



Thame Legendary Trekking

Trip code	0
Package name	Thame Legendary Trekking
Duration	7
Max. elevation	3800 m
Level	EASY
Transportation	Domestic flight (kathmandu - Lukla - kathmandu)
Accomodation	Hotel and Lodge twin sharing bed basis during the Trekking .
Starts at	Kathmandu/Lukla
Ends at	Lukla/Kathmandu
Trip route	kathmandu - Lukla - Monjo - Namche - Thame - Khumjung - Monjo - Lukla - Kathmandu.
Cost	USD 1,160 per person

Highlights

- o Excellence view of Mt. Everest
- o Namche Bazar and Thame valley.
- o Tenzind Hillary airport .
- o Panoramic mountain view .
- o Everest summitter village.
- o Highest place settellment .
- o World highest place hydro power & Electricity.

Overview

Thame Legendary trek is a short trek in which trekkers have the opportunity to explore ethereal mountain monasteries, beautiful Sherpa villages and local traditions. During this trek, one can enjoy fabulous Himalayan hiking and observing the World's tallest Mountain without any fatigue walking. The trek is easy to moderate level of trekking.

Thame is a small Sherpa village close to the border of [Tibet](#). It used to be a juncture of ancient trading routes to Tibet. Thame is the home to some of the greatest [Everest Climbers](#).

It is also the home of Ang Rita Sherpa, who holds the record for scaling Mt Everest ten times without oxygen and is thus known as "The Snow Leopard". It is also the home of Apa Sherpa, Nepal's most famous living climbing Sherpa and holder of the Guinness Book of Records for the summits of Everest the most times.

There is also a monastery swathed in mists and towering rock faces. This trek presents a true picture of the unique cultural and traditional life style of the Sherpa tribe who live in the thin-air zone of Nepal. The mountain village Sherpa people of the Khumbu region are of Tibetan origin originally who migrated south over the Himalayas hundreds of years ago and are renowned for their strength as high-altitude mountain climbing guides.

People of this area are very welcoming to the guest with a smile on their face. Thus, during this trek, you will get a fortuity to explore the Sherpa culture, customs and tradition. This trek gives chance to stretch out and relish some fabulous Himalayan hiking with plenty of time to relax and explore. Throughout this trail, you can enjoy the stunning views of the world's tallest mountains, [Everest](#), Lho Tse, Nupse, Ama Dablam, Thamsherku and all the beautiful peaks around the Himalayan villages.

Thame Legendary takes us from the tiny airstrip at Lukla through the bustling Sherpa capital of Namche Bazaar then climbs gently from the madding crowds of the main trail up to mystical Thame. The air gets much thinner and cooler. From this small settlement we trek to a village on the old Tibetan salt route, Thame.

The ancestors of Sherpas were also Tibetan and came from Tibet, thus most of their way of life, culture, tradition, and religion are very similar. This program is designed for those who are seeking adventure and those who want to get a taste of the high mountain experience and be amongst the Sherpa community.

This trek is a combination of easy to moderate grade trek in which the trekkers have to walk an average of 5 to 6 hours per day gaining an altitude of 300 to 500 meters. The path and tracks are generally wide and well-marked. The one who is reasonably fit without any prior experience in trekking can walk through this trail.

But a trekking experience would work wonders while going through these trails. Your trek leaders will ensure we take a comfortable pace on the trail and you'll have Sherpa support every step of the way. The highlight of this trek is reaching the famous Sherpa village of [Thame](#).

Trip Itinerary

Day 1 : Transfer to airport for Kathmandu / Lukla flight (45 minute flight). Arrive Lukla and start trek to Monjo – approx. 4 to 5 hrs walk.

Early morning we will catch up an early flight to Lukla (2,800m/9,186ft), the starting point of the trek. The flight will be an interesting one since we will be flying amidst the grand Himalayas in a Twin Otter airplane. This will probably be the shortest but the most scenic flight you will ever catch up. Skirting narrow gorges and contouring some incredible scenery, we land on the 30 degree angulated runway of Lukla, where we will have a short tea break and introduction to our trekking crew. Then we begin descending towards Monjo passing through many shops and small villages along with the marvelous scenario enroute. You could also take a glance of looming mountains surrounding you. The walk takes us through lush vegetation with blossoms on the trees and vegetables such as Pak Choy, potatoes and cauliflower growing in abundance, pine forests, hamlets and crop fields. You can also have an opportunity to observe mountain views like: Kusum Kanguru (6369 m), Nupla (5885 m), Kongde Ri (6093 m), Thamserku (6808 m) etc. The trail is meandering and we have to cross the river a number of times on cable bridges made famous by this area. Upon arrival at Monjo, explore around the area and stay overnight.

Day 2 : Trek Monjo / Namche Bazaar (3446 m.) – approx. 5 to 6 hrs walk.

