



Email: info@boundlessadventure.com
Whatsapp Number: [+9779851033819](https://wa.me/9779851033819)
Telephone Number: [+977 1 4701884](tel:+97714701884)
Telephone Number: [+977 1 4701885](tel:+97714701885)

10 days Everest Family Trekking

URL: <https://boundlessadventure.com/everest-family-trekking>

Duration

10 Days

Per Person Cost

USD 762

Difficulty

Moderate

Best Seasons

Mar- Jul & Aug- Dec

Transportation

Flight

Max Altitude

3800m Syangbuche

Trip Type

Trekking

Meal

Breakfast, Lunch & Dinner

Accommodation

Hotel | Resort.

10 days Everest Family Trekking 2024, 2025

- Everest Family Trekking offers the best views of Mt. Everest, Nupshe, Lhoseshar, and Amadablam.
- Scenic flight to [Lukla Airport](#) and views
- Explore the Sherpa Museum in Namche Bazaar
- The excellent family bonding experience
- Explore the Khumjung Monastery and school statue, and see the Skull of Yeti.
- Experiencing life as the “mountain people” live in the heart of the Himalayas
- Remarkable views of Porche Village
- Spectacular sunrise over the Himalayas.

Trip Overview

Everest Family Trekking is a fantastic family vacation on Mount Everest in 2024 and 2025, with the **Family Trekking** in Sagarmatha National Park within 10 days.

Incredible places such as [Namche Bazaar](#) and Khumjung, home of the Yeti skull, and seeing **Mt. Everest** up close make for a great family trip in Nepal.

Sharing the Sherpa culture up close and taking those family photos with the world's largest mountain in the background make the **Family trekking on Everest** worth it.

We provide information on the Family treks, Cost details, an itinerary, and a journey map. Our experienced trekking guide always explains Sherpa's historical culture and the Mountains.

Contact us for more information regarding such trekking by email or WhatsApp at +977 9851033819 for 2024 and 2025.



Everest Family Trekking Photo

Go on a **journey in Kathmandu**. Visit the oldest temples and palaces, see the monkeys play at Swayambhunath, and see the fantastic Boudhanath Stupa.

However, the family trek does not go to Everest Base Camp, but we can manage if you have longer holidays and your families are suitable for visiting Base Camp or even the Gokyo Lakes!

Trekking in the **Everest region of Nepal** and seeing how the Sherpa people live and thrive is something different.

During the family trek, we visited the Sherpa museum and learned how these people tamed some of the world's enormous mountains. A little bit further than Namche Bazaar lies the Khumjung Monastery.

The mysterious **Yeti Skull** lies at the old monastery, making this family trek even more exciting!

During the 10-day **Everest trek with the Family**, our Expert guides look after the entire group in terms of pace and insight of the locals. The Sherpa people are well known for their hospitality.

These people are the real heroes of the Everest family trekking trails, making easily accessible, safe trails without government support. However, The [Everest Base Camp Trek](#) with Family is an adventure and easy trekking route in the Khumbu region.

Best Season For Everest Family Trekking

As Everest Family trekking is suitable throughout the year, selecting the best season for trek depends on one's Family's preference. Nonetheless, Spring from March to May and Autumn from September to November are well-liked by many families. The season creates excellent weather and favorable trekking conditions for all ages, from children to older adults.

Spring is a popular and favorite season for families to trek on Everest. The mild temperature and blooming of rhododendrons provide pleasure and eye appeal to all families, making it the best time for trekking. The weather is stable, and trails are gentle in the spring, which provides safer trekking conditions for families.

Summer, which comes after the spring season, has also become a favorite among families for trekking in Everest. The summer season falls from July to August in Nepal, with sunny days and long hours. The summer used to be off-season as the rainfall used to occur unpredictably. Still, global warming makes rainfall less likely to occur in current scenarios, so summer is also best for Everest Family trekking.

Autumn is the finest and most favorable season for Everest family trekking. The season is also known as the fall and occurs from September to November. The stable weather, clear skies, and comfortable temperatures make the autumn the best time for trekking with families in the Everest region. The dry and less muddy trails make trekking enjoyable and less complicated for your families in autumn.

Everest Family Trekking is possible in winter, but the weather is freezing during autumn (October to February). Some families like to challenge the weather and love to trek during the winter season. Trekkers should know that the trail is icy and slippery in winter, so they require extra caution and proper equipment while trekking on Everest with their families.

