

Sherpa Cultural Trek – 14 Days

Duration: 14 Days



Overview

Trip Grade: Moderate	Max Altitude: 3985m/ 13,070 ft
Activity: Trekking	Group Size: 1-12 People
Arrival On: Kathmandu, Nepal	Departure From: Kathmandu, Nepal
Meals: All meals during trek & breakfast in kathmandu	Accommodation: Stone Built Houses (tea houses) during trek

“Escape the dull city life for a few days and experience the aesthetic Sherpa culture on your trip to Nepal.” Travel through the picturesque mountain landscapes of eastern Nepal and visit some of the most ancient and beautiful indigenous villages of Sherpa communities by joining our Sherpa Cultural Trekking package today. On this trip, trekkers can witness never before seen a side of Sherpa tribes while capturing awe-inspiring mountain vistas and enjoying locally cooked Nepalese delicacies. Our captivating 14 days **Sherpa Cultural Trek** begins with a 30-minute scenic mountain flight which goes over several stunning rivers, hills and towns before reaching the lovely Lukla town. After your landing at the Tenzing Hillary Airport of Lukla, trekkers can enjoy the eye-catching views of Khumbu valley and start heading towards Phakding village which is located at 2,650 meters above sea level and will be the place for overnight stay. The trekking trail allows trekkers to pass through many iconic Buddhist monasteries and Mani walls decorated with vivid prayer flags fluttering all around them which can be a breathtaking scene for many foreign trekkers. Stone Chortens along beautiful Himalayan trail routes can be seen along the entire trek. Our next stop is the unofficial Sherpa capital of Khumbu region called Namche Bazaar (3,440m). This place is very popular for having some of the most lavish lodges and tea houses which grant Free Wi-Fi, foreign delicacies and even hot showers to trekkers. According to our itinerary, we are staying in Namche Bazaar for at least one day in order to acclimatize to the high-altitude. Acclimatization is one of the most vital parts of our trekking in total but that also doesn’t mean that we have to stay inside our rooms the entire day doing nothing. Hence, we hike up to Everest View Point (3800m) where we can see the magnificent Mt. Everest, Mt. AmaDablam, Kusum Kanguru, Taboche, Khonde peak along many others if the clouds don’t blur up the sky. Leaving Namche, we travel towards Khumjung via Thame village and visit the famous Khumjung monastery & Edmund Hillary School. Afterward, we follow a trail ahead to Phortse and then to Pangboche before arriving at Tengboche village where you can find the largest monastery of Khumbu region called “Tengboche Monastery”. Here you can learn intensely about Buddhist cultures and traditions, visit the monastery and increase your knowledge about the history of

this place. After spending our time here, we are to head back down to Lukla via Namche Bazaar for a flight back to Kathmandu city. Generally, this trek requires trekkers to have an above average physical fitness level to cope with the high-altitude environment and be able to walk for 4-5 hours per day in a rough Himalayan trail. Similarly, we additionally suggest Feb- May & Sep-Nov at the right time for doing this trek. Join with [Himalayan Holyland Treks & Expedition](#) team to be a part of this grandiose trek through many iconic Sherpa villages and enjoy observing the fascinating Sherpa culture of Khumbu region with your own eyes with us.



Itinerary

Arrive in Kathmandu airport (1350m) and transfer to hotel.

Get refreshed at the hotel and little exploring walk around Thamel in the evening time.

Included meals: Breakfast

Meet at the hotel and talk about the trek and collect the documents for the trek.

In the afternoon shopping for the treks, meeting the guide and talk about next day.

Included meals: Breakfast

Kathmandu to Lukla -2700m, (30min flight), walk to Phakding (2650) appr. 3 hrs.

On our walk there will be the river flowing on our left where as we continue our trail passing the bridges, forests, Buddhist monasteries and stone Chorten (Stupa in the mountain region in Nepal) and on the right side of the trail Kusum Kanguru peak (6367m) can be seen if weather is clean there.

Included meals: Breakfast Lunch Dinner

Phakding to Namche Bazar (3440m) : appr. 6hrs.

The walk begins with the view beautiful flowing river ,villages, forests, waterfalls and we pass through the highest suspension bridge in Khumbu region. On the half way , the lunch break will be at Manjo or Jorsale. There is a trekking permit check post also. We have small break also here when they entry the permit. This day we will also see the Mt. Everest from Top Danda just near by the Namche.

Included meals: Breakfast Lunch Dinner

Rest in Namche for the acclimatization

Rest in Namche for the acclimatization, hike to, Kusum Kanguru, Taboche, Khonde peak and many more. Everest view point 3800m (1.30h), view of Everest, Amadablam, Kang-taiga, Thamserku Back to Namche Bazar where Sagarmatha national park museum, Monastery and the market can be visited.

