



TENGBOUCHE MONASTERY TREK ITINERARY

Join Ian Taylor Trekking on a once-in-a-lifetime journey into the legendary Everest (Solukhumbu) Region, home to the highest peaks on Earth and the deeply spiritual Tengboche Monastery. This trek is a perfect introduction to high-altitude trekking, combining breathtaking Himalayan scenery with rich Sherpa culture.

Our carefully crafted itinerary includes extra acclimatization days at critical points—including three nights in Namche Bazaar, the vibrant Sherpa capital. This slow and steady approach, combined with our industry-leading guide ratio of 4 guides per 10 trekkers, ensures maximum safety, comfort, and success at altitude.

While accessible to those new to the region, this trek should not be underestimated. Acclimatization is key, and we hike at a deliberately slow pace to give your body the best chance to adapt to the lower oxygen levels. However, your success also depends on your physical preparation—we recommend training 5 days per week in the months leading to your trip.

From the moment you sign up, you'll have access to our team for expert advice, gear support, and planning guidance. You'll also receive our comprehensive 40-page trip dossier, packed with essential information to help you prepare for a safe and successful adventure. With our award-winning team, proven track record, and unmatched support, the Tengboche Monastery Trek is more than just a trek—it's an unforgettable Himalayan experience.

BRIEF ITINERARY

- Day 1: Arrive in Kathmandu
- Day 2: Fly to Lukla – Trek to Monjo
- Day 3: Namche Bazaar
- Day 4: Namche Bazaar (Acclimatization Day)
- Day 5: Namche Bazaar (Acclimatization Day)
- Day 6: Tengboche
- Day 7: Khumjung
- Day 8: Namche
- Day 9: Phadking
- Day 10: Lukla
- Day 11: Kathmandu
- Day 12: Day of Leisure in Kathmandu before transfer to airport



DETAILED ITINERARY

Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodation on the trek is on a shared basis. If you want to arrive early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

Day 2: Fly to Lukla – Trek to Monjo – 2,850m/ 9,350 feet

Fly from Kathmandu to Lukla *see note at bottom of itinerary. We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu Region. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will meet the rest of our trek staff and set off straight away for our first night in the mountain village of Monjo. Depending on what time the flight arrives in Lukla, we may have to stop in the town of Phakding (2,600m/ 8,530 feet) for the night. Hopefully, the team will make it all the way to Monjo. Both villages are situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, and is the main trade route for the entire region. This can be the busiest part of the trail. Today we will walk for 3 hours to Phakding and a total of 5 hours to Monjo. The total distance is 8.8 miles/ 13 km to Monjo from Lukla.

Day 3: Namche Bazaar – 3,440m/ 11,286 feet

Today we will continue up the banks of the Dudh Kosi River, towards Namche Bazaar. Just past Monjo, we will officially enter the Sagarmatha National Park before following the trail through small villages. We will take a tea break along the way. After tea, the trail then crosses the confluence of the Dudh Kosi and the Bhote Kosi, on a high suspension bridge. The trail then climbs steeply uphill for about two hours to reach Namche Bazaar (3,440m/11,286 feet). This is a prosperous trading town and the capital of the Khumbu Region. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains. From Monjo, the trek today is approximately 4 hours, and the total distance is 5 miles/ 8 km.

Day 4: Namche Bazaar (Acclimatization Day) – 3,600m/ 11,800 feet reached

Today is an acclimatization day where we will walk to the Sherpa Museum at 3,600m/ 11,811. From here you will have stunning views of Mount Everest and the surrounding mountains. The key is to rest, relax and acclimatize at this height and will make all the difference as we go to high altitude. The afternoon will be at leisure in Namche Bazaar, resting, eating, and enjoying



the sites! Remember that it is still important to continue to drink 4-5 liters of water every day on the trail. Today, the walk up to the Sherpa Museum is only approximately 30 minutes.

Day 5: Namche Bazaar (Acclimatization Day) – 3,900m/ 12,800 feet reached

This is where our itinerary is different. Instead of heading up to 3,900m/ 12,800 feet and sleeping in Tengboche, we will stay in Namche another night giving you the best possible acclimatization program. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes to aid in the process. We will wake early for our acclimatization hike today, up to Shangbouche Hill at 3,900m/ 12,800 feet, for beautiful vistas of the whole Everest Region. The goal is to spend some time acclimatizing at this elevation before returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche Bakeries and local stores! The hike to Shangbouche Hill will take approximately four hours round trip.

Day 6: Tengbouche – 3,900m/ 12,800 feet

Today we will leave Namche and trek to Tengbouche at 3,900m/ 12,800 feet. From Namche, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get excellent views of the great peaks of the Khumbu; Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages, we will descend approximately 300m/ 984 feet down to the Dudh Kosi River, where we stop for lunch. After lunch, we will make the steep 700m/ 2,296 feet uphill climb to Tengbouche. This is the home of the impressive and famous Tengbouche Monastery. You can visit the Monastery or the local bakery this afternoon. The hike will be approximately 5 to 6 hours today and covers 7.5 miles/ 12 km.