Everest Family Trekking Cost

The cost of Everest Family trekking varies depending on various factors. One of the most critical factors that fluctuates the overall cost includes the group size. Of course, when trekking as a family, you'll be in several groups, so the more you'll be in a group, the more we'll be able to provide you with a group discount.

Your Family trek is completed within 10 days, along with your arrival and departure. The highest point on the trek is Khumjung. Yet, if you prefer to extend your itinerary and go even higher, we are ready to customize it, but it costs more. Hence, the duration of the trip also enhances your overall cost.

Generally, most of the necessary services are included in the trekking package. However, if you desire a luxurious and more comfortable service than we provide, you can talk with us about that, and we'll manage everything as you desire, but it costs extra.

For the exact cost of the Everest Family trekking with your specific preference, contact us at WhatsApp at +977 9851033819.

Trip Itinerary

A local experienced person runs boundless Adventure. The 10-day Everest Family Trekking is the best option for your family and children. The trip is up to 3800 meters, and you can see Mount Everest within a few days.

But, still, you have enough time in Nepal, so we suggest a couple more days in the mountains of Everest. Everyone enjoyed this itinerary and the superb views of the Everest Himalayas, including Mount Everest.

Similarly, The Trekking trail is easy and not hard with family. On the other hand, Boundless Adventure picks you up from the [International Airport](#) a day earlier. It provides Plane tickets from Kathmandu airport to [Lukla airport](#) and return to Kathmandu for everyone.

Day 01: Pick up from Tribhuvan International Airport (TIA) (1345m)

One of our representatives will greet you at the international airport and transfer you to your hotel.

After hotel check-in and a short rest, we organize a trip briefing and introduce you to your guide. You will be free the rest of the evening is free.

Overnight stay at your hotel.

Traveler's note: *Thamel is a great place to book a family-friendly hotel. It has access to almost everything. On the other hand, You can get a local mobile SIM card at the International airport.*



Tribhuvan International Airport, Kathmandu, Nepal

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

15m

Day 2: Flight to Lukla and Trek to Phakding (2656m).

- Check out from Hotel
- Transfer to Kathmandu Domestic Airport
- The flight to Lukla takes about 40 minutes, with Beautiful views of the Himalayas
- Arrival at Lukla and trek preparation
- The Trek begins by heading to Phakding
- It's an easy descending trail
- The crossing of a suspension bridge with amazing views and arrival at Phakding, Dinner, and overnight stay in the Hotel.

Traveler's note: Did you know that [Lukla Airport](#), or the Tenzing Hillary Airport, is better to book an extra vacation day to anticipate this?



Lukla Airport

Destination:

Phakding

Accommodation

Hotel

Transportation:

Flight

Duration:

45m

Food:

Breakfast, lunch, Dinner

Day 3: Trek to Namche Bazaar, 3440 Meters

- Early morning breakfast and departure to [Namche Bazaar](#).
- It takes 5 hours to get into Namche.
- The trail ascends as we pass through Benkar and Monjo
- Permit check and rest at Manjo
- Trekking through forests of blue pine, rhododendron, and cedar
- Ascending a ridge and arriving at Namche Bazaar, Dinner and overnight stay at the guest house

Traveler's note: Did you know that Manjo is the official entry point of the Sagarmatha National Park? The entry into Everest territory!



Namche Bazaar in Everest

Destination:

Namche Bazaar

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, lunch, Dinner

Day 4: Trek to Khumjung, 3800 meters

- Breakfast at the hotel, Sightseeing at Namche: Visit the German Bakery
- Explore the Sherpa Museum
- See spectacular views of Everest and Ama Dablam
- Trek to Khumjung via the Khumjung Ridge and Everest View Hotel
- Head up to the Khumjung Ridge and see some of the best views of Everest and its surrounding neighbors
- From the Khumjung ridge, we head down to Khumjung village
- Sightseeing here is an excellent monastery; take pictures with the Hillary Statue and enjoy breathtaking views! Dinner and overnight stay at the hotel in Khumjung.
- **Traveler's note:** Did you know that Namche Bazaar is the most significant Sherpa settlement in the entire region? The next day, when we explore the Khumjung Monastery, there is a Yeti Skull! We can also visit the local school while we are exploring Khumjung.



