

# Everest Base Camp and Gokyo Lake Trek | Duration: 21 Days Days | Cost: \$2099

This three-week trek comprises major highlights of 'Everest Base Camp Trek' and 'Gokyo Lake Trek'. It also includes a traverse of the Cho La – the high pass linking Gokyo Lake and the Base Camp. The carefully devised itinerary with a number of days acclimatizing at Namche Bazaar and Gokyo gives you an opportunity to explore Namche and Gokyo Ri. A gradual ascent through wonderful Sherpa heartland allows you time to enjoy the scenery, wildlife and visit a number of monasteries. You will follow the historic route taken by all Everest expeditions in Nepal before setting off to remote wilds of the Gokyo Lake. We trek past glacial moraine to Gorak Shep and on to the historic Everest Base Camp. After ascending Kalapatthar for a fantastic view of Everest, you trek down to Lukla to fly back to Kathmandu.

## At a Glance:

- **Tour code:** NEBCGLT015
- **Style:** Trekking Holiday
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5550m
- **Duration:** 21 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private transport & Flight
- **Price:** 2099

## Highlights of the tour:

- Trek to both Everest Base Camp, beautiful Gokyo lake and Kala Patar
- Following Dudh Kosi valley to Namche Bazaar trek into Gokyo Valley
- Spectacular Himalaya mountain views, Sherpa culture, mani walls, chortens, and prayer flags
- Breathtaking Mountain flight to and from Lukla

## **What's Included:**

- Kathmandu Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- 3 meals during trek
- Internal flights and land transport involved in the itinerary
- Flights of guide
- Airport tax
- Good standard Hotel ( 3-4\*) accommodation in Kathmandu with breakfast
- Teahouse accommodation on trek twin sharing basic
- Tims permit
- National park permit
- Insured and equipped porter as on IPPG rules
- Ascents of Kala Patthar (5545m) and Gokyo Ri (5480m)
- Acclimatize day to explore in Namche and Gokyo
- Trekking off the main trail to the village of Phortse - one of the more traditional Sherpa villages in the Khumbu region

## **What's Not Included:**

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch and dinner in the city
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and bar bill

## **Arrival and transfer to Hotel**

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

## **Kathmandu sightseeing**

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists

and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of centuries old temples and palaces.

## **Fly to Lukla & trek to Phakding about 4 to 5 hrs (2640m)**

You will take stunning flight to Lukla from Kathmandu. You will meet with the trekking crew upon arrival. Following a short tea break you will trek northwards up to the valley of Dudhkoshi. Descend from the small plateau into the forested valley. The trek is very easy and short today. However, the difference in altitude, in comparison with Kathmandu, can make you feel a bit difficult. After lunch you trek north towards Phakding. The trail crosses several streams and you finally reach to Phakding (2650m). You will spend your first night in this settlement from where you will have tantalizing views.

## **Trek to Namche Bazar 6 to 7 hrs (3440m)**

Hike to Namche Bazaar through farmland and settlements. You will follow the Dudh Kosi northwards. This day's walk takes you through magnificent forests of rhododendron, giant fir and magnolia trees. You will cross the west fork of the river, the Bhote Kosi, and start the steep climb to Namche Bazaar. Namche is the largest Sherpa village which is called as gateway to Mount Everest. Namche is a prosperous Sherpa village and an important trading center as well. Locals from various villages gather during the weekly bazaar and sell fresh foodstuffs.

## **Acclimatization day/explore around**

You will take rest in Namcha and explore the village Thamo or Synboche. Make yourself fit, physically and mentally, for the further journey. This day is for acclimatisation. We suggest you to stay active even in the rest day so that it will help you for the trekking.

## **Trek to Phortse Thanga 5 to 6 hrs (3600m)**

The day begins for the trekking to Phortse Thanga soon after breakfast at the hotel. You follow the main trail to Thyangboche initially before the trail branches off on the flanks of the sacred peak of Khumbliya (5761 m). You pass through yak pastures as the trail gradually ascends to Mon La. Below is the confluence of the Dudh Koshi and Imja Khola. Thyangboche monastery is framed by Ama Dablam and Kantega across the valley. You will reach to a stupa adorned with prayer flags atop a ridge at 3992m. Decend to the Dudh Koshi through forest. After following the trail and walking up to the ridge you will reach the village of Portse. Overnight in Phortse Thanga.

## **Trek to Machhermo 6 hrs (4410m)**

After a steady climb you will reach the village of Machhermo. Short break for lunch. You can visit the villages and interact with the locals about their lifestyle and culture. This is leasurily afternoon but you can stretch your

legs and take a walk up the ridge behind Luza for a view of the Gokyo Valley. Overnight in the lodge of Machhermo.

## **Trek to Gokyo 6 hrs(4750m)**

Today you will climb through a ridge chorten from where you can have excellent view of both the valley and the Mt.Kangtega, Thamserku and northern part to the Cho Oyu. After some gentle walk you will be in Phanga. Descend to the river bank before you climb up to the terminal moraine of the Ngozamba Glacier. The trail follows the valley past the first lake named Longpongo. You will pass through second lake Taboche Tso and third lake DudhKoshi that are linked by a surging stream. Gokyo village stands by the third. Dinner and night stay in Gokyo.

