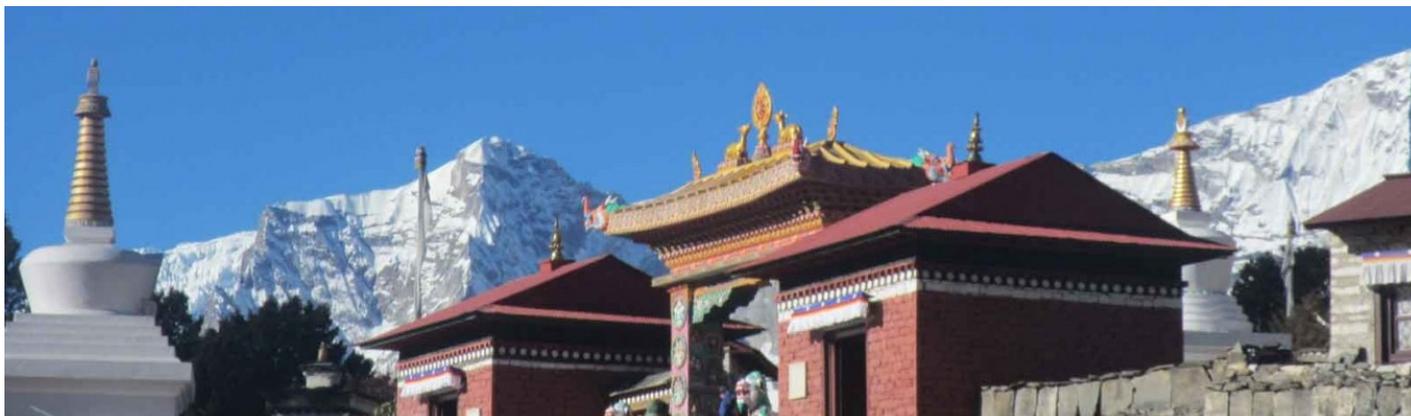


Everest Base Camp and Gokyo Lake Trek - 17 days



Everest Base Camp and Gokyo Lake trek can do in same time via Gokyo Lake which has a passes called Chola Pass. This trek is one of the best trekking route in Everest Region and also Nepal. You've never seen Everest like this! Combining a large part of the classic Everest Base Camp trek route with the relatively unexplored wonders of the Gokyo Lakes region, this 17-day adventure is one that cannot be beat. Nestled in a hidden valley of the Khumbu region, Gokyo village is one of the Himalayas' unsung treasures. Your trek will bring you over the winding path between forgotten valleys, snaking around tranquil lakes and traditional villages. You'll also come face-to-face with the jewels of the Gokyo Lakes: Gokyo Ri, and the Fifth Lake - the splendor of which overlooks a stunning view of majestic Everest! Explore the glistening ice trail of the Cho La pass over a glacier before hiking to Kala Patthar, the famed Black Rock, as you savor the views of Everest, Pumari, Lhotse, Nuptse, and other peaks. We'll then spend a thrilling day at the Everest Base Camp, and follow the classic trail down the mountain.

Enjoy this bracing, unforgettable journey with the reassurance of our trained, experienced guides and porters helping you each step of the way! Enjoy quaint teahouse lodging and the company of the friendly, welcoming mountain locals. Your trip is fully customizable - we love helping you make the memories of a lifetime.

Duration: 17 days

Price: \$1530

Rating: 5 Star

Group Size: 02

Grade: Medium

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region Trekking

Accommodation:

Kathmandu: Bed and Breakfast in Hotel

Trekking: Lunch, Dinner and Breakfast

Vital Information

Trekking: Everest Base Camp, Gokyo Lake and Valley, Namche Bazaar, Lukla Airport, Phakding, Bingobche, Pheriche and Kathmandu city.

Itinerary:

Day 01

KATHMANDU: ARRIVAL DAY - Altitude: 1,350m/4,428ft

Welcome to Kathmandu, the capital and cultural hub of Nepal! We'll be waiting with a warm greeting and easy transfer to your hotel. Plan on an evening briefing on last-minute specifics about your trek and an early lights-out: you have a big day ahead.

Day 02

KATHMANDU TO LUKLA FLIGHT AND PHAKDING Altitude: 2,800m/9184ft (Lukla) & 2,652m/8,698ft (Phakding) Walking Distance: 8km (3-4 hours)

Flight time: 35 min

After a short morning flight to Lukla, you'll be introduced to your guide and porter. Kick off your trek with an easy walk through Chaurikharka village and descent towards Dudhkoshi Ghat (2,530m/8,300ft). The trail follows the bank of the Dudhkoshi River until Phakding (2,652m/8,700ft), where we will be staying for the night to acclimatize. Enjoy your free time in Phakding, a popular stopping point.

