

# Kathmandu to Everest Panorama: Scenic Flights, Trek Highlights & Local Culture

Prepared by TourGrids



Destination  
**Nepal**



Duration  
**7 Nights 8 Days**



Starting from  
**Rs. 95,000 / person**

## ITINERARY ROUTE

↩ Kathmandu · 4N

↩ Phakding · 1N

↩ Namche Bazaar · 2N

<https://tourgrids.com/packages/nepal/nepal-7-nights-8-days-package-1038>

## Overview

Kathmandu to Everest Panorama: Scenic Flights, Trek Highlights & Local Culture - A 7 nights / 8 days Nepal tour package combining a dramatic Everest panoramic flight, short high-altitude trekking highlights in the Khumbu, and immersive cultural experiences in the Kathmandu Valley. Perfect for travelers seeking an accessible Nepal Adventure tour package with iconic mountain views, Sherpa culture, and UNESCO heritage sites.

### Highlights:

- Everest Panorama Scenic Flight over Mount Everest and the highest Himalayan peaks
- Short trek to Phakding and Namche Bazaar for authentic Sherpa culture
- Cultural tours of Kathmandu, Patan, and Bhaktapur (UNESCO sites)
- Opportunity to visit Everest View Hotel and local monasteries

This itinerary balances scenic flights and short trekking days to limit high-altitude strain while maximizing views and cultural immersion.

#### ✓ What's Included

- ✓ Airport transfers (arrival & departure)
- ✓ 7 nights accommodation: hotels in Kathmandu (4 nights) and tea-houses/lodges on trek (3 nights)
- ✓ Daily breakfasts in Kathmandu; all meals (breakfast/lunch/dinner) during trek
- ✓ Everest Panorama scenic flight (Kathmandu-Lukla-Kathmandu or scenic circle flight depending on schedule)
- ✓ Domestic flight(s) (Lukla-Kathmandu) as per itinerary
- ✓ Experienced English-speaking trekking guide and local porters (1 porter per 2 clients while trekking)
- ✓ Khumbu/trekking permits and TIMS (as required)
- ✓ Kathmandu Valley guided cultural tour and entrance fees for listed monuments
- ✓ Farewell dinner (as specified) and welcome briefing
- ✓ First aid kit and basic oxygen support (for emergencies)
- ✓ Airport taxes for domestic flights

#### ✗ Not Included

- ✗ International airfare to/from Kathmandu
- ✗ Nepal entry visa fees (obtainable on arrival) and travel insurance (mandatory; must include emergency evacuation and high-altitude coverage)
- ✗ Personal trekking gear (sleeping bag, trekking poles—available to rent)
- ✗ Tips/gratuities for guides and porters
- ✗ Meals in Kathmandu except where specified
- ✗ Extra nights due to flight delays or weather-related changes
- ✗ Personal expenses (beverages, laundry, phone/data usage)
- ✗ Single supplement (if solo traveler requests private room throughout)
- ✗ Emergency evacuation costs if required beyond standard first-aid provisions

## Day-by-Day Itinerary

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Day

1

### **Arrival in Kathmandu & Welcome Briefing**

Arrive at Tribhuvan International Airport (Kathmandu) where you will be greeted and transferred to your hotel. Settle in, relax, and attend a short welcome briefing with your guide covering the week's plan, safety notes, and packing checks.

Evening: Enjoy a welcome dinner with traditional Nepali cuisine and a chance to meet fellow travelers.

Tip: Keep a daypack and essentials handy for early morning departures.

Day

2

### **Kathmandu Valley Cultural Tour**

Explore the cultural heart of Nepal on a guided tour. Visit the UNESCO sites of Swayambhunath (Monkey Temple) for panoramic city views, Boudhanath Stupa (one of the largest stupas in Asia), and Pashupatinath Temple—a major Hindu pilgrimage site. Finish with a stroll through Patan Durbar Square to admire Newar architecture and local arts.

Note: Dress respectfully at religious sites; photography rules may vary.

Day

3

### **Everest Panorama Scenic Flight & Trek to Phakding**

Early morning departure for the iconic Everest Panorama Flight—a breathtaking aerial view of Mount Everest, Lhotse, Ama Dablam, and surrounding peaks. After landing in Lukla (weather permitting), begin your short trek along the Dudh Koshi valley to Phakding.

Evening: Overnight in a tea-house in Phakding and meet local Sherpa families.

Important: The scenic flight is weather-dependent; schedule flexibility is built into the itinerary.

Day

4

### **Trek to Namche Bazaar**

Trek through scenic rhododendron forests and cross suspension bridges over the Dudh Koshi River. Ascend to Namche Bazaar, the bustling Sherpa hub with panoramic mountain views. Afternoon free to explore local markets and acclimatize.

Highlights: Local handicrafts, cafes with mountain views, and a visit to the Sherpa Museum (time permitting).

Tip: Walk slowly and hydrate well to aid acclimatization.

Day

5

### **Acclimatization Day — Hike to Everest View / Local Culture**

Acclimatization day with an optional morning hike to Everest View Hotel for spectacular sunrise panoramas of Everest and Ama Dablam. Visit a local monastery or the Khumjung village to learn about Sherpa life, honey-hunting history, and traditional architecture.

Evening: Cultural exchange with local residents or relaxed time in Namche Bazaar.

Note: This day is intentionally light to help your body adjust to altitude.

Day

6

### **Return Trek to Lukla & Fly Back to Kathmandu**

Retrace your steps down through the lower Khumbu, arriving in Lukla after a rewarding day of trekking. Board a short flight back to Kathmandu (or Kathmandu-bound flight via Ramechhap depending on schedules), then transfer to your hotel for rest.

Evening: Free time to relax or enjoy dinner in Thamel.

Important: Trek times vary—local guides will ensure a comfortable pace.

Day

7

### **Bhaktapur & Patan Day Trip — Final Shopping**

Discover the living art of the Kathmandu Valley with a day trip to Bhaktapur Durbar Square—known for its pottery lane and medieval architecture—and Patan (if time remains) for fine metalwork and courtyards. Return to Kathmandu for final packing and optional farewell activities.

Evening: Farewell dinner with a cultural performance (optional).

Tip: Carry local currency for handicrafts and street food purchases.

Day

8

### **Departure from Kathmandu**

Transfer to Tribhuvan International Airport for your international departure. If you have extra time, arrange an early morning visit to a favorite spot or pick up last-minute souvenirs.

Important: Ensure you have all travel documents, and check-in times with your airline.

## **Frequently Asked Questions**

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## ❓ **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.

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## ❓ **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.

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## ❓ **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.

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## ❓ **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 minibuses 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.

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## ❓ **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.

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## ❓ **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.

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## ❓ **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).

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## ★ **Traveller Reviews**

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**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?

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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!

 **Expert-Guided Planning**

Personalized guidance from verified travel experts who understand your needs.

 **Customizable Packages**

Tailor your trip your way — destinations, experiences, budget. All up to you!

 **Hassle-Free Booking**

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