



# Everest Base Camp and Gokyo Lakes Trek

URL: <https://himalayatrip.com/everest-base-camp-and-gokyo-lakes-trek/>

## Destination

Most Popular Treks

## Activity

Adventure Treks

## Duration

15

## Per Person From

USD 1,349

## Accommodation

custom-content

## Region

Everest Region Treks

## Max. Altitude

5550m (Kalapattar)

2

## Best Season

Mar-May Sep-Nov

## Activity Per Day

4-9

## Transportation

Flight/Car/Jeep/Bus

## 14 Nights Lodge

15 Breakfast 14 Lunch 14 Dinner

## Adventure

## Highlight of EBC and Gokyo Trek

- An adventurous flight experience to Tenzing Hillary Lukla airport.
- Buddhist Manes walls, Mantras written stone, Stupas, Chortens, Monasteries.
- Experience the Sherpa people lifestyle, culture, festival etc.
- Sagarmatha National entry point Jorsalle .
- Namche Bazar a biggest town and Sherpa capital in Khumbu area, Saturday market in every week.
- A nice spot Syangboche, best view point of Everest, Lhotse, Nuptse, Tawache, Ama Dablam, Konde, Kusum Kanguru, Thamsarku etc.
- Many suspension bridges, Wild animals, Birds, flowers etc.
- The beautiful Gokyo lakes from 1st to 6th Longpunga Tsho, Taujung Tsho, Gokyo Tsho, Thonak Tsho, Ngozumba Tsho, Gyazumba Tsho
- Gokyo Ri 5330m, the best view point of 4 highest mountain Everest, Lhotse, Makalu, Cho Oyu and other peaks.

- One of the biggest Ngozumba glaciers
- An adventure pass Cho (Chhugyuma ) la pass 5420m view of Ama Dablam, Cho latse and other peaks.
- The most popular Everest Base Camp 5364m with close view of Khumbu icefall.
- Kalapather 5550m, the nearest view point of Mount Everest and other peaks.
- A biggest monastery in Khumbu area Tengboche Monastery, you may participate in Puja every day at 3pm.
- Combinations of Gokyo valley or lakes via Everest Base Camp with an adventure Cho la pass 5420m.

## EBC and Gokyo Trek Overview

**Everest Base Camp Gokyo trekking** is one of a kind trek that combines two great treks into one. EBC trek and Gokyo Lake trekking are two different treks in Everest region but the trail collides. Unlike the classic EBC Trekking, this trek embodies the Cho La Pass from Gorakshep heading towards the sublime Gokyo valley.

## Everest Base Camp and Gokyo Lakes Trek Details

**Everest Base Camp and Gokyo Lakes Trek** may not have been heard of much, but is the ultimate trek to test your might. Having traversed to the base of the mighty Mt.Everest is definitely a feat. That being said, fraternizing the classic Everest Base Camp trek along with Gokyo Lake traversing via globally renowned pass Cho La Pass(5420m) would be an even worthwhile journey. This trek challenges you guts, capacity and replenishes the ultimate desire of making high altitude traverse in the Everest region.

Amongst several other treks of Everest region, **EBC and Gokyo Lakes Trek** is one of the most sought after trek. With its staggering altitude and rugged landscape, adventurers pursuing this trek are sure to come back fulfilled with their Himalayan cravings. Everest trekking with Gokyo Lake blends in mountain vistas, high mountain pass, glacial moraines, icy scapes, rugged landscape, Himalayan culture, dense forests, raging rivers, freshwater lakes and much more.

What sets this trekking experience apart from other treks is its lengthy traverse beyond the mark of 5000 meters making it “strictly not for everyone”. The first leg of the trek traverses through the Sherpa villages dotted along the trail to reach the base of Mt.Everest. On your way back from the base camp, the trail diverges from Gorakshep and climbs over the famous Cho La Pass to descend down to the picturesque Gokyo valley which is home to several freshwater glacial lakes. And all this while you will trek along the high mountains that proudly reside on the northern edges of Solukhumbu district.

Embrace the soaring altitudes of high mountain trails that are challenging yet rewarding for your adventure needs. Pierce through typical Sherpa homes, cross raging rivers, gaze at the Himalayan wonders, play with rare flora and fauna of Sagarmatha National Park, savor delicious locally prepared organic meals and meet some of the most hospitable people on the planet with [Everest Base Camp Trek](#) with Gokyo Lakes Trek adventure with Himalaya Trip as your reliable partner.