Day 03

PHAKDING TO NAMCHE BAZAAR Altitude: 3,440m/11,283ft Walking Distance: 10-12km (5-6 hours)

We'll have breakfast in Phakding before gearing up for the trek to Namche Bazaar, the biggest sherpa village in Nepal. Our trail takes us first over the Dudhkoshi River via a long suspension bridge, and then through a beautiful pine forest to Monjo, about two hours away. Soon thereafter, we will approach the entrance to Sagarmatha National Park for a brief permit check and then descend to Dudh Kosi River (spotting Mani stones

along the way!) en route to Jorsale. Lunch will be served here, and then it's uphill to Namche. Our path along the riverbank is flanked by two crossings, one of which is the Hillary Suspension Bridge. It's a tough climb up the hill to our resting place, but you'll be rewarded in Namche Bazaar with your first glimpse of Everest in its majesty.

Day 04

NAMCHE BAZAAR: REST AND ACCLIMATIZATION DAY Altitude: 3,440m/11,283ft

At this point, we take a well-deserved break! Today will be spent resting and allowing our bodies to become acclimatized to the lofty altitude. There's an optional 2 hour hike to Everest View Point, an uphill walk that will help speed acclimatization. Otherwise, spend the day exploring Namche Bazaar. Check out the Sherpa museum for an overview of the Sherpa culture and history of mountaineering. On Saturdays, the Hatt Bazaar is open for trading and an intimate look at the locals' marketplace. It is part of the larger Namche Bazaar, a shopping hub filled with all manner of trekking and mountaineering clothing and equipment.

Day 05

NAMCHE BAZAAR TO TENGBOCHE Altitude: 3,870m/12,684ft (Tengboche) Walking Distance: 10km (6 hours)

Breakfast in Namche Bazaar fuels us for another day of trekking towards Everest Base Camp today! Breathtaking views of the Himalayas - Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde - are some of the highlights not to be missed. A short drop takes us to the riverside, then it's across the river upwards through the forest pass. Brace your legs for a continual uphill trek at this point, alternating between a gradual grade and some seriously steep ground! Our destination, Tengboche, is known as one of the most beautiful places in the Everest region. Its views, which include Ama Dablam, are legendary. We'll stop in on the Tengboche monastery, which is one of the largest in Khumbu. Nourish your spirit with a guided tour of the monastery grounds, followed by chanting and prayer with the resident Buddhist monks.

Day 06

TENGBOCHE TO DINGBOCHE Altitude: 4,400m/14,435ft (Dingboche) Walking Distance: 11km (6 hours)

Our trek today kicks off with a walk through the rhododendron forest to Deboche followed by a bridge over the raging Imja Khol River. We'll pass the valley wall and then traverse the plains to Pangboche village, the biggest settlement of Sherpas in the region. Enjoy a great opportunity to observe a typical Sherpa village and have lunch with the locals! The intrepid can brave a brief hike to the Pangboche monastery, one of the oldest in the area. Our afternoon trek will be a difficult one, as the landscape gives way to dry, deserted mountains and we hike towards Dingboche.

Day 07

DINGBOCHE: REST AND ACCLIMATIZATION DAY Altitude: 4,400m/14,435ft (Dingboche)

This is your chance to rest up before the last leg of our adventure! Savor a full day of exploring Dingboche and the surrounding valleys of Chhukung and Imja, the latter of which links with Island Peak, the high passes of Amphu Laptsa, and Makalu Barun National Park. Taking an optional trek to the valleys will pay off in rewarding views, but taking it easy is the most important thing today. You'll need your rest for the penultimate day of ascent tomorrow.

Day 08

DINGBOCHE TO LOBUCHE Altitude: 4,900m/16,076ft (Lobuche) Walking Distance: 11-12 km (6-7 hours)

From here on forth, the trek will move more gradually be more challenging, due to the higher altitude. We'll pass Dunga, but not before a tough, steep walk to the top of a high hill. Here are the memorial stupas dedicated to the climbers and trekkers who lost their lives to Everest over the years. The next part of our adventure brings over craggy mountain terrain to Lobuche, a small settlement with amazing views of Mt. Lobuche, Mt. Pumari and the Nuptse. Prepare to snuggle up for a cold night, as we are now almost three miles above sea level and the evenings can be downright chilly!

Day 09

LOBUCHE TO GOREKSHEP AND EVEREST BASE CAMP, EBC TO GOREKSHEP Altitude: 5180m/16,994ft (Gorekshep) & 5364m/17598 (EBC) Walking Distance: 15km (6-8 hours)

This is it! Our big day kicks off with an initial, relatively easy trek from Lobuche to Gorekshep. The subsequent, straight trail to Everest Base Camp is harder, involving rocky dunes and moraine, formed accumulation of unconsolidated glacial debris. On the way to our destination, we'll approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. At the Base Camp, our goal, you'll have the chance (during the spring climbing season) to meet climbers attempting to scale the mountain's summit. Break out your cameras for unbelievable views of breathtaking beauty. As the afternoon sun starts to wane, we'll head back to Gorekshep for some much-needed rest and relaxation after a grueling and busy day.

Day 10

GOREKSHEP TO KALAPATHAR TO DZONGLA Altitude: Kalapathar 5545m/18192ft, Dzongla 4840m/15879ft Walking Distance: 12km and 6-7 hrs.