Day 7: Khumjung – 4,350m/ 12,434 feet

After a leisurely morning enjoying the views and the Tengbouche Monastery, you will retrace your step back down to the riverside for lunch. Then, you will have a two-hour uphill hike to reach Khumjung. The afternoon can be spent visiting the Khumjung Monastery, a school, or just enjoy the small village of Khumjung, where Edmond Hillary did a lot of work after climbing Everest in 1953. The hike will take approximately 4 hours today and cover 5 miles/ 8 km.

Day 8: Namche 3,440m/ 11,300 feet

After hopefully a great night's sleep and a beautiful morning spent in Khumjung village, you will make your way back to Namche Bazaar for lunch. We will arrive in Namche around midday, and you can take a shower, relax, and get some rest before enjoying the delights of Namche or one more day! The hike today is approximately 2 hours 30 minutes.



Day 9: Phakding – 2,600m/ 8,530 feet

There is no rush to get moving today, so if you wanted to pick up any last-minute things before leaving Namche, you have time! The day starts with a one-hour descent from Namche, back to the high suspension bridge. Following the river from here, you will have to trek up and down stairs and trails, retracing our steps back to Phakding, where we will stay for the night.

Day 10: Lukla – 2,850m/ 9,350 feet

Today is the final day of trekking. After breakfast you will have a gradual three-hour ascent back into Lukla at 2,850m/ 9,350 feet where you will stay for your final night in the mountains.

Day 11: Fly to Kathmandu – 1,400m/ 4,500 feet

We will wake early today and have breakfast before returning to Lukla Airport for the flight back to Ramechhap or Kathmandu*. If the weather is cooperating, then you would be back in the hotel in Kathmandu at midday! You can spend the day at Leisure in Kathmandu, enjoying the sites, including Pashupatinath, Swayambhunath, and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get a treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

Day 12: Kathmandu

Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.

IMPORTANT NOTES

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!

*One of the main disruptions in the itinerary may come from the flights in/out of Lukla. Over the past seasons, the government has decided to move some of the Lukla flights from Kathmandu airport to an alternative airport, due to the massive influx of air traffic arriving and



departing from the international airport. Therefore, some of the trips, especially during the busier times, will be diverted to a small airstrip approximately 4 - 6 hours from Kathmandu by road, Ramechhap Airport, in the Manthali district. If your group's flights do have to go from Ramechhap airport, then you would have to wake at approximately 2am on the morning you fly to Lukla, to make the 4+ hour drive to Ramechhap, to get the first-round flights. This can be a frustrating addition to the first day of your trip, but if the airlines decide that they want to move the flights to Ramechhap, we have no control over this, and it would be the only way to get a flight into Lukla.

Likewise, on the return journey back to Kathmandu, you could also have to make this journey from Lukla to Ramechhap and then drive back to Kathmandu. On the way back to Kathmandu, the car journey can be quite a bit longer due to traffic, so you could have 6-7 hours of driving time to get back to Kathmandu.

One way to avoid this drive to Ramechhap is to book a helicopter for your trip in and/or out of the mountains. We can make this arrangement for you, but it would be an extra cost to you if you made this decision. The price of the helicopter changes from season to season and day to day, but on average, you normally would expect to pay approximately \$450 - \$650 for a one-way seat on the helicopter. This would be paid directly to the helicopter company as we would not have a part in the pricing, nor would any money go to Ian Taylor Trekking for this helicopter flight.

Another thing that affects air travel in Nepal is weather related delays. Please note that often the Kathmandu/Ramechhap – Lukla – Kathmandu/Ramechhap flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather conditions. These conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for long waits either at Kathmandu, Ramechhap or Lukla airports, as this can happen either at the start or end of the trek or even both! If flights are not flying due to the weather, the only option that might be available to get you in or out of Lukla, might be to take a helicopter anyway, at an additional cost. Our team on the ground will be ready to organize helicopters in such conditions. More information on this will be in our Dossier if you do sign up for the trip.

We are your number one resource for the trip and if you sign up to one of our trips, we will send out a 45+ page Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the trek to Everest Base Camp: <https://iantaylortrekking.com/blog/all-you-need-to-know-about-trekking-to-everest-base-camp/>.



The Cost Includes

- 4 Guides for every group of 10 trekkers
- Internal flights – Always aim to have first few rounds of flights per day
- Professional guides
- Porterage of gear (Animals) (Carrying 15kg/33lb per person Maximum)
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- All lodge accommodation when in mountains
- All permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu

The Cost Does Not Include

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$200)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)