# Prominent Attractions of Everest Base Camp and Gokyo Lakes Trek

On your **EBC Gokyo Ri Trekking** adventure, there are a series of points of interest that you may find on your way. Everest region is filled with surreal points of attractions that include a blend of water bodies, cultural diversity, historical landmarks, religious monuments and towering mountains. Some of these highlights of the trek are discussed herewith:

## 1) Sherpa Villages and Hamlets

Everest region including most part of the Solukhumbu district is predominantly inhabited by Sherpa group of people. These Indo-Tibetan races are scattered all over the area to the highest settlements of humans at Lobuche (4940m). Throughout your trekking adventure, you will pierce through these small villages staying at typical Sherpa homes built of wood, mud and stones. Lukla, Namche Tengboche, Pangboche, Dingboche, Pheriche, Lobuche, Gokyo, Dhole, Machhermo and others are among the most popular Sherpa villages during this trek.

## 2) Buddhist Monasteries and Heritages

Sherpa people primarily follow Buddhism as their religion and it coincides with Tibetan -Buddhism for the most part. You will encounter several centuries old monasteries, Buddhist artifacts, Chhortens, Mani walls and religious inscriptions throughout the trekking duration. The most savored festival of the Sherpa people is Mani Rimdu which occurs during the months of October or November. Thame Monastery, Tengboche Monastery, Khumjung Monastery are the most revered Buddhist prayer sites in Everest region. Apart from these, you will encounter lots of small chhortens and Mani walls as you begin your trek from Lukla and throughout this journey.

## 3) Everest Mountain vista

Everest mountain range includes over 300 mountains that are scattered along the jurisdiction of Solukhumbu district. There are a series of mountain ranges including 3 mountains that go beyond the 8000 meters mark. These are Mt.Everest(8848m), Mt.Lhotse(8516m) , Mt. Makalu (8481m) and Mt. Cho Oyu(8188m). You will remain spellbound throughout the journey gazing at these amazing peaks from the beginning of the journey to Everest base camp and Gokyo lake. Everest region is filled with numerous peaks that stand tall and proud. This region is an arcadia for mountain lovers with views not to be seen elsewhere.

## 4) Rivers and Glacial Lakes

Due to the presence of several mountain peaks that remain enveloped with snow throughout the year, you will encounter numerous water bodies during the trek. Streams, ponds, lakes and rivers will never be out of sight all along the trekking journey. DudhKoshi river which originates from Everest glacier is one of the main tributaries of Saptakoshi river system in Nepal. Saptakoshi followingly merges with Ganges in India as it moves southbound. Another prominent waterbody of this trek is Gokyo lakes. There are altogether 6 lakes in Gokyo valley with the largest being Thonak lake. You will remain spellbound seeing the pristine Gokyo lakes on the latter part of your trekking journey.

## 5) High Mountain Passes

Apart from towering mountains, you will also traverse through multiple high passes on the EBC [Gokyo trek](#). Dughla Pass (4800m) and Cho La Pass (5420m) are two passes you will encounter in this trek. These mountain passes are a usual foot trail for the locals but will definitely leave you breathless during the trek. Gokyo Ri (5330m) and Kalapathar(5550m) are another prominent peak that you will climb during this journey after trek to Everest base camp.

## Preparation for Everest Base Camp and Gokyo Lakes Trek

**Everest Base Camp Gokyo Trekking** encompasses traversing in rugged and uneven terrain, leading to remote landscapes, with the pinnacle reaching an elevation of 5555 meters at Kala Patthar Peak. Beyond 3000 meters, the altitude poses a risk of Acute Mountain Sickness (AMS) due to decreased oxygen levels in the air.

Despite the challenging conditions, individuals of diverse ages, physical fitness levels, and past trekking experience have successfully undertaken this extraordinary journey. While certain difficulties may arise, particularly after crossing Tengboche, proper acclimatization and maintaining a steady walking pace make this adventure accessible even for beginners.

It is crucial to thoroughly break in your gear, including shoes, rucksack, and other apparels, before commencing the trek. Additionally, consulting with your doctor to address any health concerns before venturing into the high-altitude traverse to Everest region is recommended. Being in optimal physical condition further enhances your ability to enjoy and conquer this remarkable trek. Also, we suggest that you begin your workout, exercises and hiking practices at least 3 months prior to the trekking date.

## Everest Base Camp and Gokyo Lakes Trek Route

The **Everest Base Camp and Gokyo Lakes Trek** initiates from Lukla, ascending to Namche Bazaar—a vibrant Sherpa settlement that reveals its unique world. During this traverse, you will pierce through numerous Sherpa hamlets like: Tengboche, Dingboche, Lobuche and Gorakshep. The following highlight involves traversing to [Everest Base Camp](#) before conquering the majestic Kalapathar peak, reaching an impressive altitude of 5,550 meters.

