



## Yeti Trail Trek

<b>Trip code</b>	
<b>Package name</b>	Yeti Trail Trek
<b>Duration</b>	8
<b>Max. elevation</b>	4250 m
<b>Level</b>	EASY
<b>Transportation</b>	
<b>Accommodation</b>	
<b>Starts at</b>	Kathmandu/Lukla
<b>Ends at</b>	Lukla/Kathmandu
<b>Trip route</b>	
<b>Cost</b>	USD 960 per person

## Highlights

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## Overview

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Yeti trail trek is especially designed for that trekker who wants to scrutinize the hidden footprints of yeti yet following the comfortable route. You can enjoy the peace and sanctuary of high mountain villages, to get the insider view, a unique perspective and to stay in the less frequented trail. You will get an amazing experience while trekking in the same trail where yeti used to walk through. You can feel the adventure inside yourself and this feels really great.

Yeti Trail trek is a moderate level of trekking which can be done by the first time trekkers too. But they have to be sure to get the proper acclimatization before they head upward towards higher altitude. According to the Himalayan myth, the following part of the Everest region – mainly valley of Thame used to be the region where Wild Yeti – “the abominable snowman” once roamed around.

This place also used to be the trading point between Nepal and Tibet and not to forget the birthplace of the famous Everest Summiteers like Tenzing Norgay Sherpa and 21 times Everest summiteers Appa Sherpa. The other main attraction of this package is Kongde where one would be spellbound by the views of Mountains and surrounding valleys that Kongde offers. During this trail, you will be soaked up in the atmosphere of ancient mountain cultures, get a glimpse of a global climbing hotspot and all the other fabulous aspects of this deservedly popular region. The most notable snow peaks of this regions are Mt. Everest (8,848 m), Lhotse (8,501 m), Nuptse (7,896 m), Lhotse Shar (8,383 m), Cho Oyu (8,189 m), Ama Dablam (6,856 m), Pumori (7,145 m), Gyachung Khang (7,952 m), (Kala Pattar (6,685 m), Island Peak (6,185 m), Thamserku (6,808 m), Kangtega (6,685 m), Makalu (8,463 m) and Mera peak (6,461 m) and Kongde (6,011 m). Experience the sensational natural sightseeing and enrich your knowledge in culture of Nepal by trekking through this trail.

This trek allows you to explore the hidden region of Everest on a relatively short trip in comfort and style while gaining views of all the principle peaks of the Khumbu. Although this trek is gentle by Himalayan standards, you need to be prepared to walk up some steep inclines at certain points during the trip. Starting our voyage with a 45 minutes scenic flight from Kathmandu to Lukla, we continue our trek towards Monjo on the same day after reaching the Lukla airport. Walking along the bank of Dudh Koshi River, we will reach to Monjo village. Monjo is a valley which is triangular in shape and is enclosed by mountain peaks of above 6000m and characterized by rugged landscape of mountains, glacial ridges, hanging valleys, U-shaped valley and fluvial terraces. On the next day, we cross the suspension bridge over Bhote Koshi River and reach Jorsale village which takes us further to Namche Bazaar which is the gateway to Everest Region and the capital of Khumbu region. After having a day hike in Khumjung village, we head west towards the mystical Sherpa village of Thame. The trail continues through woods to the pretty settlement at Thame. This area is the home of spectacular mountain scenery and the renowned Sherpa people. Our trek continues climbing up the Kongde ridge across the valley from Thame. Kongde is considered a paradise for all nature explorers. We will spend 2 days at Kongde exploring the magnificent scenery including day hikes up to Farak Ri where the panoramic view only improves as the 8000 m peaks of Makalu and Cho Oyu also come into view. Two night stay in Kongde makes you stay a once in a lifetime sojourn. One can get lost in the idyllic beauty of the magnificent Himalayas and the Sherpa settlement of Khumbu Valley. Next day, the trail retraces to back Lukla via Phakding. Catching up a flight next day, you will reach Kathmandu.

## Trip Itinerary

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### **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 Kangru (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 : Explore Khumjung Village**

On this day, we will explore around the Khumjung Village which is also a Sherpa Community. There is a monastery in Khumjung which displays a scalp that purportedly comes from a yeti. You just have to pay USD 5 or something equivalent to enter the monastery. This village has modern communications such as the internet and mobile and landline phones. The village is about an hour walk from Namche. Like Namche, it is a village carved into the mountainside, reminiscent of an ancient Greek amphitheater. Khumjung is not the cave it's a village which is also known as hidden village. While at the Gompa, ask the monks (lamas) for directions for getting to Guru Rinpoche's cave. You can also enjoy the splendid views of Everest, Nuptse, Ama Dablam, Thamserku, Lhotse, Tawachee, Kwangde and other mountains and peaks. After exploring the Khumjung village, return back to Namche for overnight stay.

## **Day 4 : Trek Namche Bazaar / Thame (3820 m)**

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 5 : Trek Thame / Kongde (4250 m) – approx 7 to 8 hrs walk**

From Thame we start early morning trek to the Kongde which takes about 7 to 8 hours from Thame. Today is the longest, hardest but also most adventurous trekking route throughout the trek. The trail gently descends west bank of the Bhote Koshi, passing by the KBC Power house and reaching Pare through pine, rhododendron, and bamboo forests with fantastic views of mighty peak of Mt. Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kanguru. The trail is wild and climbs above the river valley, offering nice views of Namche Bazaar. The route is recently renovated and was followed as the traditional route into Khumbu in 1950. Upon arrival at Kongde, take some rest and spend your overnight here.

### **Day 6 : Kongde day hike**

We will have our second day hike exploring Kongde and enjoying walk around in the wild nature and becoming intoxicated with the panoramic views of World's highest mountains. We walk up towards Farak Ri which offers you with the panoramic birds eye views of entire Khumbu Valley and view of 8000 m peaks; Everest, Lhotse Makalu, Cho Oyu, Ama Dablam, Thamserku and many other Peaks of Khumbu Valley such as Chola Tse, Island Peak, etc. You can also enjoy the spellbinding panoramic view of Tengboche monastery, Namche and Khumjung village. One cannot forget the scenario observed from here which offers a view of entire Solukhumbu Ranges.

### **Day 7 : Trek Kongde / Lukla (2840 m) – approx 7 to 8 hrs walk**

On the last day of our trek, after having breakfast at Kongde we start our trek early. We descend down towards Phakding following the views of Phakding valley, Himalayan Thar, Mt. Thamserku (6623 m) and ranges of Kangtega. Slightly descending further through the narrow trail with rocks, you reach Toktok village. The trail is very easy today although steep in places. You can walk at your own pace enjoying the lush green scenery around and passing through the incredible mountain scenery and local Sherpa villages. We will have our lunch near Phakding and then continue our trail ahead towards Lukla. Upon arrival in Lukla, check in to the hotel and spend overnight.

## **Day 8 : 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**

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### **What is included?**

- Airport transfers in Kathmandu.
- 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.

### **What isn't included?**

- International airfare to and from Kathmandu.
- Nepal entry visa fees.
- Personal travel insurance (covering medical, evacuation, and trip cancellation).
- 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**