Included meals: Breakfast Lunch Dinner

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Namche Bazaar to Thame (3736m/12255 ft): 5 - 6 hours

Our trail heads west along the valley of the Bhote Koshi River. The views of the Himalayas including Kongde Ri (6187m), Khumbi Yul La (5765m), Kusum Kanguru (6,373m) are fantastic. The first village we pass through is Phorte where a tree nursery was established by Sir Edmund Hillary ’s Himalayan Trust. We continue along the balcony path. After descending to the river we cross a bridge before making a steep climb to Thame, situated at an important junction along the old

primary trade route to and from Tibet via the Nangpa La (pass). Overnight in Thame.

Included meals: Breakfast Lunch Dinner

Thame to Khumjung (3786m/12,419 ft): 5 hours

We climb up to the famous airstrip of Syangboche. Just above the airstrip is the Everest View Hotel, a Japanese plan to build a deluxe hotel with great views of the highest mountains on Earth. The Khumjung valley is surrounded by Himalayas including Kongde, Thamserku and the scared Khumbila. While in the Khumjung village we can visit the Edmund Hillary School and Khumjung Monastery (a monastery famous for housing the head of the Yeti!). Overnight in Khumjung.

Included meals: Breakfast Lunch Dinner

Khumjung to Phortse (3542m/11,617 ft): 5 hours.

From Khumjung we hike to Phortse. Upon crossing the lower slopes of Khumbila, we enjoy the mesmerizing views of Phortse, Cholatse and Taboche, Ama Dablam, Thamserku and Kangtanga among others. Phortse village lies in the Khumbu region, south of Mt. Everest, off the main trekking routes. Overnight in Phortse.

Included meals: Breakfast Lunch Dinner

Phortse to Pangboche (3985m/ 13,070 ft): 4 - 5 hours.

This day's trek starts with a hard but short climb after which we move steadily alongside a ridge to Pangboche. We visit the Pangboche Gomba on the way and see the footprints of the Lama Sangwa Dorje. The houses of Pangboche nestle beautifully above the terraced fields like a large crescent moon. Overnight in Pangboche.

Included meals: Breakfast Lunch Dinner

Pangboche to Tengboche (3864m/12,673 ft): 2 hours.

From Pangboche, we head east and join the main trail of the Everest Base Camp. Then we descend to Tengboche, a village that houses the very famous Tengboche monastery which is the largest monastery of the Everest region. Located amidst the Sagarmatha National Park (a UNESCO World Heritage Site of outstanding universal value), it is draped with the panoramic 360-degree view of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamserku. The monastery opens at 3:pm so we reach there by three. And, if we are lucky we might just be able to witness a religious ceremony. Overnight in Tengboche.

Included meals: Breakfast Lunch Dinner

Tengboche to Namche Bazaar: 5 - 6 hours.

From Tengboche, we trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer flag festooned bridge over the Dudh Koshi River our trail follows the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa which is a major trail junction in the region. Now the trail clings to the steep wooded slope, winding through several bends. After passing a Chorten, we reach the army camp at Namche Bazaar. Overnight in Namche Bazaar.

Included meals: Breakfast Lunch Dinner

Namche Bazaar to Lukla: 6-7 hours.

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. After our arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. Overnight in Lukla.

Included meals: Breakfast Lunch Dinner

Fly from Lukla to Kathmandu.

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenirs shopping or sightseeing. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening.

Included meals: Breakfast Dinner

Final departure day to your destination.

Final departure day. This day you have enter the international airport 3 hrs before your flight time. So, from your hotel you have to leave 3.5 hrs before.

Included meals: Breakfast

Cost Includes

- => Airport pickup and drop in a private vehicle for International flight.
- => Airport pickup and drop in a private vehicle for domestic flight.
- => Hotel accommodation in Kathmandu in B/B basis
- => Teahouse accommodation during the trek
- => Three times meal in the trek
- => Hot soup in the high places
- => Farewell dinner in Kathmandu
- => All the transportation as per the itinerary
- => Two way flight : Kathmandu ↔ Lukla ↔ Kathmandu
- => A professional guide for trek and sightseeing
- => Porter service(2 trekkers : 1 porter)
- => Insurance for guide and porters
- => Food and accommodation for guide and porters
- => All necessary documents(Permits and TIMS)
- => All government and local taxes.
- => T-Shirt from company.
- => Airport taxes
- => Medical kit
- => Trekking map as itinerary and
- => T-shirt from the company

Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu
- => Lunch and dinner in Kathmandu and Pokhara
- => Travel and rescue insurance of clients
- => Personal expenses: Hot shower and battery charge during trek and bar bills, laundry
- => Mineral water
- => Emergency Rescue evacuation.
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary
- => Tips for guide and porters