

## Everest Base Camp Trek Via Gokyo Lakes



### Introduction

This trek 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). This trek starts after flying to Lukla (2,828m) from Kathmandu. This trek is rich in fascinating villages and Buddhist monasteries and the culture and hospitality of the Sherpa people who will surely win your heart. This trekking is justifiably famous, not only for its proximity to the world's highest mountain (8848m) but also for its friendly Sherpa people, picturesque villages great variety of culture and traditions, colorful festivals and monasteries. The flora and fauna are other ornaments of the Sagarmatha National Park. 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 majors 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 considering 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 others mountains then head towards down Tengboche Monastery, Namche bazaar and Lukla at Last night.

### Trip Facts

Trip Duration	14 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 required porters.
6. All meals (Breakfast, lunch and dinner) with Lodge accommodation during the trek.
7. Guide's; porter's food, lodge, flight, insurance, equipment, salary etc.
8. Local fresh fruit like orange, banana, apple, grape etc .
9. First Aids Kit.
10. 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 03-12:** Trekking

**Day 13:** Fly to Kathmandu

**Day 14:** 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 and free activities in the evening.

### 2. Kathmandu-Lukla-Phakding

Early in the morning Fly to Tenzing Hillary Lukla Airport (2828 m , 30 minutes) from Kathmandu, trek to Phakding (2610 m, 3 hours walking) and then Overnight at Lodge.

### 3. Phakding-Namche Bazar

Trek from Phakding to Namche Bazaar (3440 m, 5 hours walking) the first view of Everest (8848m) and then Overnight at Lodge.

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

We can hike this day, the way 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.

### 5. Namche-Dole

Trek from Namche to Dole (4230 m, 6 hours walking) the views are great from Kyanjuma and Mong-La and if you are lucky, you have chance to see wild animal musk deer and then overnight at Lodge.

### 6. Dole-Machhermo

Trek from Dole to Machhermo (4470 m, 5 hours walking) and Overnight at Lodge.

### 7. Machhermo-Gokyo Lake

Trek from Machhermo to Gokyo (4700 m, 4 hours walking) and Overnight at Lodge.

### 8. Gokyo Ri and Gokyo Lakes

Hike up to Gokyo Ri (5330m) early in the morning then Back to Gokyo( 4 hours walking ) and then explore around lake in the afternoon ,Overnight at Lodge

### 9. Gokyo Lake-Thannak

Trek from Gokyo Lake to Thannak (4700 m, 3 hours walking) and then Overnight at Lodge.

### 10. Thannak-Dzongla

Trek to crossing over Chola-pass (5368 m) then trek down to Dzongla. (4800 m, 8 hours walking) and then Overnight at Lodge.

#### **11. Dzongla-Lobuche**

Trek from Dzongla to Lobuche (4930m, 3hour walking) and then Overnight at Lodge.

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

Trek from Lobuche to Gorak Shep (5100m) and explore to Everest Base Camp (5350 m,) then back to Gorak Shep. (8 hours walking) and Overnight at Lodge.

#### **13. Gorak shep- Kalapattar-Pheriche**

Hike up to Kalapattar (5550 m) early in the morning for spectacular views then trek down to Pheriche (4200 m, 7 hours walking) and then Overnight at Lodge.

#### **14. Pheriche-Namche**

Trek from Pheriche to Namche Bazaar (3440m, 6 hours walking) Overnight at Lodge.

#### **15. Namche-Lukla**

Trek from Namche to Lukla (2828 m, 6-7 hours) and Overnight at Lodge.

#### **16. Lukla-Kathmandu**

Flight from Lukla to Kathmandu in the morning (30 minutes) and then Overnight at selected Hotel in Kathmandu.

#### **17. Departure to your home country**

Final departure to international airport to fly your home country.