

# Everest Base Camp Trek Via Gokyo Lakes



## Introduction

**Everest Base Camp trek via Gokyo Lakes** is a combination of the **Gokyo Lakes** (4700m/15420 feet) and **Everest Base Camp** (5364m/17598 feet) by cross over the **Cho-La pass** (5368m/17612 feet). Namche Bazaar, Syangboche, Tengboche, Gokyo Ri, 5<sup>th</sup> Lake, Chola Pass, Everest Base Camp, Kalapather are the major attraction of this trek.

**Everest Base Camp trek via Gokyo Lakes** starts after flying to Tenzing Hillary Airport in Lukla (2,828m) from Kathmandu. The Namche Bazaar is a big city of this area. They have market day every Saturday. The mountain views are great from here. After the Namche Bazaar, we ascend Gokyo trail. A visit to **Gokyo Ri** (5330m) offers magnificent major mountains Cho Yu (8201m), Everest (Sagarmatha) (8848m), Lhotse (8516m), Makalu (8463m), Nuptse, Amadablam, Pumori and others mountains. We then cross over the Chola-Pass (5368m). Over the Chola-Pass has snow all the time. It is considered as a challenging pass. The trekking is continuously rewarded to **Everest base camp** and **Kalapather** (5550m/18209 feet, view point) close view of Everest and other mountains. A visit to Everest Base Camp trek will give you the chance to have a closer look at the spectacular Khumbu Icefall. We trek along a high traversing path where we have good views of Everest and other mountains then head towards down Tengboche Monastery, Namche Bazaar and Lukla at Last night. This trekking is justifiably famous, not only for its proximity to the world's highest Mt. Everest (8848m) but also for its friendly Sherpa people, picturesque villages, great variety of culture and traditions, colorful festivals and monasteries and flora and fauna are other ornaments of the **Sagarmatha National Park**. The **Everest Base Camp Trek Via Gokyo Lakes** can be done by clock wise or anti-clockwise. We can organize it as your desire and requirement clock wise or anti-clockwise.

## Everest Base Camp Trek via Gokyo Lakes Highlights

- Syangboche, Mt. Everest, Ama Dablam and others Himalayas view.
- Gokyo Ri, Best View Point of Mt. Everest, Makalu, Cho Oyu and others Himalayas view.
- 5<sup>th</sup> Lake, close view of ChoOyu, Mt. Everest and others Himalayas view.
- Cho La Pass, an adventure Pass
- Everest Base Camp, closer view of Khumbu ice fall.
- Kalapather, close view of Mt. Everest View and other Himalayas view.

### Trip Facts

Trip Duration	17 Days
Trip Grade:	Strenuous
Best Season	March to May & September to November
Per Day Hiking:	4-7 hrs
Elevation	Minimum 2610m-Maximum 5550m
Accommodation	Lodge
Transportation	Flight/Car/Jeep/Bus

### Cost Includes

#### What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights Hotel in Kathmandu on BB Plan.
3. Sagarmath National park entrance permits and TIMS card.
4. Both way flight tickets Kathmandu - Lukla - Kathmandu with airport departure tax.
5. One English speaking experience guide and Trekkers 2:1 porters.
6. All meals (Breakfast, lunch and dinner) with Lodge accommodation during the trek.
7. Duffel Bag.
8. Fingertip Pulse Oximeter ( we use everyday to check your oxygen level and blood pressure in your body to minimize high risk ).
9. Nepal Hidden Treks and Expedition T-short.
10. Guide's; porter's food, lodge, flight, insurance, equipment, salary etc.
11. Local fresh fruit like orange, banana, apple, grape etc .
12. First Aids Kit.
13. 13% Government VAT and official charge.

#### What are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu.
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include the emergency rescue.
- Your Trekking gears, Hot shower and Battery charge.

- Tips for your guide and porters etc

## Short Itinerary

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02:** Fly to Lukla and Trekking

**Day 03-15:** Trekking

**Day 16:** Fly to Kathmandu

**Day 17:** Departure from Kathmandu (1350m).

## Itinerary Details

### 1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel. If you do not have your trekking gears, you will rent or buy in Kathmandu.