As you return from Everest Base Camp, your trail will diverge from Gorak Shep headed westbound towards Dzongla. The adventure unfolds further with another awe-inspiring ascent, this time to Cho La Pass (5420m). From Cho La Pass, you will descend to Gokyo Valley, which is filled with Gokyo lakes. The first challenge arises at Gokyo Ri, standing tall at 5330 meters, with the ascent starting from Gokyo village. Prepare for a demanding 3-hour climb, preferably beginning early in the morning.

The trail then leads through a semi-arid landscape, offering an exhilarating journey through Sherpa villages of Machhermo and Dhole to reach the Namche Bazaar. The culmination of the Gokyo EBC trek involves traversing back to Lukla. This thrilling adventure not only promises breathtaking landscapes but also poses a test of endurance, ensuring a memorable odyssey through the heart of the Everest region.

You have 2 route options to choose for **Everest Base Camp and Gokyo Lakes Trek**. One is clockwise which traverses towards Gokyo lake first, hikes over Cho La Pass and reaches Everest Base Camp.

Another route takes the anti-clockwise direction reaching Everest Base Camp first and then traversing over Cho La Pass to reach Gokyo Valley.

## Everest Base Camp and Gokyo Lakes Trek

If your primary goal is to reach Everest Base Camp and Kalapather, you may take Everest Base Camp at first after that Cho La pass to Gokyo valley at the end. If you take this this option, there is high chance to reach Everest Base Camp and Kalapather. If you are to tire and feel altitude sickness, you come down same. You will not miss Everest Base Camp and Kalapather.

## Gokyo Lakes and Everest Base Camp Trek

If your primary goal is to see Mount Everest and want less crowd, at first Gokyo Lake and Gokyo Ri, go over the Cho La Pass and Everest Base camp. you may take this option. You will see mount Everest view from Gokyo Ri and 5<sup>th</sup> Lake. In case if you are too tired, feel altitude sickness, you will go down same way but still have Mount Everest view.

## Getting Lukla

- April, May , October, November , Kathmandu - Ramechhap - Kathmandu drive and flight (Ramechhap - Lukla - Ramechhap)
- 1 or 2 additional day is recommended in case of flight cancellation
- Kathmandu - Lukla - Kathmandu sharing Helicopter option available at the cost of US\$500.

## EBC Gokyo Trek Info

### Duration of Everest Base Camp and Gokyo Lakes Trek

The **length of Everest Base Camp and Gokyo Lakes Trek** varies depending upon the **EBC and Gokyo Lakes Trek itinerary** you choose. The ideal range of time duration for this trekking is 15-18 days and you will be trekking for about 5-7 hours each day leaving aside acclimatization day at Namche (Day 3) and Dingboche (day 6).. At Himalaya trip we customise itinerary and design the perfectly blending treks as per your preferences. If you have any queries regarding **duration of Everest Base Camp and Gokyo trekking**, please don't hesitate to mail us

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### Difficulty of Everest Base Camp and Gokyo Lakes Trek

If you're contemplating the **difficulty of the Everest Base Camp and Gokyo Lakes Trek**, it's important to note that it is considered strenuous and demanding. Prior experience with high-altitude Himalayan trekking is highly advisable before undertaking this challenging journey. The combination of elevated terrain, the remoteness of the area, the trek's duration, and its secluded location contributes to the overall **difficulty of the EBC and Gokyo Lakes Trek**.

The level of difficulty is also influenced by factors such as age, previous trekking experience, fitness level, and mental resilience of the trekker. Individuals who are physically or mentally unprepared may find it challenging to successfully complete the trek. Beginners to Himalayan trekking are likely to face difficulties in making the traverse. It is strongly recommended to start a fitness regimen at least a month before your planned travel dates to ensure you are in good shape and capable of comfortably completing the journey.

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## Best Time for Everest Base Camp and Gokyo Lakes Trek

The preferred time for **Everest Base Camp and Gokyo Lakes trek** is during spring, from March to May, and autumn, typically from the end of September to mid-December. Winter, occurring from December to February, also provides favorable conditions for trekking in Nepal, although the peak winter months (December to February) may bring challenging weather.

Conversely, the summer months (June to August) coincide with the monsoon season in Nepal, characterized by heavy rainfall. The occasional rain showers during this period can make trails slippery and obstruct views of the breathtaking Himalayas. Despite these challenges, trekking is still possible during the summer months. Most parts of the EBC Gokyo region fall under a rain-shadow area, receiving minimal rainfall even during the peak summer. Trekking in the monsoon season is feasible with careful consideration of the weather.

The optimal trekking seasons for the **EBC and Gokyo Lakes trek** are autumn (September to December) and spring (March to May). Winter trekking is also possible, but the extreme cold requires warm gear and a sleeping bag for the nights. While temperatures drop significantly during winter, the weather remains generally favorable, providing a unique trekking experience.

