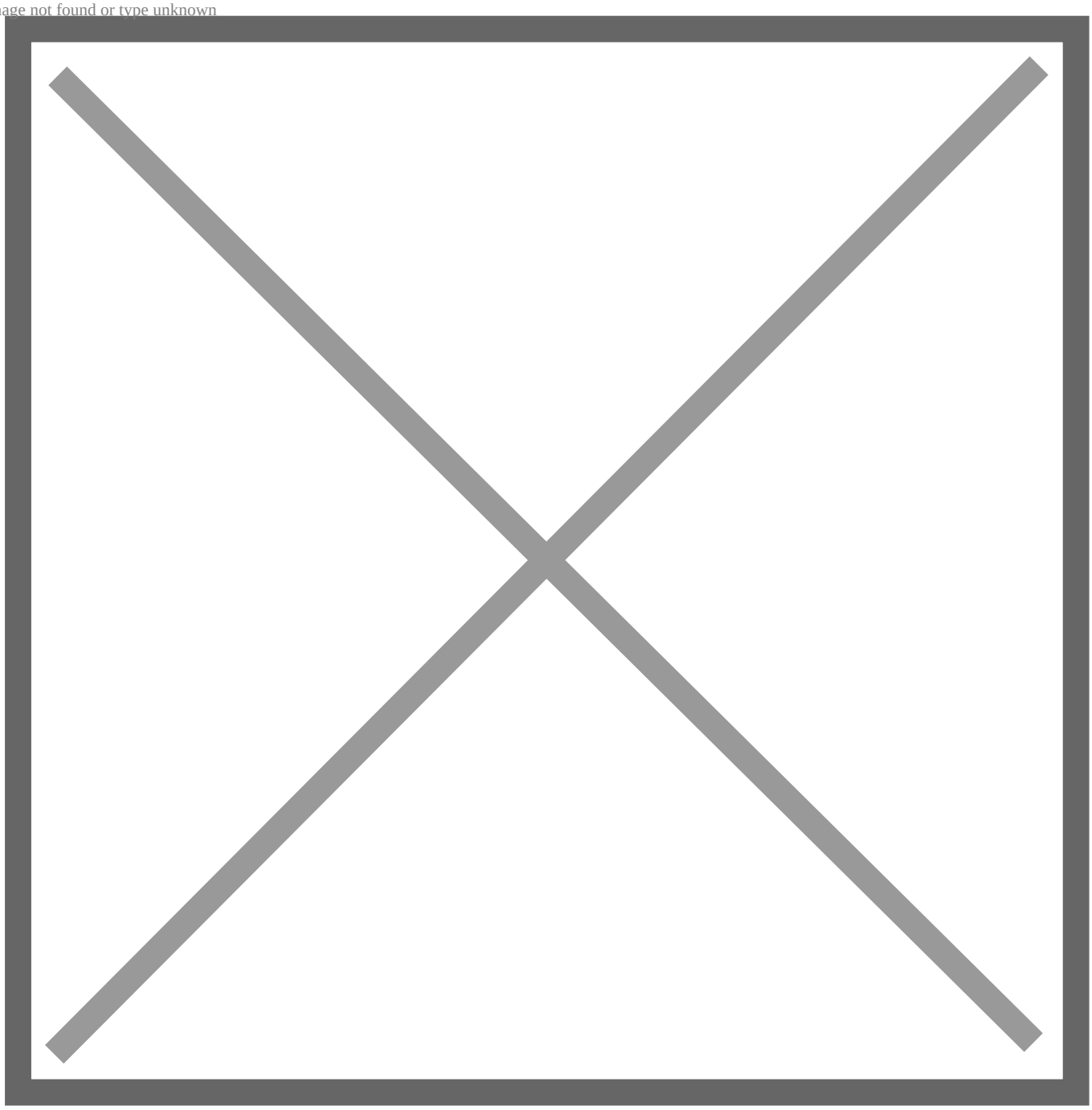
Tengboche monastery trek-9 days

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Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
950	9 Days	3,860m	5-6 hours	Hotel & Lodge	Easy

Group Size:

2- 20 max.

Overview

Tengboche monastery trek in Nepal is a great escape to the Everest region with your friends and family. In this tour you will trek to Sherpa villages from the entrance of Sagarmatha National Park. Along the routes of the trek, you will pass a few suspension bridges, monasteries and gorgeous backdrops of Mountain views like Mt. Everest, Lhotse, Thamserku, Amadablam and trek towards unspoiled sections across Khumjung villages. Final destination is Tengboche after crossing the Imja river .