Skull of Yeti in Khumjung Everest

Destination:

Khumjung Village

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

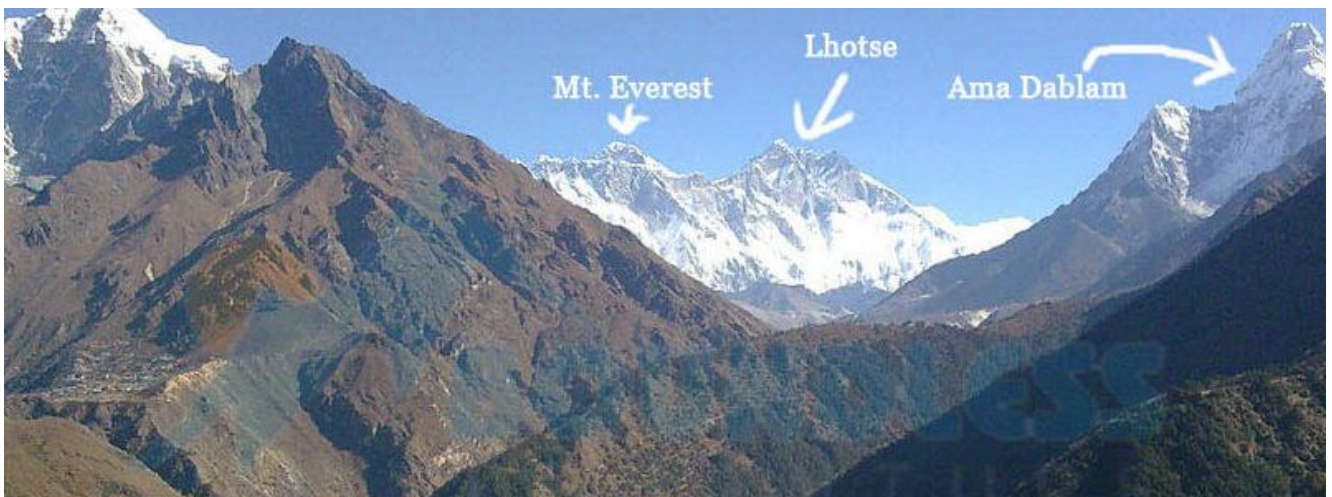
Food:

Breakfast, lunch, Dinner

Day 5: Explore at Khumjung, 3800 Meters

- Explore Khumjung village and enjoy the first views of Mt. Everest.
- Visit the Khumjung Monastery and see the Yeti Skull
- Visit the local school
- Take pictures of the statue.
- Lunch, Dinner, and overnight stay at the guest house in Khumjung.

Traveler's Note: Today is almost a rest day. Explore the nearby Hotel, but you will have a sunny day and watch the Himalayan views as given in the picture below.



Everest-Family-Trekking

Destination:

Khumjung village

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, lunch, Dinner

Day 6: Trek to Manjo, 2845 m

- Breakfast and departure.
- Passing back through Namche Bazaar.
- We headed back to Manjo, where we checked our permits
- The trail leads down back through the National Park
- Enjoying the last views of these mountain giants
- Arrival at Manjo, Dinner, and overnight stay at the guest house

Traveler's note: buying some last souvenirs in Namche Bazaar is an excellent opportunity!



Crossing the bridge in Everest

Destination:

Manjo

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, lunch, Dinner

Day 7: Trek to Lukla, 2860 Meters

- Breakfast and departure from Hotel
- The trail is familiar, and we enjoy the day to the fullest on our last day of trekking.
- Passing along the Dudh Khosi River and Phakding
- Heading up back to Lukla,
- Dinner and overnight stay at the Hotel

Traveler's note: *it's our last day in the Everest region, with the locals celebrating a successful trek! Please consult with the guide to organize a friendly farewell event! We have a morning flight back to Kathmandu, so it better not go to sleep too late.*



Everest, Lukla airport

Destination:

Lukla

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, lunch, Dinner

Day 8: Fly back to Kathmandu.

- Early breakfast and check out Hotel
- 5 minutes walk to Airport, we fly straight back to Kathmandu
- At the domestic airport, our representative will be waiting to transfer you back to the hotel
- The rest of the day is free to relax, rest or roam around Kathmandu
- Overnight stay at the hotel in Kathmandu



Fly back to Kathmandu from Lukla Airport

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Flight

Duration:

45m

Food:

Breakfast

Day 9: Departure to the International Airport.