Your destination today is Namche Bazaar. Namche Bazaar is the central village of the Sherpa in Khumbu region. It is situated on a horseshoe shaped flank and is crowded with about 100 buildings including lodges, bhattis, store and banks. There is a plateau in the right side of the village entrance, where they have a bazaar every Saturday. It is thronged with people especially in the morning. After breakfast at Monjo, we follow the ascending trail towards Namche Hill. Crossing the bridges and reaching at the entrance of Sagarmatha National Park, our trekking permits will be checked. After entering the National Park boundary, we descend towards the suspension bridge-Koshi River. The walk is pleasant today with few ups and down. If the weather is clear on this day, then you will get an opportunity to have the first glimpse of Mount Everest. Further continuing our trek, we walk along the winding uphill path all the way to Namche Bazaar, with magnificent view of Kwangde peak and its other sister peaks towards east with Kusum Kanguru on the back. As you climb higher, view of Mt. Everest, Lhotse and the closer view of Taboche peak can be seen from some part on the way to Namche. Finally we reach at colorful houses called Namche Bazaar via main gate of Khumbu region. The fusion of Tibetan and Sherpa cultures surrounds you – just like the mountains which tower above this bowl-shaped town, giving you a genuine sense that you are finally, in the Himalayas. We stay overnight at Lodge.

Day 3 : Trek Namche Bazaar / Thame (3820 m). - 5 hrs walk

On the following day, you will have breakfast in Namche and then commence your trek towards Thame, our today's destination. You will pass through a beautiful pine and rhododendron forest, typical Sherpa house and small villages today. This trail forms part of the entry route to Tibet,

which passes near Cho Oyu (8012 m) peak which was first climbed in 1954. It is also the historical route from where the Sherpa's migrated from eastern Tibet 800 years ago. Passing by several villages and numerous teashops, the trail descends steeply to Sanasa where local Sherpa people sell the Tibetan goods. The way from Sanasa to Namche has small ups and downs with view of forests, scenery and mountains. Today's trail offers you the magnificent views of Kongde Ri. You will stop for your lunch near monastery where nuns live. After lunch, you continue your walk and reach the village of Samden from where you descend down to the bridge crossing Bhote Koshi River. From here, it is half an hour ascent up to Thame. Thame is a small Sherpa village close to the border of Tibet. It is also the home of Ang Rita Sherpa, who holds the record for scaling Mt Everest ten times without oxygen and is thus known as "The Snow Leopard". You will spend your overnight in this village.

Day 4 : Hiking to Sunder Peak and back to Thame - 5/6 hours walk

we make breakfast early in the morning around 6 am, and will start the hike towards Sunder peak with packed Lunch. it takes about 6,7 hours up and down. Sumdur peak is about 5368m, we are just be at the Base of Sumdur peak for panoramic mountain views including Mt. Everest, Mt Choyou, Amadablam , Thamserku and more.

Day 5 : Trek Thame / Monjo – approx. 6 to 7 hrs walk.

On the following day, we will pass through the scenic & peaceful valley endowed with rich biodiversity and culture. We come across Sherpa settlements and interact with the friendly Sherpa people. Enroute you can admire the pristine beauty of Kongde, Everest, Makalu, Pharchamo, Cho Oyu, Thamserku, Kangtega and Kusum Kang. Upon arrival at Monjo, we get into one of the best lodges of the area.

Day 6 : Trek Monjo / Lukla – approx. 5 to 6 hrs walk.

On the last day of our trek, we take breakfast at Monjo and then commence our trek to Lukla. Descending through the bank of Dudh Koshi River, we gradually walk passing through the shops and beautiful villages. You walk through lush vegetation with blossoms on the trees and vegetables such as Pak Choy, potatoes and cauliflower growing in abundance, pine forests, hamlets and crop fields. On the way, you can also have an opportunity to observe mountain views like: Kusum Kanguru (6369 m), Nupla (5885 m), Kongde Ri (6093 m), Thamserku (6808 m) etc. The trail is meandering and we have to cross the river a number of times on cable bridges made famous by this area. Upon arrival at Lukla, check in to the lodge and stay overnight.

Day 7 : Fly back to Kathmandu. Upon arrival, meet and transfer to hotel.

Flights to Kathmandu are usually scheduled for morning because wind can create problem to fly the aircraft in the afternoon. But sometime the flight time can be delayed due to bad weather and other unprecedented reasons that are beyond our control. We fly back to Kathmandu after our long mountain journey. After reaching Kathmandu we have the rest of the day off to rest or do some souvenir shopping. Overnight in Kathmandu.

Inclusions

What is included?

- Airport transfers in Kathmandu.
- Accommodation in Kathmandu as per the itinerary.
- Domestic flights between Kathmandu and Lukla.
- Trekking permits and TIMS (Trekking Information Management System) card.
- Experienced and licensed trekking guide.
- Porter service to carry your luggage (one porter for every two trekkers).
- Accommodation in teahouses or lodges during the trek.
- All meals (breakfast, lunch, and dinner) during the trek.
- Safe drinking water throughout the trek.
- Sagarmatha National Park entrance fee.
- Basic first aid kit.
- Government taxes and service charges.

What isn't included?

- International airfare to and from Kathmandu.
- Nepal entry visa fees.
- Personal travel insurance (covering medical, evacuation, and trip cancellation).
- Extra accommodation and meals in Kathmandu (beyond the itinerary).
- Extra activities or sightseeing not mentioned in the itinerary.
- Personal expenses, such as laundry, phone calls, internet access, etc.
- Additional porters or services if needed.
- Tips for guides, porters, and other staff (tipping is customary in Nepal).
- Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

Complimentary