

Everest Panorama Trek

9 days · Moderate with altitude exposure · Request a quote

A Namche-based Khumbu journey with time to settle into the mountains, an optional Everest View outing and a gentler two-stage return to Lukla.

Overview

You do not have to continue to Everest Base Camp to experience the lower Khumbu. This nine-day Everest Panorama itinerary follows the Dudh Koshi to Namche Bazaar, stays there for three nights and makes an optional outing toward the Everest View area before returning through Monjo to Lukla.

The route deliberately distinguishes the viewpoint from the overnight altitude. The highest optional outing is approximately 3,880 m; the highest planned sleep is Namche, approximately 3,440 m. It does not visit Everest Base Camp and does not include a Tengboche overnight. Different operators use the name “Everest Panorama” for different routes, so compare the actual stages rather than the name alone.

Namche is the center of this version, giving the journey time beyond a single overnight stop. A quiet day follows the climb from Phakding before the higher viewpoint outing is considered. The return is divided between Monjo and Lukla rather than requiring the entire descent in one long push. These are choices about pace and experience, not a promise that altitude will be easy.

Nepal Tourism Board describes Namche as an established Khumbu base with nearby walking options, while Hotel Everest View’s own information places its ridge location at 3,880 m. A visit to the area does not imply a hotel stay, restaurant reservation or guaranteed view. [NTB Namche information](#), [Hotel Everest View](#).

This trek suits travelers who want a shorter Khumbu journey and are comfortable preparing for a sustained climb, repeated walking days and altitude above 3,000 m. It should not be presented as an effortless alternative. The actual flight arrangements, guide and porter support, accommodation and meals are specified in your quotation. The final Kathmandu day remains flexible, and additional margin before international travel may be necessary.

Day-by-day itinerary

Day 1: Arrive and prepare in Kathmandu

Use the arrival day to settle in, check equipment and confirm the route and flight arrangements. Discuss the climb to Namche, the optional higher outing and the time available for disruption. Prepare the daypack separately from the main bag. If your arrival leaves insufficient preparation time, add an earlier night rather than treating a rushed start as part of the adventure.

Kathmandu → Kathmandu · No scheduled trek · Highest visited: 1400 m · Overnight: 1400 m · Hotel in Kathmandu · Meal plan specified in your written quotation

Day 2: Fly to Lukla and begin the walk to Phakding

Reach the operating departure airport as arranged and fly to Lukla when conditions permit. Begin walking toward Phakding at a measured pace, using the first stage to adjust footwear, layers and bag straps. The trail includes changes of level rather than a continuous flat walk. Keep time for a relaxed arrival at the overnight stop. Any flight delay should lead to a fresh schedule assessment.

Kathmandu → Phakding · Approximately 3–4 hours walking, plus airport transfer and flight · Highest visited: 2860 m · Overnight: 2610 m · Teahouse in Phakding · Meal plan specified in your written quotation

Day 3: Climb from Phakding to Namche Bazaar

Follow the valley and complete entry formalities before the sustained climb toward Namche. This is the most demanding ascent day of the itinerary and should be paced around the group. Report discomfort or symptoms promptly. After arrival, keep the evening simple and allow time to rest; the next two nights are also planned in Namche, so there is no need to add a late excursion.

Phakding → Namche Bazaar · Approximately 6–7 hours · Highest visited: 3440 m · Overnight: 3440 m · Teahouse in Namche Bazaar · Meal plan specified in your written quotation

Day 4: A quieter day in Namche

Stay at the same overnight elevation. Depending on how you feel, take a short local walk around Namche and nearby viewpoints, keeping the outing modest rather than aiming for the higher ridge. The approximately 3,600 m figure is an optional upper turnaround level for this gentle day, not a required destination. Rest is a valid plan. Use the day to decide whether the following outing is appropriate.

Namche Bazaar → Namche Bazaar · Up to approximately 1–3 hours of optional local walking · Highest visited: 3600 m · Overnight: 3440 m · Teahouse in Namche Bazaar · Meal plan specified in your written quotation

Day 5: Optional Everest View area outing

If everyone is well and conditions allow, walk toward the Syangboche and Everest View area, returning to Namche for the night. The ridge can offer a broad mountain panorama in clear conditions, but the view is not guaranteed and the outing can be shortened. Any refreshment stop is subject to local availability and your arrangements. There is no hotel overnight or onward trek to Tengboche in this version.