Hotel breakfast and check out

Our representative will transfer you to the international airport at approx. 3 hours before your departure

Have a safe journey ahead!



Nepal airport

Destination:

Kathmandu

Transportation:

Car

Duration:

15m

Food:

Breakfast

Trip Includes

- International and domestic airport pick up and drop off by private car/van/ bus.
- Three times meals a day (Breakfast, Lunch, and Dinner during the Trekking)
- The attached bathroom every night during the trekking.
- Experienced English-speaking Guide.
- Food, accommodation, salary, equipment, and insurance for the guide.
- From Kathmandu to Lukla flight tickets.
- From Lukla to Kathmandu flight tickets.
- Trekking permits and TIMS permits
- Nepal Government taxes.
- Per person, one trekking map of the trip
- Domestic Airport departure tax.
- Down Jackets and Sleeping Bag, if needed (Returnable)
- Carry bag (options)
- Purifier drinkable water

Trip Excludes

- Hotel in Kathmandu
- Soft and Hard drinks.
- Bar bills.
- Tips and donations.
- Temple and monastery entrance fee while you are sightseeing in Kathmandu.

Frequently Asked Questions

Where is the Everest family trek?

Everest Family trekking is in the Everest region, within the Sagarmatha National Park. The Everest family tour is of shorter distance and easy trekking level. The Everest Family trekking package is specially for families and tailored to every age group's suitability.

How long does it take to trek at the Everest family trek?

The duration of the Everest family trek varies depending on factors, including the chosen itinerary. Boundless Adventure provides a seven-day Everest Family package. The package includes a Lukla trek to Namche Bazar, one day of exploration at Khumjung, and a return to Kathmandu.

What is the highest altitude of the Everest family trek?

The highest altitude of the Everest family trekking is 3800m at Khumjung. Trekkers reach Khumjung on their fourth day's journey. From the highest point, Khumjung, they can view various snow-capped peaks, including Mount Everest.

Are we able to trek with our children?

Yes, you can trek on the Everest Family trek with our children. We have made the package suitable for every age group so you can enjoy your trip to Nepal's Himalayas with your children. We are here to ensure your and your children's safety throughout your journey.

Is the Everest family trek a complete package?

Yes, the Everest Family trek is a fully complete package. It involves a flight from Kathmandu to Lukla airport, a trek from Lukla to Khumjung, and returning through the same trail. Khumjung. The Everest Family package includes accommodation, breakfast, lunch, and dinner throughout the trek except in Kathmandu. Furthermore, the package consists of Sagarmath National Park fees and other required permits.

What is the Everest family trek itinerary?

Boundless Adventure has made the itinerary for the Everest family trek of 7 days. On the first day, trekkers get to Lukla by flight from Kathmandu, and after landing at Lukla, trekkers start trekking towards Phakding. On the second day, trekkers and their families go to Namche Bazaar. The third day is the day of hiking to Khumjung, and the fourth is the day of exploration at Khumjung. From the fifth day, trekkers began to descend and get to Monjo. The sixth day takes trekkers to Lukla, and on the seventh day, trekkers return to Kathmandu from the flight to Lukla airport.

When is the best season for the family ?

Spring and Autumn are ideal seasons for Everest Family trekking. The weather is clear during these seasons, providing excellent visibility of the area's beauty and surroundings. Also, temperatures are mild during Autumn and Spring, making them ideal times for family trekking in the Everest region.

What kind of accommodation can we get?

During Family trekking in Everest, one can stay at the tea houses that the locals run. The teahouses are ideal for families to rest after a tired day of Trekking in the Everest region. The Tea houses provide basic facilities, including a bed, shared bathroom, and dining area. Also, tea houses offer delicious food options to families.

How can we book the Everest family trek?

Booking the Everest Family trek is easy. You can contact us through WhatsApp at +977 9851033819 and ask about the trip. After you are satisfied with the trip, you can proceed with booking. You can also click on the book this trip icon. However, you need to pay 20% in advance during your booking.

Do we need permits for the Everest family trek?

To Trek to each destination in the Everest region, you must have some necessary permits; thus, they are mandatory for the Everest Family trek. The Sagarmath National Park permit and a Trekkers' Information Management System (TIMS) card are the required permits families should obtain for their Everest Family trek.