The biodiversity of Tengboche monastery trek keeps the travelers glued to the various facets of the Everest region. From the forested zone of blue pines, juniper, fir and bamboo with blooming rhododendron flowers the habitats of over 118 bird species and rare wildlife like musk deer, snow leopard, Himalayan black bear ,red panda can be observed.

At the end of Tengboche monastery trek you will arrive at the dominating view of Everest peak touching the sky lines gives an invigorating experience. You get acclimatized with Sherpa people their traditions and culture. You will also go to see the Everest view hotel which is the highest altitude Hotel of the region. Then arrive Monjo and Lukla towards the end. The maximum altitude of this trek is 3940 meters in Khumjung.

If you have already done Tengboche monastery trek,then we have some best for you;

Sacred Gosainkunda lake tour, Easy Halesi Mahadev tour, Luxurious Everest base camp helicopter tour,Beautiful Pokhara valley tour might be your next favorite travel destination here in Nepal.

Trip Highlight

Spectacular view of mount evevrest and many other mountains

Explore Sherpa culture,tradition,lifestyle in khumbu region

Closest view of Thamserku mountains

Visit 17th century Tengboche monastery

Thrilling scenic view from Kathmandu to lukla

Itinerary

Day: 01 Arrive in Kathmandu

After your arrival at Tribhuwan International Airport in Kathmandu, you will be warmly greeted by guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, verities of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world.Overnight at Hotel.

Accommodation: 3-star hotel
Meals: no
Duration: 1 day Day

Day: 02 Fly to Lukla – 30 min. & trek to Phakding

Today you will catch a short flight for twenty five minutes and land in Lukla airport. You will meet the rest of trekking staff and trek to Phakding village following banks of Dudh Koshi river and crossing suspension bridges and climb up the village that provide the backdrops of Kusum Kanguru peak. Overnight in Phakding village.

Accommodation: Lodge
Meals: B/L/D
Duration: 3-4 hours Days

Day: 03 Phakding to Namche Bazer

Today you trek along the Dudh Koshi river and to a forested path and upstream along the banks of Dudh Koshi and Bhotekoshi rivers and cross Hilary bridge to arrive at Namche Bazaar. It is a town which is referred to as Gateway to Everest. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 04 Acclimatization at Namche Bazer

Today you will explore the area of Namche Bazaar which has restaurants, café's, hotels, lodges, guesthouses, wi-fi, money exchangers in the bustling sherpa town. Then you also hike to Everest view hotel and pass to Syangboche hill with views of Everest mountain ranges and reach Khumjung and see Hillary school and Hospital. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 05 Namche to Tengboche

Today you walk down forest paths of rhododendron and cross the bridge and walk up hill to Dingboche village. Then

after that you reach Tengboche pass mani walls, chortens and prayer flags come to Tengboche monastery. Overnight in Tengboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 06 Tengboche to Monju

Today the routes take you down to Dudhkoshi River and cross the river to arrive at Jorsale and again cross the river on the next point and reach Monjo village. Overnight in Monjo.

Accommodation: Lodge
Meals: B/L/D
Duration: 7-8 hours Days

Day: 07 Monju to Lukla

Today you head along the Dudhkoshi River to arrive at Lukla. You pass by Ghat village and continue to walk through Chumoa, Benkar, Phakding and Chuthawa and reach Pasang Lhamu gate and downhill slope to the last section of the trail to reach Lukla. Overnight in Lukla.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 08 fly to Kathmandu,- 35 min.

Normally, flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. Scenic flight from Lukla to Kathmandu for about thirty five minutes. We touch down at Kathmandu and transferred to hotel. But please note, sometimes the flight can be delayed or cancelled in the mountain regions of this type due to weather and other unpredictable reasons beyond our control. Our guests are expected to be patient.overnight at hotel.

Accommodation: 3-star hotel
Meals: B/L/D
Duration: 35 min. Days

Day: 9 Departure day

Even though we would like to spend more unforgettable moment with you, we are compelled to say good bye see you, because of limitation of time and daily life routine. Our vehicle will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your have a fabulous journey and will reflect on the wonderful times we spent together. We hope to see you again someday. Namaste!

What are included?

Two way flight from Kathmandu to Lukla

All accommodations during the trek at hotels, lodges including breakfast

All meals (B/L/D) during the trek

Government license holder guide

Sagarmatha National Park entry permits fees

Souvenir of the trek

Guides expenses including meals, insurance, salary, lodging, transportation, flight

Snack and seasonal fruits

Porters service

Phasang Lhamu rural municipality fees

Farewell dinner

Certificate of Completion.

What are Not included?

International airfares

Nepal entry visa fees

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol, telephone call, batteries

Travel insurance

Tips for guides and porters

Additional cost on delays out of Management control

All costs that are not included in the “COST INCLUDES” section.