



Regd. No.221497/076/077

TREKKING & TOUR OPERATOR
JAGADAMBA HOLIDAYS
 NEPAL ADVENTURES

TENGBOCHE MONASTERY TREK

Brief Travel Itinerary

Day	Date	Activities	Altitude	Distanve	Time	Elevation (M) ↑ ↓
1		Arrival Day & transfer to hotel. Stay in Hotel	1,350 m	06.00 Km	30 min	210 m ↑ 410 m ↓
2		Drive from KTM – Ramechhap (132 Km & 4 Hrs), Fly from Ramechhap – Lukla (20 min) and Trekking – Phakding. Stay in lodge	2,610 m	08.26 Km	3-4 Hrs	210 m ↑ 410 m ↓
3		Trekking – Namche Bazar & Stay in Lodge	3,440 m	10.10 Km	5-6 Hrs	210 m ↑ 410 m ↓
4		Acclimatization day and hiking around	-	-	-	-
5		Trekking – Thamel & Stay in Lodge	3,820 m	08.72 Km	4-5 Hrs	540 m ↑ 190 m ↓
6		Trekking – Khumjung & Stay in Lodge	3,780 m	11.00 Km	4-5 Hrs	590 m ↑ 590 m ↓
7		Trekking – Tengboche & Stay in Lodge	3,860 m	07.05 Km	4-5 Hrs	550 m ↑ 480 m ↓
8		Trekking – Monjo & Stay in Lodge	2,835 m	11.20 Km	6-7 Hrs	590 m ↑ 980 m ↓
9		Trekking – Lukla & Stay in Lodge	2,840 m	09.83 Km	5-6 Hrs	20 m ↑ 600 m ↓
10		Fly from Lukla – Ramechhap (474 m, 20 min) then drive from Manthali – Kathmandu (132 Km & 5 Hrs) and Stay in Hotel	1,350 m	-	-	-
11		Buffer day in Kathmandu	1,350 m	-	-	-
12		Guided sightseeing tour in Kathmandu (Visit Pasupatinath, Boudhnath & Swayambhunath)	1,350 m	-	-	-
13		Guided sightseeing tour in Kathmandu (Visit Patan and Bhaktapur Durbar Square)	1,350 m	-	-	-
14		Departure and transfer to airport	-	06.00 Km		-

Note: R = Room, B = Breakfast, L = Lunch and D = Dinner. Min = Minute, Hrs = Hour, M = Meter