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## Hotels and Meals during Everest Base Camp and Gokyo Lakes Trek

The trail of the **Everest Base Camp and Gokyo Lakes Trek** is filled with teahouses and mountain lodges, where local residents have converted their homes into welcoming lodges. Along your trek, you'll come across numerous mountain lodges that serve as essential resting points. Typically crafted from wood, these lodgings feature rooms accommodating 2 individuals, providing basic amenities such as quilts, mattresses, and pillows. These Everest tea houses are equipped with power outlets for charging electronic devices. While the availability of WiFi may vary, hot showers are often available for an additional cost ranging from \$1 to \$2.

Throughout your **EBC and Gokyo Lakes trek**, your meals will be prepared at the teahouses. Lunch breaks will be taken in villages along the route, while dinners and breakfasts will be provided at the tea houses where you stay. The teahouses offer a diverse range of food options, predominantly featuring basic Tibetan and Nepalese cuisine. Additionally, continental dishes are included on the menu. We highly recommend trying the traditional "Dal Bhat," a Nepalese set meal consisting of rice, lentil soup, curries, and pickle. This dish is popular among trekkers for its nutritional value and satisfying nature. If you have specific dietary requirements or preferences, please inform us, as teahouses also offer pasta, noodles,

pies, sherpa stew and other delightful treats in their own style.

As a Buddhist religious practice, meat products are strictly forbidden in the Gokyo region. Sherpa people don't sacrifice animals and are mostly vegetarians. On the bright side, they have a series of their own vegetarian delicacies that you shouldn't miss out on. Sherpa stew, Tsampa porridge, Buckwheat bread or potato bread with butter are some of the local dishes. These dishes are made from produce that are locally produced and are organic.

When you choose the **EBC and Gokyo Lakes trek package** from Himalaya Trip, you can expect comprehensive accommodation throughout your trekking days. The package is designed with a commitment to securing the best available services in the region, ensuring a comfortable and enjoyable experience.

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## Permit for Everest Base Camp and Gokyo Lakes Trek

For Everest Base Camp and Gokyo Lakes Trek, two essential permits are required: the Sagarmatha National Park Permit and the Khumbu Pasang Lhamu Rural Municipality Permit. The Everest region, surrounded by Sagarmatha National Park, established in 1976, and governed by the Khumbu Pasang Lhamu Rural Municipality, mandates a separate entry permit.

### **Sagarmatha National Park Permit:**

This permit, granting entry to Sagarmatha National Park, can be acquired either in Kathmandu or at the national park's entry gate in Monjo (Day 2). The cost is Nrs. 3000 (Approx \$30) per person. Recognized as a UNESCO Heritage Site, the permit fees contribute to the preservation of the area's ecosystem.

### **Khumbu Pasang Lhamu Rural Municipality Permit:**

The Khumbu Pasang Lhamu Rural Municipality, overseeing the northern part of the Solukhumbu district, requires a one-time entry fee of Rs. 3000 (Approx \$30) per person. This permit can be obtained in Lukla. Unlike the national park permit, the Khumbu permit is exclusively available in Lukla or Monjo. To secure these permits, you'll need to provide two passport-sized photographs and a copy of your passport.

Himalaya Trip is here to assist you throughout your trek, handling all the necessary permits and paperwork on your behalf, ensuring a seamless and hassle-free experience.

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## When is the best time to do Everest Base Camp and Gokyo Lakes trek ?

We organize Everest Base Camp and Gokyo Lakes Trek every day for a whole year. But if you are planning to do this trek at the best time. We recommend the following time.

- **Winter (December - February):** This is the coldest time of the year. It will be difficult to trek because there will be heavy snow.
- **Spring (March-May):** This is the best time to trek on Everest Base Camp trek via Gokyo Lakes. You

will have wonderful weather with warm temperatures. You will also have a chance to see the Rhododendron flowers.

- **Summer (June - August):** This is a monsoon in Nepal. There are chances of rain every day and it will be cloudy. There is a chance to cancel the flight. A rain poncho or rain jacket is needed.
  - **Autumn (September - November):** This is another best time to do this trek. After the rainy season. It will be fresh and clear weather will appear. It will be warm temperature.
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## What foods do we expect during the EBC Gokyo trek ?

The Lodges have a Menu; you will have your own choice. The foods are hygienic. But it is not like city food. Non-veg foods are not recommended. It is not hygienic.

- **Breakfast:** Simple Breakfast (Eggs any item, toast or Gurung or Tibetan Bread, Pancake, Muesli, Oat Porridge, etc.)
- **Lunch and Dinner:** Nepali Thali (Plain Rice, Lentil soup, Potato Curry, Green Vegetable, Papadam, Tomato Hot spicy), Macaroni, Spaghetti, Potato item, Mo.Mo or dumplings, Pizza, fried rice, Fried Noodles, French fries, etc.
- **Dessert:** Fresh Fruit (Apple, orange, pomegranates, Banana with any seasonal fruit) serve as sweet dessert.