## **Trek to Gokyo Ri (5480m) and back, 6 to 7hrs (5480m)**

You will wake up early today to climb Gokyo Ri above the Gokyo village in the northern edge of the lake. From the summit you will have the most exquisite view of the Himalayas especially that of the Everest, Lhotse, Makalu, Nuptse, Cho Oyu and other snow-capped peaks. You can hike up to the Scoundrel's Viewpoint, exploring the fourth, fifth and even the sixth lake of Gokyo if time permits. In the evening dinner and night stay in the lodge of Gokyo Ri.

## **Trek to Dragnag 5 hrs (4700m)**

Today's trek to Dragnag from Gokyo is up and down in glacier. After a short walk descend along the valley to reach Thangana which is considered as the base camp of Cho La Pass. Along the trail you can have spectacular mountain view and natural beauty. Finally the path leads you to Dragnag. Overnight in Dragnag.

## **Trek to Dzongla 8 to 9 hrs. (4840m) via Cho La Pass (5420m)**

Since today's trek is tough you need to be very careful. The trail is vertical and the rocks glazed by ice add trouble. The trail climbs through a narrow valley and a rocky trail. You will be trekking through the side of frozen lake and famous mountains you can get the sight of. The pyramidal Ama Dablam lies over a range of mountains on the south even, Cholatse soar on the west and Lobuche east while Baruntse rises sharply to your right. After the Cho La Pass, the trail descends towards the Dzongla where you can experience the complete view of Mt.Cholatse, Mt.Ama Dablam, Lobuche and Pheriche village far below. Dinner and overnight in Dzongla.

## **Trek to Lobuche 5 hrs(4910m)**

Today's destination is Lobuche which is close to the Khumbu Glacier. Tour guide will take you to visit two main peaks (Lobuche in the Far East and Lobuche East). This trek provides fabulous views of Ama Dablam, the Nuptse-Lhotse, Everest, Pumori, Lobuche etc. Explore Lobuche village and enjoy beautiful sunset view in the evening that you never forget in your life. Overnight at Lobuche.

## **Trek to Gorakshep same day Base camp 8 hrs (5545m) come back**

## **Gorakshep**

After breakfast you will follow the western side of Khumbu valley, ascend gently through meadows nearby the glacial moraine. Along the way you can enjoy incredible views of Pumori, Lingtren, Khumbutse, Nuptse, Lobuche east and Khumbu icefall. You will bit descend to reach Gorak Shep. You may have lunch and start your journey to Everest Base Camp. You will see the frozen lakes around the Everest Base Camp then return to Gorak Shep. Overnight at Gorak Shep.

## **Trek to morning kalapatthar hikking back to Lubuche 6 hrs (4910m)**

You will hike up to Kala Patthar early in the morning for magnificent view of the numerous mountain peaks as well as breathtaking sunrise view. With steep climb with ennumerable bends you finally reach at Kalapatthar. Once you are at the Kalapatthar you may feel you are touching Mt.Pumori and close up view of Mt.Everest. After that the trek descends through Lobuche and Dughla. This trek is total mountain adventure in the roof of the world. You will have oppurtunities for outstanding photography.

## **Trek to Dingboche 6 to 7 hrs (4430)**

Early in the morning after breakfast you trek to Dingboche. The trail descends through Dusa to a chorten at the head of the Imja Khola before an easy climb along a wide, open trail to the small village of Pangboche. You can visit the Pangboche Gompa (the oldest monastery in the Khumbu region) and then gradually trek to Dingboche. Evening dinner and overnight in Dingboche.

## **Trek to Tengboche 6 hrs (3860m)**

The trail descends the valley, crosses the Khumbu Khola bridge and climbs to rejoin the upward trail at stone huts near Orso. The trail diverges after walking far a while. One trail higher on the right hand side goes Phortse village via upper Pangboche and another lower trail on the left goes to Tengboche. You will cross via steel suspension bridge high above the river where it rushes through a narrow cleft to Debatche and a short steep climb to Tengboche through a forest of birches, conifers and rhododendron. Finally you will reach at Tengboche. You can visit to Tengboche monastery which is one of the beautiful monastery as well as religious centre of Sherpa community in entire Solu Khumbu area.

## **Trek to monjo 6 to 7 hrs (2835m)**

Today you trek back along the Dudh Koshi river through a magnificent rhododendron forest and pass beautiful waterfalls. Before reaching Namche, the trek takes you through a pine forest where musk deer often graze in the early morning. The trail further descends to Larja Dobhan from where you get last oppurtunity to see Mt.Everest and Lhotse. Beyond the Jorsale the trail leads a bit ascend. Finally you will reach at Monjo just after crossing a suspension bridge. Overnight in Monjo

## **Trek to Lukla 6 hrs (2840m)**

Hike down a steep trail to the Dudh Kosi and trek down. You'll have a long and leisurely trek back to Lukla. Celebrate your trek at a local tea house and gaze back at the jagged peaks of the mountains you've just climbed.

Bid adieu tonight to your trekking crew.

## **Fly to Kathmandu /Hotel**

Fly from Lukla to Kathmandu. Enjoy panoramic mountain views and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants.

## **Day at leisure for last shopping and spare day in case of flight cancel/Hotel.**

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before setting for the airport.

## **Drive to Airport for return flight**

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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