. This short trek leads you to the most important and largest Buddhist Monastery in the Valley, the Tengboche Monastery. Tengboche is 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 -it's said one of the most beautiful mountains in the world- watching you.

Tengboche it was built in 1916, but some stupas and manis are older and it's strongly related to Rongbuk Monastery in Tibet, just at the feet of Everest north side. It has an important community of monks which use to do some services to other gompas (temple, monastery) in the valley.

Is it worth to assist to the puja that monks pray everyday early morning and afternoon.

## 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.

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.

## PROGRAM

1 Flight to Lukla (2800m). Trek to Monjo (2835m) ~5h							
2 Trek to Namche (3420m) ~3.00h							
3 Trek to Tengboche (3860m) ~5h							
4 Trek to Jorsale (2740m) ~5h/6h							
5 Trek to Lukla (2800m) ~5h/6h							
6 Flight to Kathmandu							





## ITINERARY

**day 2 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.

**day 3 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 Bhote 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

**day 4 3 Trek to Tengboche (3860m) ~5h**

We walk uphill to leave the Namche amphitheatre to start a flatter path, from where we can see the Ama Dablam. We walk in an open valley with good views over the mountains, following the Dudh Koshi Nadi, meaning the "milky river" due its white colour of the silt that comes from the glacier. Finally, we start downhill to cross the river and then we start a strong uphill to reach our destination.

Tengboche is the most important and largest monastery in the whole valley. We have full time to explore the monastery and the area itself and where it will be easy for us to enjoy the "puja", the prayer of sutras and mantras, performed by its monks while the beautiful Ama Dablam is watching us.

- Breakfast, lunch and dinner
- Lodge at Tengboche

**day 5 4 Trek to Jorsale (2740m) ~5h/6h**

Today we start our coming back to Lukla retracing the same way we did these past days. We have a nice 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. As we already stayed in Namche, we keep walking to get Jorsale. This way we overnight in a different place and, most important, we make our tomorrow's journey softer.

- Breakfast, lunch and dinner
- Lodge at Jorsale

**day 6 5 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

**day 7 6 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 Tengboche

### FULL TRIP according program

#### PRICE INCLUDES

- All transfers and trips by private vehicle
- Flight Kathmandu - Lukla - Kathmandu
- Accommodation in lodges/tea-houses and three meals a day during the trek according the itinerary description
- Local English-speaking Mountain Guide during the trek
- 1 porter each 2 clients
- TIMS Trek permit card (Trekker's Information Management Systems)
- Sagarmatha National Park entrance fee
- All government taxes and VAT
- Wages, food and accommodation, expenses, and insurance for all staff

#### PRICE EXCLUDES

- Tips to staff
- Hot and cold drinks, phone calls, internet connection or any other personal expense
- Hot showers, battery charges or any other personal expense
- Medical and/or travel insurance. For most of our treks you must have a mountain accident insurance that works in Nepal until 5500 meters' altitude and include helicopter rescue.
- In general, any concept not specified in this programme, as well as any need for personal assistance in other matters out of the programme
- No additional costs due to flight cancellations, weather conditions, road closures, etc.

### ACCOMMODATION IN THIS PROGRAM

Be aware that the last night in Kathmandu in this program is not included because we consider it's in your general program trip.

#### BHATIS/LODGES/TEA-HOUSES DURING THE TREKS

Bhatism during the treks usually consist of buildings with small but big enough double rooms and a common dining room. They are usually comfortable and welcoming places. The toilet is shared and is often located outside the main building. In many accommodations you can have hot shower for a certain amount.

In Khumbu, Annapurna and Langtang areas you can charge the batteries in most bhatism (paying) with no problem, however on more isolated routes, smaller settlements and basic bhatism are not supplied with electricity and they run with small solar panels and batteries, so keep in mind that maybe you cannot charge everywhere, so it is always convenient to bring spare batteries.

The food is usually surprisingly varied considering the limitations of transport, space, fuel. We recommend ordering the meals at the same time and if you are a group it's a good advice to order not many different dishes to avoid excessive consumption of superfluous fuel in the kitchen cooking many different things. Dinner is usually ordered a few hours in advance and the breakfast the night before.

The bhatism are never booked before the trek. The guide will contact stage by stage with each lodge in order to try to guarantee a place for the group. However, in the mountains, communications can be complicated and it will not always be possible to ensure 100% in which lodge you will sleep.



# Nepal Khumbu Valley Trek to Tengboche

## PRICE per person in US\$

	Travellers in the group:	1*	2	4	6
<b>JUST TREK</b>			\$ 935,00	\$ 855,00	\$ 825,00

\* 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/](http://fourthingsabouteurope.com/) (password: open)

Please, read carefully the contract conditions: [planhimalaya.com/blog/contract-conditions](http://planhimalaya.com/blog/contract-conditions)