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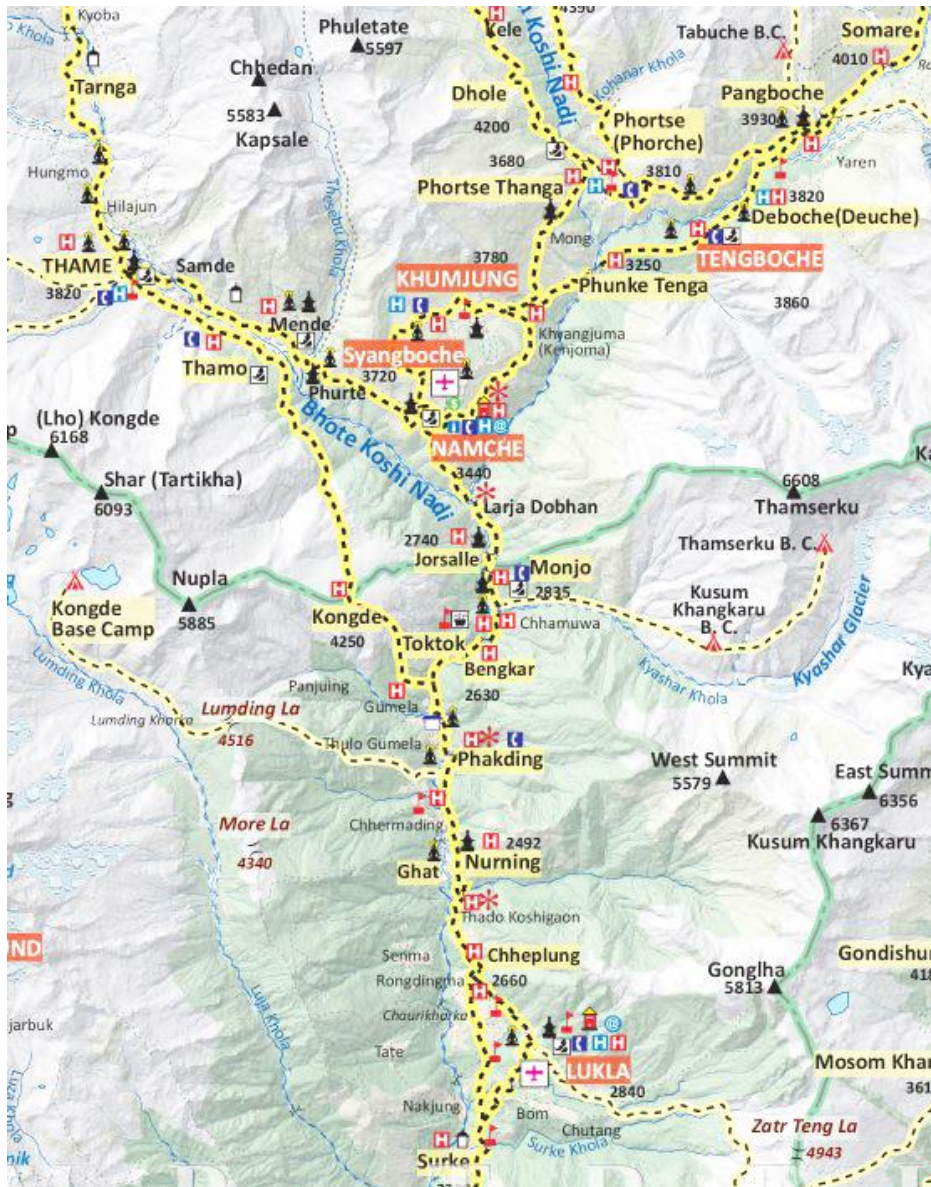
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Trip Overview:



Embark on a captivating journey with the Thame and Tengboche Monastery Trek, starting from the picturesque village of Thame in the Everest region. Renowned for its Sherpa culture and breathtaking mountain vistas, Thame provides a serene and authentic Himalayan experience. Explore ancient monasteries, including insights into Sherpa Buddhism, and relish the warm hospitality of the Sherpa community, known for their friendliness and rich cultural traditions.

The trek continues with a route to Namche Bazaar, a key acclimatization stop offering panoramic views of Everest. A highlight of the journey is the iconic Tengboche Monastery, perched at 3,867 meters, providing stunning views of Everest and Ama Dablam. Traverse diverse landscapes, from rhododendron forests to charming villages and suspension bridges, immersing yourself in the varied terrain of the Himalayas. Witness spectacular views of Mount Everest from different vantage points along the trek.

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Practical information includes a trek duration of approximately 10 days, with the best times being the pre-monsoon (spring) and post-monsoon (fall) seasons for optimal weather conditions. Immerse yourself in Sherpa culture, witness traditional ceremonies, and participate in the unique mountain way of life. The Thame and Tengboche Monastery Trek promises a memorable adventure,

combining cultural exploration, stunning landscapes, and close encounters with the world's highest peaks in the Everest region.



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You will support local economies, discover the power that lies within you, and make friends and memories that will last a lifetime. If so, what are you waiting for? After have taste of the sublime beauty of Everest Base Camp your journey ends and need to back to Lukla to take a short flight to Kathmandu. Additionally, during a day of relaxation in Kathmandu on this journey, we highly suggest exploring key sites for a memorable first visit to Nepal: the historic royal city of Bhaktapur Durbar, the Buddhist stupa at Bouddhanath, and the Hindu temple of Pashupatinath.



Special Note:

- ✓ Domestic Airfare is **subject to changes without prior notice**
- ✓ If the weather is bad, **500 to 700 USD** for helicopter shuttle flight to Lukla or vv.
- ✓ If group size is **10 paying pax then 50% of trek cost of tour leader** will be waived.
- ✓ If group size is **15 paying pax then 100% of trek cost of tour leader** will be waived.
- ✓ Trekking **permit, flight & hotel's tax** cost of tour leader will not be waived.