### 2. Kathmandu-Lukla-Phakding

Our guide will come to pick up at your Hotel early in the morning and drive to Domestic Airport in Kathmandu. You will fly to Tenzing Hillary Lukla Airport (2828m, 30 minutes). From Lukla, trek to Phakding. The trail is mostly downhill. You will pass monasteries, Buddhist prayer Stone with Matra written, mane walls, and Chheplung, Ghat villages and view of Kusum Kangaru, Konde and Khumbila etc. You will hike 3 hours today. Phakding is located 2610m elevation, overnight at Lodge.

### 3. Phakding-Namche Bazar

Today, you will trek from Phakding to Namche Bazaar. The trail from Phakding to Jorsalle is easy. The trail from Jorsalle to Namche is mostly climbing. Monjo is Sagarmatha entry point. Your guide will check in your Permit. When you climb half way from Jorsalle, you will have first view of Mt. Everest and other mountain such as Thamserku, Kangtega, Konde etc. Phakding to Namche takes 5-6 hours walk. Namche Bazar is located at 3440m elevation, Overnight at Lodge.

### 4. Acclimatization rest day at same place.

Today is acclimatization day. This morning, you will hike up Syangboche, Everest View Hotel and Khumjung village. The Himalayas views including Thamserku, Mt. Everest (world highest peak), Mt. Lhotse, Konde, Kangtega, Ama Dablam, Tawoche are excellent from Everest view Hotel. This round trip will take 4-5 hours walk. In the afternoon, you will take a rest or walk

around Namche Bazar.

## 5. Namche-Dole

Today, you will trek from Namche to Dole. The trail from Namche to Kyanjuma is nice and easy. Trek from Kyanjuma to Mong La is all climbing. You have to trek down to from Mong la to Phortse Tenga and climb up to Dole. The views are great from Kyanjuma and Mong-La and if you are lucky, you have chance to see wild animal musk deer. The trek from Namche to Dole is 6-7 hours walk. Dole is located at 4230m elevation. , overnight at Lodge.

## 6. Dole-Machhermo

Today, you will trek from Dole to Machhermo. You will have nice Mountain View during the trek. Dole to Machhermo takes 4-5 hours walk. The trail is slowly uphill to Machhermo. Machhermo is located at 4470 m elevation, Overnight at Lodge. In the afternoon, you will climb title bit more than Machhermo for acclimatization.

## 7. Machhermo-Gokyo Lake

Today, you will Trek from Machhermo to Gokyo Lake. The trail from Machhermo to Gokyo Lake is nice and easy. You will have nice view of Cho oyu, Cholatse and other mountain view during the trek. Trek from Machhermo to Gokyo Lake takes 4-5 hours walk. The Gokyo Lake is located at 4790 m elevation, Overnight at Lodge. In the afternoon, you will explore around Ngozumpa Glacier and Gokyo lakes.

## 8. Gokyo Ri and Gokyo Lakes

This morning, you will hike up to Gokyo Ri (5330m) for the best view of Mt. Everest, Makalu, Cho Oyu, Pumori, Nuptse and many other mountain with nice view of Gokyo Valley. After that, walk back to Gokyo Lake (4 hours walking). In the afternoon, you may walk around 4<sup>th</sup> or 5<sup>th</sup> Lakes for another nice and close view of Mt. Cho Oyu or take a rest, Overnight at Lodge.

## 9. Gokyo Lake-Thannak

Today, you will trek from Gokyo Lake to Thannak. The trail is nice and easy. You will walk all the way on Ngozumpa Glacier. It takes 3-4 hours walk from Gokyo Lake to Thannak. The Thannak is located at 4700 m elevation, Overnight at Lodge. This afternoon, you will take a rest. You need to save your energy for Chola Pass.

## 10. Thannak-Dzongla

Today, you will have breakfast early in the morning and start the trek. Today is one of the hardest day. The trail is all the way climbing up to Chola Pass. From the pass, you will have nice Mountain and valley View. The Chola-pass is located 5368 m elevation. After that trek down to Dzongla. Thannak to Dzongla takes around 8 hours walk. Dzongla is located at 4800 m elevation, Overnight at Lodge.