We'll wake before dawn today to trek towards Kalapathar (which means "black rock") for a fiery, glorious sunrise over Mt. Everest. The day's first light will illuminate your spectacular view of Nuptse Nup, Changtse and Lhotse. This may be, of the whole journey, your most opportune moment to snap amazing pictures of Everest

and its neighboring peaks. Afterwards, it's back to Gorekshep for breakfast and onwards to Dzongla.

Day 11

DZONGLA TO CHO LA TO THAKNAK Altitude: Cho La 5364m/17598ft, Thaknak 4358m/14298ft Walking Distance: 12km and 7-8 hrs.

This could be the most challenging day of the trek as you go over the pass. Fortunately, having already visited Everest Base Camp you should be getting used to trekking at the high altitude and feeling stronger. If the weather is bad crossing the pass can be difficult. Crampons are not normally used but microspikes can be helpful if the weather is at all bad. It's a tough climb to the top but the amazing views more than make up for it.

Day 12

THAKNAK TO GOKYO Altitude: Gokyo 4750m/15584ft Walking Distance: 9 Km and 4-5 hrs.

We continue down into the Gokyo Valley and cross the Ngozumpa glacier the longer glacier in this part of the Himalayas and an impressive sight. We should reach Gokyo by lunch. After lunch you should have time to walk up to one of the lakes in the valley and get some great views of the surrounding peaks.

Day 13

GOKYO - GOKYO RI TO MACHERMO Altitude: Gokyo Ri (5,357m) Walking Distance: 7km (5 or 6 hours)

We will take an early morning hike up to the summit of Gokyo Ri at 5,357m. The views here might even be better than those from Kala Patthar. In front of you are 4 of the 14 tallest peaks in the world, namely, Everest, Lhotse, Makalu and Cho Oyu. Although further away the views of Everest are great and you get to look down on one of the largest glaciers in the Himalayas below you. We will head back to the tea house for breakfast and to start our trek down the Gokyo Valley to Machermo where we will spend the night.

Day 14

MACHERMO TO NAMCHE Altitude: 3,440m/11,283ft (Namche) Walking Distance: 15km (7 to 8 hours).

Today is a relatively long hike but it's a good trail and all downhill. The lower elevation makes things easier as well. The trek spends most of the day going down the Gokyo Valley with some good views of the peaks before you intersect back with the main route up to Everest Base Camp and head back to Namche. Will spend the night in Namche Bazaar.

Day 15

NAMCHE TO PHAKDING AND LUKLA Altitude: 2,800m/9,184ft Walking Distance: 16km (6-7 hours)

After breakfast, we trek toward the Hillary Suspension Bridge and then pass through several local villages. Our arrival in Lukla brings an evening in our last Tea House and, traditionally, a party with your trekking crew: you made it! Thanks to great teamwork and perseverance, you've accomplished a physical feat of which others only dream. This is your last night on the mountain, which can be bittersweet.

Day 16

LUKLA TO KATHMANDU Altitude: 1350m/4428ft Flight time: 35 min

In the morning, you'll hop a brief flight from Lukla to Kathmandu, where your journey both began and ends. You'll transfer to your hotel upon landing for some much-needed solo rest and reflection after your trek conquering the Himalayas. We'll reunite in the evening for a farewell dinner at one of the best Nepalese restaurants in town, where we'll be eager to hear your feedback on the trip.

Day 17

KATHMANDU: DEPARTURE DAY Altitude: 1,350m/4,428ft

It's your last day in Nepal! Grab some breakfast, and then take in some last-minute shopping in Kathmandu. We'll make sure you arrive at Kathmandu International Airport with plenty of time before your flight home. At this time, we'll say our goodbyes and bid you farewell, armed with warm memories and gorgeous photos to show your loved ones.

END OF OUR SERVICES.

Cost Include:

- All ground transports in private vehicle including airport transfers
- Two nights' accommodation with breakfast at hotel in Kathmandu
- Full board meals with tea/coffee (breakfast, lunch and dinner) during the trek
- Best available twin sharing lodge to lodge accommodation during the trek; we provide private bathrooms with hot shower at Phakding, Namche and Lukla
- Seasonal fruits during the trek
- One highly experienced, helpful and friendly guide
- Round trip flight Kathmandu – Lukla and Lukla – Kathmandu including departure taxes
- First aid medical kit
- Sagarmatha National Park Permits fee

- TIMS Fee- Trekkers' Information Management System (Please bring 2 passport size photos for permit)
- Government taxes & office service charge

Cost exclude:

- Meals not specified in the 'Meal Inclusions' in the itinerary
- Travel insurance
- International airfare
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport-size photos.)
- Cold drinks Inc. coke, water, Fanta etc.
- Snacks and other personal expenses
- Hot shower during the trek except Phakding, Namche and Lukla
- Personal trekking equipment
- WiFi internet during the trek
- Tips and gratuities for trekking staff and drivers