**Note:** All the drinks soft, hot, and hard drinks are not included.

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## Do you have a packing list for Everest Base Camp and Gokyo Lakes trek ?

- Trekking boots (If new boots are purchased, "break them in" to avoid blisters) and spare laces
- Hat (Warm), scarf, and gloves
- Trousers (Warm trousers are useful higher up in the mountains in the morning and at night.
- Running shoes, sandals, or thongs (To wear in the camp at night or when your boots are wet).
- Shorts and trousers
- Wool-blend socks, liner socks, and underwear (three pairs)
- Thermal underwear
- Sunhat
- Fleece jacket
- T-shirts (two or three) and long-sleeved shirts with a collar (a long-sleeved - shirt is particularly suitable for avoiding sunburn.)
- Laundry soap powder or bar
- Toilet paper
- Sunscreen (SPF 20+) and lip balm
- Sunglasses
- Pocket knife
- Iodine, water-purification tablets, or filter
- Insect repellent ( for lower elevation)

- Stuff sacks
  - Earplugs
  - Backpack
  - Sleeping back and silk liner
  - Water bottle
  - Torch (flashlight), spare-balm batteries and bulbs
  - Duffle bag
  - Crampon
  - Down jacket or down vest
  - Camera, memory card, and battery charger( spare batteries)
  - Books and magazines
  - Trekking poles
  - Quick-drying camp towel
  - Day pack (This is a small rucksack to carry personal requirements for the day e.g. toilet items, cameras, towel, soap, chocolate bar, etc.)
  - 2-4 large plastic bags: to separate clean clothes from dirty ones
  - Personal medical supplies
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## **EBC and Gokyo Trek Outline Itinerary**

**Day 01** Fly to Lukla and Trek to Phakding (2610m, 8km or 3 hours walk).

**Day 02** Trek Phakding - Namche Bazar (3440m, 11km or 5-6 hours walk).

**Day 03** Acclimatization day, hike to Everest View point and Khumjung Village (6.6km or 4 hours walk).

**Day 04** Trek Namche Bazar - Tengboche (3867m, 9km or 5-6 hours walk).

**Day 05** Trek Tengboche - Dingboche (4410m, 10km or 5-6 hours walk).

**Day 06** Rest day, hike to Optional Hike to Nangkartshang Peak (4 hrs).

**Day 07** Trek from Dingboche - Lobuche (4910m, 8km or 5-6 hours walk).

**Day 08** Trek from Lobuche - Gorak Shep (5140m, 11km or 7-8 hours walk) - Hike to EBC (5364m).

**Day 09** Climb Kalapather, trek from Gorak shep to Dzongla (4800m, 15km or 6-7 hours walk).

**Day 10** Dzonglha - Cho La Pass (5420m) - Dragnag (4700m, 8.8km or 8-9 hours walk).

**Day 11** Trek Dragnag - Gokyo (4790m , 11.9km or 6-7 hours walk), explore 4th and 5th Lake.

**Day 12** Climb Gokyo Ri 5330m, trek from Gokyo - Dhole (4110m, 15.7km or 7-8 hours walk).

**Day 13** Trek Dhole - Namche (3440m, 11km or 6-7 hours walk).

**Day 14** Trek Namche - Lukla (2840m, 19km or 6-7 hours walk).

**Day 15** Fly from Lukla to Kathmandu.

## Everest Base Camp and Gokyo Lakes Trek

### Day 01: Kathmandu-Lukla-Phakding

You will be directed to the domestic terminal for your morning flight to Lukla, a scenic 40-minute journey along the Nepalese Himalayan range. This eastbound flight takes you to Tenzing Hillary Airport in Lukla, nestled amidst imposing hills. The name "Lukla" originates from the Tibetan language, meaning "place of sheep," reflecting its history as a grazing land for sheep. Once in Lukla, the trek continues through quaint Sherpa settlements like Chhuplung and Ghat, following the path alongside the Dudhkoshi River until reaching Phakding, situated in the picturesque Dudh Koshi River Valley.

**Note:** All the flight operates from Ramechhap - Lukla in the months of April, May, October and November.

**Activity:**

35 Minutes Flight, 8km or 3 Hours walk

**Highest Altitude:**

2610m, Phakding

**Meals:**

Breakfast, Lunch and Dinner

**Accomodations:**

Sherpa Guide Lodge or similar

### Day 02: Phakding-Namche Bazar

The journey begins smoothly from Phakding, with the initial part of the trek following the Dudh Koshi River basin. We traverse a short foot trail, eventually crossing a narrow suspension bridge to reach Monjo. Monjo serves as the gateway to Sagarmatha National Park, where you'll need to present or obtain your National Park Entry permit upon reaching Jorsalle. Lunch is scheduled at Jorsalle, marking the start of the next 3-hour leg of the trek leading to Namche. Throughout this stretch, you'll cross the Dudh Koshi River multiple times, and the ascent from Jorsalle to Namche involves challenging switchbacks with a steep climb.