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Basic Trekking Gears:

- ▶ Sleeping bag and Down jacket
- ▶ T-shirt and half paint for day walking
- ▶ Hiking pants and Hiking shirts
- ▶ Full-sleeves shirt and T-shirts
- ▶ Wind proof jacket and trouser
- ▶ Fleece jacket and warm Shirt
- ▶ Sun hat and Sun cream
- ▶ Trekking shoes and socks
- ▶ Personal towel, tooth paste and brush
- ▶ Flashlight, Batteries and bulbs
- ▶ Sport shoes for morning and evening use
- ▶ Sandal using evening and morning
- ▶ Sun glass and snow glasses
- ▶ Knife, Glove and Walking stick (If needed)
- ▶ Day pack & Water bottle
- ▶ Rain coat (personal and Backpack)
- ▶ Personal Medicine and first-aid medical kit



Tour cost as per Contract



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Cost Inclusions:

- ✓ Airport arrival and departure transfer by private vehicle
- ✓ Sagarmatha National Park entry permit fee
- ✓ Khumbu Pasang Lhamu Rural Municipality fee
- ✓ Two full day **guided sightseeing tour** in Kathmandu
- ✓ TIMS Card – **Trekking Information Management System** Card
- ✓ **Accommodation in Kathmandu *****
 - **5 nights @ Kathmandu Guest House twin share deluxe room**
 - *Daily free buffet breakfast at the KTM Guest House*
 - *Free daily bottled water & Coffee maker in the room*
- ✓ Hot drinks (Tea or Coffee) **at breakfast time** during trek
- ✓ **8 nights** stay during the trek (**twin share, shared bathroom**)
- ✓ **9 Days** Full board (**Breakfast, Lunch and Dinner**) teahouse trek
- ✓ Ramechhap – Lukla – Ramechhap airfare of guest and one guide
- ✓ Kathmandu – Ramechhap – Kathmandu transfer by private vehicle
- ✓ Trekking staff (**guide and porter**) salary, food, lodge and travel insurance.
- ✓ An English-speaking veteran and a licensed trekking guide **from Kathmandu**
- ✓ Porter (s) for carrying guest luggage **from Lukla** (2 guests = 1 porter and maximum 25 kg).
- ✓ If the group size is more than **5** people, we will provide an additional guide.



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Cost Exclusions:

- ✘ Lunch and Dinner in Kathmandu
- ✘ Single supplement fee (Kathmandu only) – € 375.00 per single room user
- ✘ Room upgrade charges as per given rate if anyone is interested.
- ✘ Extra cost if you want to stay in attached bathroom **during trek**.
- ✘ Free baggage 15 kg (10 luggage and 5 hand bag)
- ✘ Sightseeing tour **entrance fees** in Kathmandu
- ✘ Single room charges in trek as per given rate if anyone is interested.
- ✘ Single room charge in Kathmandu as per given rate if anyone is interested.
- ✘ Any costs incurred due to **Lukla** flight delays or cancellations.
- ✘ Transport service for private activities around Kathmandu.
- ✘ If the weather is bad then the **500 to 700 USD for helicopter shuttle flight** to Lukla or vv.
- ✘ Personal nature of expenses and trekking gears (Jacket & Sleeping bag etc.)
- ✘ Bar bills, and extra drinks (**tea, coffee**, mineral **water**, beer, **coke** or Chocolate etc.)
- ✘ Travel Insurance: Strong travel insurance for rescue work, usually up to **10,000** us dollars.
- ✘ Hotel cost if earlier return from trekking by any reason should be paid by customer.
- ✘ All cost arises by any reason which is not in our control should be paid by customer.
- ✘ Service which is not mentioned in the price inclusion paragraph is are extras.
- ✘ TIPS for trekking staffs (Approx. **€ 10** per day per **customer**)

Note for extra cost for trek: € 250-300 per person

- ❖ Average water 3 litter per day
- ❖ Average 3 cups tea or coffee per day
- ❖ Internet and charge and other average expenses during trek