### 11. Dzongla-Lobuche

Today, you will trek from Dzongla to Lobuche. The trail is nice and short. Dzongla to Lobuche takes only 3 hours walk. You will have view of Nuptse, Pumori, Nirekha, Lobuche Peak, Ama Dablam, Cholatse etc. Lobuche is located at 4930m elevation, Overnight at Lodge. In the afternoon, you may walk around Italian Pyramid or Khumbu Glacier.

### 12. Lobuche-Gorak Shep-Everest Base Camp

Today, you will trek from Lobuche to Gorak Shep (5100m). The trail is slowly uphill to Gorak Shep. Trek from Lobuche to Gorak Shep takes around 3 hours walk. You will check in at the Lodge. After that, you will have Lunch and hike to Everest Base Camp (5350 m.). Gorak Shep – Everest Base Camp – Gorak Shep round trip takes 4 hours walk. You will have nice and closed view of Khumbu glacier then back to Gorak Shep, overnight at Lodge.

### 13. Gorak shep- Kalapattar-Pheriche

Today, you will hike up to Kalapattar (5550 m) early in the morning for Closed view of Mt. Everest, Pumori, Nuptse, Ama Dablam and other mountain then back to Gorak Shep for Breakfast. After that trek down to Pheriche. The trail from Gorak Shep to Pheriche is all the way down via Lobuche and Thokla. Gorak Shep – Kalapattar- Gorak Shep – Pheriche takes 7-8 hours walk. The Pheriche is located at 4200 m elevation, overnight at Lodge.

### 14. Pheriche-Namche

Today, you will trek from Pheriche to Namche Bazaar. The trail is from Pheriche to Namche is mostly downhill. You will have many small villages such as Shomare, Pangboche, One of the biggest Tengboche Monastery, Phunki Tenga, Kyanjuma during the hike. The trek from Pheriche to Namche takes 6 hours walk. It is located at 3440m elevation, overnight at Lodge.

### 15. Namche-Lukla

Today, you will trek from Namche to Lukla. The trail is mostly downhill. You will pass many villages such as Jorsalle, Monjo (Sagarmatha National Park check post), Banker, Phakding, Ghat, Chheplung etc. The trek from Namche to Lukla takes 6-7 hours walk. Lukla is located at 2828 m elevation, overnight at Lodge.

### 16. Lukla-Kathmandu

You will take an early flight from Lukla to Kathmandu in the morning (30 minutes) and check in at the Hotel in Kathmandu. In the afternoon, you have free and shopping day for family and friends.

### 17. Departure to your home country

Final departure to international airport to fly your home country.



## FAQS

**1. Do you have fixed group to join?**

We organize small group trek everyday. Everyday is available to book this trek.

**2. What kind of accommodation do we expect during the trek ?**

We provide one twin bed private common room for 2 people. You have to share Toilet and Bathroom.

**3. Do we need sleeping bag?**

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

**4. Internet or WIFI available on this trek?**

Yeah, Internet or WIFI is available on this trek. But you have to pay to use WIFI .

**5. How hard is this trek?**

The highest point of this trek is Gokyo Ri (5530m), Chola Pass (5368m), Kalapather (5550m) and Everest Base Camp (5368m). We give this trek grade 5. Grade 1 is easiest and grade 5 is hardest trek.

**6. Is electricity available on this trek ?**

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

**7. Drinking water**

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy mineral water and boiled water.

**8. How do we respect the local culture ?**

Ask permission to photograph people. Do not remove or purchase antiques, it is illegal. Avoid wearing revealing clothes and avoid outward displays of physical affection.

**9. Hot Shower**

Hot Shower is available on the trek. You can have shower by paying extra charge.

**10. Bank or ATM or Money Exchange**

There is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

**11. Buy a Nepali Sim Card ?**

You can buy Nepal NCELL or NTC Sim Card on the arrival of Airport. You can use Mount Everest Base Camp side. There is no reception on Gokyo Valley.

**12. When is the best time to do this trek?**

The best time is March to May and September to November. But We organize this trek all the

months.