The trail from Jorsalle to Namche Bazaar is demanding, requiring stamina for the steep ascent. A notable landmark along the way is the renowned Hillary suspension bridge. After a total of 5 hours, you'll arrive at Namche Bazaar, a Sherpa village resembling an amphitheater with stunning views of Mt. Thamserkhu (6608m). Namche Bazaar serves as a pivotal point for various treks in the Everest region, such as the Gokyo Lake Trek, Everest Base Camp Trek, and the Three Passes Trek.

**Activity:**

11km or 5-6 hours walk

**Highest Altitude:**

3440m, Namche Bazar

**Meals:**

Breakfast, Lunch and Dinner

**Accomodations:**

Khumbu Lodge or similar

### **Day 03: Acclimatization rest day at same place.**

Namche Bazaar, shaped like a horseshoe silhouette reminiscent of a Roman Amphitheatre, stands as a vibrant village at an elevation above 3000 meters. Acclimatization becomes crucial before ascending further. Serving as a commercial hub, Namche offers various amenities such as pubs, confectioneries, souvenir shops, and bars. Post breakfast, embark on a day hike to Syangboche Airport (3780m), one of Nepal's highest operating airports. The trail involves a switchback ascent to the airport and further ascends to Everest View Hotel, the world's highest-placed hotel at 3962 meters. The hotel provides spectacular views, including the visible Phortse village and an impressive panorama of Everest. Descend to Khumjung for lunch, a fascinating Sherpa village known for having the highest number of Everest Summitters. Khumjung's allure extends to a mysterious Yeti skull in its monastery and a school established by Sir Edmund Hillary, still in operation. On the return journey to Namche Bazaar, visit the famous Yak Farm, completing a maximum 4-hour round trip.

**Activity:**

6.6km or 3-4 hours walk

**Highest Altitude:**

3880m, Everest View Hotel

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Khumbu Lodge or similar

### **Day 04: Namche- Tengboche**

The initial segment of the trek from Namche Bazaar to Tengboche is relatively easy, featuring occasional ascents through a semi-arid landscape. The path takes a steep descent from Phunki Tenga to the Dudhkoshi River, followed by crossing a suspension bridge and initiating a climb towards Tengboche. This part of the trek is rewarding, offering the first breathtaking views of Everest upon reaching Tengboche.

Tengboche, a small village nestled amidst dense rhododendron and juniper forests, hosts the Everest region's largest monastery—the Tengboche Monastery. To the south of Tengboche stands the picturesque Mt. Amadablam (6812m), while to the far east, the view encompasses the Everest massifs, partially obscured by Mt. Nuptse (7861m) and its neighboring peak, Mt. Lhotse (8516m).

**Activity:**

9km or 5-6 hours walk

**Highest Altitude:**

3867m, Tengboche

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Tashi Delek Lodge & Restaurant or similar  
Lodge

### **Day 05: Tengboche - Pangboche - Dingboche**

After taking in the breathtaking Everest panorama at Tengboche, the journey progresses closer to the Everest Base Camp. The trek from Tengboche to Dingboche begins with a descent through dense birch, fir, juniper, and rhododendron forests, leading to the village of Debouche at 3650 meters.

From Debouche, the trail traverses a massive Mani wall and gradually ascends toward Pangboche. En

route to Pangboche, you'll cross a bridge over the Imjatse River, sourced from the renowned trekking peak, Island Peak (6189m). Continuing from Pangboche, the route continues to ascend for 2-3 hours until you reach the overnight destination, Dingboche.

**Activity:**

10km or 4-5 hours walk

**Highest Altitude:**

4410m, Dingboche

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Hotel Stupa Inn or similar Lodge

## **Day 06: Rest day, Optional Hike to Nangkartshang Peak (4 hrs)**

Upon reaching Dingboche and surpassing the 4410 meters elevation mark, the risk of Acute Mountain Sickness increases. Recognizing the importance of acclimatization in high altitudes, a rest day is scheduled in Dingboche.

As part of the day's activities, a guided day hike to the nearby Nangkartshang Peak is planned. To ease the climb, your backpack will be left at Dingboche. The round-trip hike to the peak takes approximately 5 hours. Nangkartshang Peak offers stunning views of Mount Amadablam and Amadablam Lake. The peak has two summits, one surpassing 5000 meters and the other below 5000 meters. The total ascent to the summit takes about 3 hours. If you're inclined, you can choose to hike to the highest point or descend from the lower peak towards Dingboche. The descent from the top to Dingboche takes about 1 hour. Spend the night in Dingboche.

