



Thamel Chowk, Kathmandu, Nepal  
Tel: +977-9851180916  
E-Mail: [info@visitmount.com](mailto:info@visitmount.com)  
[www.visitmount.com](http://www.visitmount.com)

## Everest Panorama yoga trek in Nepal - 11 Days

The Everest panorama yoga trek is a unique adventure that combines [trekking in the Himalayas with yoga](#) and meditation practices providing a fantastic opportunity to experience the heart-capturing beauty of the [Everest region](#), making it a remarkable experience for trekking enthusiasts and yoga practitioners alike while rejuvenating your mind, body, and soul through yoga. Throughout the trek, you will have meditation and yoga sessions in serene natural settings, such as monasteries, viewpoints, and meadows. Experienced [yoga instructors](#) will guide you through various practices through various postures, breathing exercise, and meditation techniques, allowing you to connect with nature, enhance your physical and mental well-being, and find inner peace.

The trek follows a well-established path that passes through beautiful [Sherpa communities](#), lush rhododendron forests, and amazing valleys. Similarly, the trail takes you to popular destinations such as Namche Bazaar, Tengboche, and Khumjung, offering stunning panoramic views of the [Himalayan range](#). Here you can enjoy breathtaking vistas of [Mt. Everest, Ama Dablam, Nuptse, Lhotse](#), and many more.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Two night accommodation in 2- star category Hotel in Kathmandu (B & B)
- Domestic flight from Ramechhap to Lukla
- Kathmandu to Ramechhap by Jeep
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- Necessary permits and TIMS card
- All taxes and company service charge

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays
- Yoga mat and other gears



---

## **ITINERARY IN DETAIL**

**Day 1: Arrival in Kathmandu (1,350 meters)**

**Day 2: Fly to Lukla (2,828 meters) and trek to Phakding (2,780 meters)**

**Day 3: Trek to Namche bazaar (3,440 meters)**

**Day 4: Trek to Namche Bazaar (3,440 meters)**

**Day 5: Rest day at Namche Bazaar / hike to Everest view hotel**

**Day 6: Trek to Tengboche (3,850 meters)**

**Day 7: Trek to Khumjung (3753 meters)**

**Day 8: Trek to Monjo (2,835 meters)**

**Day 9: Fly back to Kathmandu (1250 meters)**

**Day 10: Full day sightseeing in Kathmandu / shopping**

**Day 11: Final departure from Kathmandu**