Namche Bazaar → Namche Bazaar · Approximately 3–5 hours if the full outing is appropriate · Highest visited: 3880 m · Overnight: 3440 m · Teahouse in Namche Bazaar · Meal plan specified in your written quotation

Day 6: Descend to Monjo

Begin the return through the lower valley, taking care on the descent and allowing knees and tired legs a measured pace. Stop in Monjo rather than continuing all the way to Lukla. This breaks up the return and leaves time to rest before the final walking stage. Follow the guide's instructions around narrow paths, bridges and passing pack animals; never hurry a crossing to keep up with another group.

Namche Bazaar → Monjo · Approximately 4–5 hours · Highest visited: 3440 m · Overnight: 2840 m · Teahouse in Monjo · Meal plan specified in your written quotation

Day 7: Walk from Monjo to Lukla

Continue through the Phakding area and the familiar lower-valley settlements before the final approach to Lukla. Although this is a return day, the route still includes uphill walking. Arrive with time to organize luggage and check flight information. Keep medication, documents and a warm layer accessible in case the following day becomes a waiting day rather than a straightforward return.

Monjo → Lukla · Approximately 4-5 hours · Highest visited: 2860 m · Overnight: 2860 m · Teahouse in Lukla · Meal plan specified in your written quotation

Day 8: Return to Kathmandu

Fly from Lukla when weather and operations permit, then complete the relevant transfer to Kathmandu. Keep the day free from essential onward commitments. If the return is delayed, follow the agreed contingency plan and confirm any extra overnight costs. If travel runs smoothly, use the remaining time to rest and enjoy the change of pace after the trail.

Lukla → Kathmandu · No scheduled trek; flight and road-transfer timing varies · Highest visited: 2860 m · Overnight: 1400 m · Hotel in Kathmandu, or revised overnight if travel is delayed · Meal plan specified in your written quotation

Day 9: Flexible Kathmandu day and journey conclusion

Keep the final day available for return-travel contingency or a relaxed conclusion in Kathmandu. City visits can be discussed separately if the schedule allows. A single flexible day cannot guarantee every flight delay will be resolved, so retain a sensible margin for international travel. Confirm your departure transfer and any additional accommodation separately in the quotation.

Kathmandu → Kathmandu · No scheduled trek · Highest visited: 1400 m · No additional overnight included by this outline; agree any extra night in your quotation · Meal plan specified in your written quotation

Your quotation

The written quotation for your dates identifies included services and separate expenses. Confirm guiding, permits, transport, accommodation and meals, as well as insurance, personal costs and disruption arrangements before booking.

Practical information

What this panorama route includes geographically

The walking route is Lukla–Phakding–Namche, with an optional outing toward the Everest View area, then Namche–Monjo–Lukla. It stays within Nepal. There is no base-camp visit, high-pass crossing or Tengboche overnight in this nine-day version. Ask for a different itinerary if those places are essential to your plans.

Walking and altitude

The Phakding-to-Namche day includes a sustained climb and a large overnight-elevation change. Three nights at Namche provide time before the descent, but no schedule guarantees acclimatization. Day 4 can remain quiet, and Day 5's viewpoint can be shortened or omitted. If you feel unwell, report it and do not ascend with symptoms. [NTB mountain-safety guidance](#).

Walking times are estimates, not targets. The separate Monjo stop divides the return journey into two manageable stages, while leaving the actual pace open to conditions and the group. Travelers with health concerns should discuss the proposed altitude profile with a qualified clinician before booking.

Flights and contingency

Confirm the operating airport for Lukla, any connecting road transfer and the baggage conditions for your actual booking. The Day 8 return remains weather- and operations-dependent. Keep Day 9 flexible and avoid relying on a tight international connection. If a delay lasts longer, use the agreed arrangements for additional nights or revised travel.

Services, permits and expectations

Your quotation should define hotels, teahouse room arrangements, meals, guide and porter support, transport, paperwork, equipment and exclusions. Check current park-entry, local registration and national trekking requirements for the exact route using the [permit guide](#). The viewpoint area can be clouded, and access or individual wellbeing may change the outing. Mountain views, a particular lodge and an uninterrupted flight schedule are not guaranteed.

When considering whether this route suits you, compare your recent walking experience with the climb to Namche rather than comparing only the nine-day duration with a longer trek. For a lower-altitude starting point, discuss a foothill walk through the [trip planner](#).