**Activity:**

4-5 hours walk

**Highest Altitude:**

5000m, Nangkartshang Peak

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Hotel Stupa Inn or similar Lodge

## **Day 07: Dingboche - Lobuche**

The trail from Dingboche to Lobuche begins with a steep ascent along a rocky and rugged path. After an hour of climbing through the Himalayan pastureland, you'll reach Dughlaphedi (4620m), a small Sherpa settlement. Before reaching Dughlaphedi, you'll traverse a vast glacial moraine. A tea break is scheduled at Dughla before continuing the journey towards Lobuche. The stretch to Lobuche involves a gentle climb lasting about 45 minutes. Upon reaching Lobuche, you'll be greeted by the imposing ice wall of Mount Nuptse.

At this elevation, the surroundings transition to a semi-arid landscape with alpine vegetation. The area is characterized by dry conditions, with only small shrubs dotting the landscape. Accommodations for the night will be provided in a teahouse at Lobuche.

**Activity:**

8km or 5-6 hours walk

**Highest Altitude:**

4930m, Lobuche

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

New EBC Lodge or similar Lodge

**Day 08: Lobuche - Gorak shep - Hike to EBC**

The trek from Lobuche to Gorak Shep takes 3-4 hours, crossing the 5000 meters elevation mark, increasing the risk of Acute Mountain Sickness. The trail includes occasional uphill sections to Lobuche Pass, where caution is needed around Yaks. The route to Gorak Shep passes through Khumbu Glacier's glacial moraines, offering a spectacular view of the Everest mountains.

The subsequent journey from Gorak Shep to Everest Base Camp spans a flat expanse with rock boulders, glacial moraines, and sandy terrain. Following the trail marked by Khumbu Glacier debris, you'll reach the base camp with memorials for deceased climbers. The expansive glacial area at Everest Base Camp marks the initial stage of the ascent to Mount Everest's summit. After exploration, the trek returns to Gorak Shep for an overnight stay.

**Activity:**

11km or 6-7 hours walk

**Highest Altitude:**

5140m, Gorak Shep

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Snowland Lodge or similar

**Day 09: Climb Kalapather, trek from Gorak shep to Dzonglha**

The ascent from Gorak Shep to Kalapatthar commences with a gradual climb initially, followed by a stretch on a level surface. The final approach just below the summit involves a switchback ascent with a steep climb, totaling 1.5 hours to reach the top. Kalapatthar stands as an excellent vantage point for admiring the panoramic view of Everest, particularly during the captivating moments of sunset and sunrise.

The route is a challenging uphill climb from Gorak Shep. The trail leads to the base of Kalapatthar and winds through a rocky, uneven path towards the summit. Kalapatthar offers a mesmerizing view of the Everest panorama. After spending around 30 minutes at the top, the descent follows back to Gorak Shep for breakfast. After enjoying a delicious breakfast upon returning to Gorak Shep, begin the descent towards Dzonglha village. Amidst the breathtaking views of Nuptse, Changtse, and Lhotse peaks, embark on a short hike to Lobuche village. Take a westward detour, ascending towards Dzonglha village, and spend the evening captivated by the awe-inspiring sight of Awi Peak (5245m) at Dzonglha.

**Activity:**

15km or 6-7 hours walk

**Highest Altitude:**

4800m Dzonglha

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Cholatse Guest House or similar

## Day 10: Dzonglha-Chola Pass - Dragnag

Today's leg of the journey from Dzonglha to Dragnag marks the conquest of the another highest point of this trek, Cho La Pass. This challenging trek reaches an elevation of 5420 meters at the summit of Cho La Pass. The trail gradually steepens, presenting more demanding terrain as you ascend. Traverse the Cho La Glacier, navigating through dense snow. Following a short descent from a steep ascent, reach the summit of Cho La Pass—the most technically demanding of the three passes. Enjoy a breathtaking view of the glaciated valley before descending to the opposite side. Proceed through boulders towards Dragnag Village, a charming Sherpa settlement, and conclude the day at a cozy teahouse with warm meals.

**Activity:**

8.8 km or 8-9 hours walk

**Highest Altitude:**

4700m, Dragnag

**Meals:**

Breakfast, Lunch and Dinner

**Accomodations:**

Cho La Pass Resort or similar

## Day 11: Dragnag - Gokyo, explore 4th and 5th Lake

Departing from Dragnag, your trek continues towards Gokyo village. Despite the short distance, exercise caution while navigating past the Ngozumpa glacier, traversing through thick ice, snow, and boulders on the way to Gokyo. The village unfolds alongside the expansive oligotrophic lake of Dudh Pokhari. Spend the rest of the day exploring 4th and 5th Gokyo lakes, as Gokyo boasts six freshwater lakes situated at an elevation of 4,700m-5,000m, with Thonak Lake being the largest among them. Enjoy an overnight stay at Gokyo village.