Where can we get the permits?

You can get the permits through an authorized trekking agency or the Nepal Tourism Board. However, obtaining the permits for the Everest family trek is lengthy. Thus, Boundless Adventure is here for you. We can give you and your family members all the necessary permits.

What kind of permits are required for the Everest family trek?

Two kinds of permits are necessary for the Everest Family trek: the Sagarmatha National Park permit and the Trekkers' Information Management System (TIMS) card. As the Everest region lies within the Sagarmatha National Park, the permit for the national park is mandatory. TIMS is necessary for each trekking destination, including the Everest Family trek, to ensure the safety of trekkers.

Where can we get flight tickets to Lukla?

Boundless Adventure can provide you with Lukla's flight ticket without any worry. For the Lukla ticket, you should provide us with the necessary documents, including a passport or photocopy of your visa. We'll pre-book Lukla's flight after booking your trip.

Can we pay American Express card to buy flight tickets?

Yes, you can Pay with an American Express card to buy a flight ticket to Lukla. Boundless Adventure accepts any electric card for the payment of the package and tickets. However, Nepali Bank charges 4% extra per transaction.

What documents are required for permits?

Boundless Adventure provides all the necessary permits for your journey in Nepal's Himalayas. However, you must provide your essential permits, including a passport with at least six months of validity and a detailed itinerary of your trekking route. Also, we advise you to have travel insurance documents.

Do we need COVID vaccine paper to travel to Khumbu?

Not now, but during the pandemic and after some time, it was mandatory to have a COVID-19 vaccine paper to travel to Khumbu. If not, travelers must have a CPR report. However, you don't need a

COVID-19 vaccine paper to travel to Khumbu now.

Is it safe to travel with Children in Nepal?

It is indeed safe to travel with children in Nepal, as Nepal is a safe destination for traveling with children. Thus, you don't need to worry while traveling to Nepal with your children. Nepalese people are hospitable and love you and even your children, And there are no incident rates with children yet in Nepal.

Are we able to see Mount Everest from the Family trek?

Yes, you can see Mount Everest from the family trek. On your exploration day at Khumjung, you'll see Mount Everest's first glimpse. Even without trekking at a higher elevation with an adventurous Trek, you and your family could see the view of Mt.Everest on your trip. Along with Mount Everest, you can see Mount Lhotse, Ama Dablam, and other surrounding peaks.

Do we need insurance to travel to the Nepal Himalayas?

We highly recommend having valid insurance while traveling to Nepal's Himalayas. Travel insurance guarantees coverage for any unforeseen emergencies. We also recommend informing your insurance company about the details of your trip, and they'll suggest that you buy the right insurance for your trip.

Are we trekking through Sherpa village?

The Everest region is home to the Sherpa people, known for their mountaineering skills, hospitality, and rich culture. Thus, throughout the Trek to Everest Family trek, you'll pass through Sherpa villages. You'll get a unique glimpse into Sherpa culture and lifestyle as you reach your final destination, Khumjung. Some well-known Sherpa villages you'll pass through during the Everest Family trek include Lukla, Phakding, Monjo, Namche Bazaar, and Khumjung.

What is the local culture during the Everest family trek?

Along the journey to the Everest Family trek, you'll experience local Sherpa culture influenced by Tibetan Buddhism. Throughout your Trek to Everest Family trek, you'll hike with insight into Sherpa culture and their unique way of living. Monasteries on your trail showcase how Sherpa people preserve and what their culture means to them.

Essential Information

The excellent Everest family trekking starts with seeing some of the **UNESCO sites in Kathmandu. You may be enjoying** the culture and architecture of Kathmandu.

You are visiting the ancient Hindu temple of Pashupatinath and taking your photo with the holy men that reside there, seeing the mighty Buddhist Stupa of Boudhanath, and walking up to Swayambhunath to see the historical monastery and viewpoint of Kathmandu on the second day in Nepal.

The actual **Everest family trekking** starts with a scenic flight from Kathmandu to Lukla, the closest airport to Everest. From here, we trek downwards to Phakding village. The Dudh Kosi River is one of the primary sources of life here.

The trek leads more upward, and once we reach Namche Bazaar, the biggest Sherpa village and **the gateway to Everest**, we will see some fantastic **Nepalese Himalayan** views, including **Mt. Everest**. Similarly, Namche has a lot to offer. We can visit the Sherpa Museum and explore the town before hiking to the Khumjung village the following day. They are in the [Sagarmatha National Park](#) of Nepal.

