DAY BY DAY

Nepal Panorama

8 days, 3880 m, group up to 10, $5,550

DURATION	MAX ELEVATION	GROUP SIZE	GUIDES / GROUP	COORDINATION
8 days	**3880 m**	**up to 10 guests**	**2 guides / 10 guests**	**Direct / English**

DAILY STAGES

DAY 01 Arrival in Kathmandu

1400 M

Your guide meets you at the airport and drives you to the hotel. Rest until the evening. At 17:00 the guide checks your gear against the list; over dinner we meet and walk through the plan.

MEALS

lunch, dinner

DAY 02 Kathmandu: temples and gear shopping

1400 M

A guided city tour: Durbar Square, Swayambhunath with its view over the valley, Boudhanath — one of the largest stupas in the world — and Pashupatinath if you wish. In the afternoon, Thamel: buy or rent what the gear check showed is missing. Briefing for the mountain flight over dinner.

MEALS

breakfast, lunch, dinner

DAY 03 Flight to Lukla, trek to Phakding

2610 M, HIGHEST POINT 2840 M (LUKLA)

An early flight to Lukla (~35 min; timing depends on weather, and in peak months flights may leave from Ramechhap). Then a slow first trek to Phakding, mostly downhill: bridges over the Dudh Koshi, prayer wheels, mani walls, a view of sacred Khumbila. A porter carries your duffel (up to 15 kg); you carry a daypack.

DISTANCE	WALKING TIME	ELEVATION CHANGE	MEALS
8 km	4 h	+380 / -615 m	breakfast, lunch, dinner

DAY 04 Phakding → Namche Bazaar

3440 M

The longest trekking day. Sagarmatha National Park entry at Monjo, a photo stop at Hillary Bridge, lunch on the trail, then the steep climb to Namche, where Everest first shows itself in clear weather. The guide checks on everyone every 30 minutes; in the evening we measure oxygen saturation.

DISTANCE	WALKING TIME	ELEVATION CHANGE	MEALS
10 km	8 h	+800 / -200 m	breakfast, lunch, dinner

DAY 05 Acclimatisation: breakfast at Hotel Everest View

3440 M, HIGHEST POINT ~3880 M (HOTEL EVEREST VIEW)

An early, slow climb to Hotel Everest View for breakfast facing Everest, Lhotse and Ama Dablam. We sleep back in Namche — climb high, sleep low. In the afternoon: Sherpa museum and a massage; in the evening a grill dinner cooked together with the team.

DISTANCE	WALKING TIME	ELEVATION CHANGE	MEALS
6 km	4 h	+440 / -440 m	breakfast, lunch, dinner (massage included)

DAY 06 Helicopter over the Gokyo lakes, back to Kathmandu

1400 M, HIGHEST POINT ~4790 M (HELICOPTER OVER GOKYO LAKES)

A flight over the turquoise Gokyo lakes: Everest, Lhotse, Cho Oyu and the Ngozumpa glacier from the air. Then Lukla and the morning flight to Kathmandu, dinner in town.

MEALS

breakfast, dinner

> **NOTE:** Mountain weather decides in the morning: if the Lukla flight cannot leave, the group stays a night in Lukla and day 7 becomes the reserve.

DAY 07 Reserve day and farewell dinner

1400 M

Free day: Thamel, spa, souvenirs. If the weather affects Day 6, its program moves to this day. In the evening — a farewell dinner with a Nepali set menu, songs and dances.

MEALS

breakfast, dinner

DAY 08 Departure

1400 M

Breakfast, check-out and an airport transfer for your flight (3 hours before international departure).

MEALS

breakfast