

Everest View Trek & Cultural Homestay: Tengboche & Namche Experience

Prepared by TourGrids



Destination
Nepal



Duration
6 Nights 7 Days



Starting from
Rs. 58,000 / person

ITINERARY ROUTE

↪ Kathmandu · 1N

↪ Phakding · 1N

↪ Namche Bazaar · 3N

↪ Tengboche · 1N

<https://tourgrids.com/packages/nepal/nepal-6-nights-7-days-package-1033>

Overview

Everest View Trek & Cultural Homestay: Tengboche & Namche Experience is a carefully paced 6 nights / 7 days Nepal tour package that combines alpine trekking with authentic Sherpa cultural immersion. Designed as a compact Nepal Adventure tour package and ideal for travelers seeking a short but unforgettable Himalayan experience, this itinerary features scenic flights, towering Himalayan panoramas including Mount Everest, and a memorable cultural homestay in Namche Bazaar. Perfect for those searching for a 6 and 7 Nepal Adventure tour package that balances trekking, acclimatization, and local culture.

✓ **What's Included**

- ✓ Domestic flight: Kathmandu - Lukla - Kathmandu (seat-in-plane, weather permitting)
- ✓ Accommodation: 1 night in Kathmandu (3-star hotel, B&B), teahouse accommodation during trek, and cultural homestay night in Namche
- ✓ Meals: Breakfast in Kathmandu; Breakfast, Lunch, Dinner during trek and homestay (as specified)
- ✓ Permits & Fees: Sagarmatha National Park entry permit, TIMS card
- ✓ Local support: Experienced English-speaking guide, Kathmandu-based office assistance, porters as per group/weight policy
- ✓ Ground transfers: Airport transfers in Kathmandu
- ✓ Pre-departure briefing and itinerary planning assistance

✗ **Not Included**

- ✗ International airfare to/from Kathmandu
- ✗ Travel insurance (mandatory, must cover helicopter rescue and high-altitude trekking)
- ✗ Personal trekking gear and sleeping bag (available for rent on request)
- ✗ Tips for guide and porters
- ✗ Meals in Kathmandu unless specified
- ✗ Extra hotel nights due to flight delays or personal choice
- ✗ Any expenses of personal nature (drinks, phone calls, battery charging, etc.)

Day-by-Day Itinerary

Day

1

Arrival, Orientation & Kathmandu Highlights

Arrive in Kathmandu (Tribhuvan International Airport). Transfer to your hotel for rest. In the afternoon enjoy a short orientation meeting with your guide and a guided visit to Durbar Square and Thamel for last-minute trek supplies. Briefing on the trek, gear check and permit handling. Tip: Keep photocopies of your passport and permits; pack a light daypack for the flight to Lukla.

Day

2

Scenic Flight to Lukla & Trek to Phakding

Early morning scenic flight to Lukla with dramatic Himalayan views. Meet the trekking crew and begin the downhill/uphill trek along the Dudh Koshi river. Walk through traditional villages, suspension bridges and rhododendron forests to reach Phakding. Evening briefing and overnight at a teahouse. Altitude gain is gradual; stay hydrated.

Day

3

Trek to Namche Bazaar — Gateway to the Everest Region

A longer trekking day through forests, past monasteries and across iconic suspension bridges toward the Sherpa hub of Namche Bazaar. At the Namche entrance you'll get your first towering views of Ama Dablam and distant Mount Everest on clear days. Evening free to explore the bustling market and prepare for acclimatization. Important: Keep a steady pace and minimize heavy exertion.

Day

4

Acclimatization & Cultural Homestay in Namche Bazaar

Today is dedicated to acclimatization and cultural immersion. Short hikes around Namche to the Everest View Hotel for panoramic vistas, visit the local Sherpa museum and monasteries, and join a specially arranged cultural homestay with a Sherpa family. Experience traditional food, local stories and evening cultural exchange. This homestay is the cultural highlight—respect local customs and dress modestly.

Day

5

Trek to Tengboche — Monasteries & Panorama

Trek from Namche through rhododendron forests to Tengboche, home to one of the most significant monasteries in the region. Visit the Tengboche Monastery with sweeping views of Mount Everest, Ama Dablam, Lhotse and Thamserku. Overnight in Tengboche; enjoy a serene mountain sunset and a guided monastery visit. Photography inside some monastery areas may be restricted—ask your guide.

Day

6

Return Trek to Namche Bazaar

Descend back to Namche Bazaar at a comfortable pace, soaking in final mountain views and visiting local shops or cafes you missed earlier. Relax in the evening at a teahouse or with your homestay family for last-minute cultural exchange. Keep boots and gear clean for the return flight to Lukla.

Day

7

Trek to Lukla & Fly to Kathmandu

Early morning trek or short hike from Namche toward Lukla, retracing scenic sections of the trail. Board a scheduled flight from Lukla to Kathmandu, arriving mid-morning to Kathmandu. Transfer to your hotel or proceed to the airport for international departure as per your flight schedule. Note: Lukla flights are weather dependent; plan buffer days if possible.

🔗 Frequently Asked Questions

🔗 What is the best time to visit Nepal?

Nepal's prime seasons are October–November (post-monsoon) and March–April (spring). October–November offers crystal-clear skies, superb mountain views, and major festivals like Dashain and Tihar, making it ideal for trekking and sightseeing. March–April brings blooming rhododendrons, pleasant weather, and fewer crowds. Winter (December–February) is cooler with snow at higher elevations, perfect for budget travelers seeking discounts. Monsoon season (June–September) brings lush landscapes but frequent rains, landslides, and leeches on trails. For snow experiences, visit December–February at hill stations like Kalinchowk or Upper Mustang. Spring and autumn are best for trekking, while winter offers clear mountain views with crisp air.