This ridge is one of the best viewpoints from which to see Mt. Everest, Ama Dablam, Lhotse, Nuptse, and Yeti's skull in the Khumjung monastery. However, you can have lunch in Khumjung village and enjoy the mountains with your family and children.

In the late afternoon, we reached Khumjung village, lying further below. The place is fantastic! Famous for its ancient monastery.

The mythical Yeti skull lies dormant here, awaiting your visit! A famous statue of the first summiteers of Everest is also built here, which makes for a great photo spot.

A local school is also available in Khumjung village and can be visited. The School built by the First Everest summiteers is a great way to see the difference....

Once we leave Khumjung behind, we head back anti-clockwise via Yak farm and Syangboche Airstrip. The Everest Family trekking trail is a very peaceful and beautiful place to travel during your holidays in the Everest area.

After exploring the short Everest family trek, we returned the same way to Manjo village and exited **Everest National Park**. The next day, it's back to Lukla and then to Kathmandu. It is an ideal **five days of trekking**! Take part in the **Everest Family Trekking**, and you may see the Yeti.

Is Everest Family Trekking Difficult?

Everest Family Trekking is a family-friendly trekking package that is organized for the family. So, the trek has a moderate level of difficulty. The highest point on the trek is 3800m/ 12468 ft. Hence, altitude sickness can be a concern as the altitude-related sickness begins when you get above 2500m. So, even though the trek is moderately challenging and family-friendly, paying attention to your body and being cautious about AMS (acute mountain sickness) is necessary.

The unpredictable weather conditions of the Everest region are another difficulty that may arise during your Everest Family trekking. Trekkers with families should be prepared for the unpredictable weather conditions and pack appropriate clothing and gear. Also, checking weather forecasting before starting trekking is necessary, but no worries, our guide will check that for your safety.

Additionally, choosing an itinerary plan that includes the acclimatization day is necessary. Acclimatization helps you to adapt to the change in temperature in your body. So, an itinerary with an acclimatization schedule ensures your and your family's safety.

Although the trek is a little adventurous, with proper planning, attention to the body, the right itinerary, and proper hydration, many families have completed the trek. Furthermore, hiring an experienced guide and porter helps to enhance your overall trekking experience and helps you to complete the trek with

fewer challenges.

Benefits of Everest Family Trekking

Trekking on Everest with families has lots of benefits. Some of them are:

Quality time: In today's busy world, every family member is busy with work. Some families barely eat meals and spend time with each other. In such a busy world, you'll have a good time if you come with your family for trekking on Everest. You'll be with your family along with nature and able to spend quality time, and nothing will be more perfect than spending time with family for around 10 days together, getting away from a busy, distracted life.

Bonding: Trekking with family provides different kinds of bonding. Sharing the challenges and successes of the trek creates strong family connections and lasting memories.

Outdoor Education: Trekking on Everest allows children to learn about outdoor education. While trekking, children can learn about nature, geography, culture, and local customs in different regions. They can also observe diverse ecosystems, wildlife, and traditional Sherpa villages and better understand the world around them.

Personal Growth: Trekking to the Everest region requires patience, dedication, and physical and mental strength, which are all the qualities necessary for the development of both adults and children. Overcoming the challenges, evaluating one's ability, and completing the goal during the trek can increase confidence and personal growth.

Nature exploration: The Everest family trek takes you and your family through the diverse landscape of the Everest region. Throughout the trekking journey, you'll pass by seeing the views of the diverse flora, fauna, glaciers, valleys, and mountain peaks. This experience takes you and your family closer to nature and encourages children to learn about mother nature.

Extra note for trekking

During the Everest Family Trekking, there is no mention of any lunch hours as every participant has their own walking pace. For lunch, you may discuss it with your guide in the morning. Please inquire about extending your holiday to visit places such as Chitwan National Park or the birthplace of Buddha ([Lumbini](#)). Please ask during your booking.

Address

Paknajol Marga, Thamel
P.O.Box: 11670, Kathmandu, Nepal

Email: info@boundlessadventure.com

Whatsapp Number: [+9779851033819](tel:+9779851033819)

Telephone Number: [+977 1 4701884](tel:+97714701884)

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