🔗 How can Indian citizens reach Nepal?

Indians can reach Nepal by air, road, or rail. By air, fly to Tribhuvan International Airport (Kathmandu), Gautam Buddha Airport (Bhairahawa), or Pokhara International Airport from Delhi, Mumbai, Kolkata, Varanasi, and Bengaluru. By road, major border crossings include Sunauli–Bhairahawa (for Lumbini/Pokhara), Raxaul–Birgunj (fastest to Kathmandu), Panitanki–Kakarbhitta (eastern Nepal), and Banbasa–Mahendranagar (far-west). Good highways connect borders to major cities. By rail, take Indian Railways to Jayanagar–Janakpur–Kurtha line or reach border towns like Gorakhpur, Raxaul, then cross by road. Road travel offers scenic views but expect monsoon delays due to landslides.

🔗 Do Indian citizens need a visa for Nepal?

No, Indian citizens do not need a visa to visit Nepal. However, you must carry valid identification – either an Indian passport or Voter ID with photograph. Aadhaar cards are generally not accepted for air travel, so check current requirements before departure. Children should carry valid photo ID as required by airlines and immigration authorities. This visa-free access makes Nepal one of the most convenient international destinations for Indians. You can stay for extended periods, but if planning to work or study, additional permits may be required. Always verify the latest entry requirements before travel, as policies can change.

❓ **What are the local transportation options within Nepal?**

Nepal offers various transportation options. In cities, use metered taxis or ride-hailing apps like Pathao and Tootle (available in Kathmandu/Pokhara). City buses and microbuses are the cheapest option, with Sajha Yatayat operating key routes in Kathmandu Valley. For intercity travel, choose tourist buses or private cars for comfort to destinations like Pokhara, Chitwan, and Lumbini. Domestic flights save time to Pokhara, Bharatpur (Chitwan), Lukla, and other destinations. Motorbikes and bicycles are popular in Pokhara and Thamel for short distances. For mountain areas, jeeps and local buses connect remote regions, though roads can be challenging during monsoon season.

❓ **Where should I stay in Nepal and what accommodation options are available?**

Kathmandu's Thamel district is perfect for budget travelers and trekkers, offering guesthouses, hostels, and mid-range hotels. Durbarmarg and Lazimpat provide upscale options. In Pokhara, stay in Lakeside for lake views, restaurants, and easy access to activities. Luxury options include Dwarika's Hotel and Hyatt Regency (Kathmandu), Temple Tree Resort and Fish Tail Lodge (Pokhara). For wildlife, choose jungle lodges in Chitwan like Meghauri Serai or Barahi Jungle Lodge. Hill stations like Nagarkot and Bandipur offer mountain view resorts. Budget travelers can find Zostel hostels, homestays, and guesthouses starting from \$5-15/night. Mid-range hotels cost \$25-60, while luxury resorts range \$100-300+ per night.

❓ **What are the must-visit attractions in Nepal?**

Nepal's top attractions include Kathmandu Valley's UNESCO sites: Pashupatinath Temple, Boudhanath Stupa, Swayambhunath (Monkey Temple), and the Durbar Squares of Kathmandu, Patan, and Bhaktapur. Pokhara offers Phewa Lake, World Peace Pagoda, and Sarangkot for sunrise views. Chitwan National Park provides jungle safaris for rhinos and tigers. Lumbini, Buddha's birthplace, features sacred gardens and international monasteries. For trekking, visit Everest region (fly to Lukla) or Annapurna region for Poon Hill and Annapurna Base Camp treks. Nagarkot and Dhulikhel offer Himalayan sunrise views near Kathmandu. Adventure seekers should try Everest mountain flights, paragliding in Pokhara, and white-water rafting on various rivers.

❓ **What local food and cuisine should I try in Nepal?**

Nepal's staple dish is Dal Bhat - lentils, rice, vegetable curries, and pickles, offering unlimited refills. Try momos (dumplings) with spicy chutney, available in vegetarian, chicken, or buffalo varieties. Thukpa and thenthuk are hearty Tibetan-style noodle soups. Sample Newari cuisine including bara (lentil pancakes), choila (spiced meat), chatamari (Nepali pizza), and yomari (sweet dumplings). Other specialties include sel roti (festival rice doughnut), gundruk (fermented greens curry), aloo tama (bamboo shoot curry), and sekuwa (grilled meat). Drink masala chai, tongba (warm millet brew), or local raksi spirit. Popular restaurants include Bhojan Griha and Thamel House (Kathmandu), and Moondance and Rosemary Kitchen (Pokhara).

★ Traveller Reviews



Chetan Khatri

★★★★☆ 4/5

Well-Scheduled Tours

The tours were well-scheduled without feeling rushed. It allowed for plenty of exploration and relaxation time.



Priya Joshi

★★★★★ 5/5

A Spiritual Journey

The spiritual sites visited during the tour were enlightening and peaceful. I highly recommend this tour for anyone seeking spirituality.



Anshul Sinha

★★★★☆ 4/5

Vast Array of Experiences

This tour packed a vast array of experiences into a short period! I was surprised at how much we accomplished!



Garima Sharma

★★★★★ 5/5

Stunning Sunrise Views

Watching the sunrise over the Himalayas was a life-changing experience! Highly recommend it.



Kiran Gupta

★★★★★ 5/5

Endless Adventure Opportunities

There's no shortage of adventures in Nepal! From trekking to paragliding, it's an adventure lover's dream.

Why Choose TourGrids?

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

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Customizable Packages

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