**Activity:**

11.9km or 6-7 hours walk

**Highest Altitude:**

4790m, Gokyo

**Meals:**

Breakfast, Lunch and Dinner

**Accomodations:**

Gokyo Resort or similar Gokyo

## Day 12: Climb Gokyo Ri 5330m, trek from Gokyo - Dhole

Today's traverse involves trekking to the summit of Gokyo Ri, promising breathtaking panoramic views. From the peak, you'll be treated to a mesmerizing sight of Mount Everest, the majestic Himalayan range, turquoise glacial lakes, and vast glaciers. Distinguished from the Everest Base Camp Trek, Gokyo Ri offers a unique perspective, allowing you to marvel at the wonders of the Himalayas and serene lakes simultaneously. After the ascent, enjoy a well-deserved lunch in the village. After lunch, you will begin your return journey descending towards Dhole traversing through Machhermo village in between. Dhole is where you will spend the night today.

**Activity:**

15.7km or 7-8 hours walk

**Highest Altitude:**

4110m, Dhole

**Meals:**

Breakfast, Lunch and Dinner

**Accomodations:**

Dole Resort or similar Lodge

## Day 13: Dhole - Mongla Danda - Namche

The stretch from Dhole to Namche is fairly easy with not much climb uphill in between. The trail leading towards Namche gradually descends with amazing view of Mt. Amadablam never leaving your sight. You will first encounter the crossroad point at Khumjung village located right above Namche Bazaar. Descending further from hereon, you will reach Namche Bazaar for your overnight stop.

**Activity:**

11km or 6-7 hours walk

**Highest Altitude:**

3440m, Namche

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Khumbu Lodge or similar

## Day 14: Namche-Lukla

The route from Namche to Lukla involves a steep descent with several river crossings. You'll follow the same trail, retracing your journey through Jorsalle, Monjo, and Phakding before ultimately reaching your overnight stop in Lukla.

**Activity:**

19km or 6-7 hours walk

**Highest Altitude:**

2840m, Lukla

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Everest Mountain Home or similar Lodge

## Day 15: Lukla-Kathmandu

Commencing with an early morning flight from Lukla, you'll be en route to Kathmandu. After an adventurous 30-minute flight, your trekking journey concludes as you land at Tribhuvan International Airport. Upon arrival, our vehicle will transport you to your hotel.

**Note:** All the flight operates from Lukla - Ramechhap in the months of April, May, October and November.

**Optional:** For flexibility, you may book your own accommodations Hostel to 5 star Hotel in Kathmandu and you can stay more than one night in Kathmandu before and after the trek at your preferred place. Our customers like Kathmandu Guest House).

**Activity:**

35 minutes flight

**Highest Altitude:**

1340m, Kathmandu

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Hotel

## Whats Included?

- Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
- Sagarmatha National park permits and Khumbu Pasang Lhamu Rural Municipality entrance fee.
- Both way flight tickets Kathmandu - Lukla - Kathmandu with airport departure tax.
- One English speaking experience guide and Trekkers 2:1 porter.
- All meals (Breakfast, lunch, and dinner) during the trek.
- 14 Nights Lodge accommodation with hot shower (Namche and Lukla ).
- Duffel Bag.
- Fingertip Pulse Oximeter ( we use every day to check your oxygen level and pulse in your body to minimize high risk ).
- Himalaya Trip T-short.
- Guide and porter's food, lodge, flight, insurance, equipment, salary etc.
- Local fresh fruit like apple and pomegranates etc.
- First Aids Kit.
- 13% Government VAT and official charge.

## Whats not Included?

- International airfare.
- Nepal's visa fees (15 Days US\$30 and 30 Days US\$50), you fill up a form [depart of immigration](#) before you leave and pay cash and get visa on your arrival in Kathmandu airport.
- Hotel (Kathmandu Guest House) and meals in Kathmandu.
- All the drinks such as tea, coffee, 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.

## Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 1,399
5 - 9	USD 1,349
10+	USD 1,299

## EBC and Gokyo Lakes Trek FAQs

## **Acc here**

### **Q1: Just want to ask if we can make the remaining payment by card or is it cash only of EBC Gokyo Trek ?**

I prefer the remaining payment cash US dollar, Euro, Pound Sterling, Nepali currency, etc. If you pay EBC Gokyo Trek fee by credit card, it takes some time to collect in my bank account and you will charge an extra 4%.

### **Q2: How do we pay the deposit for EBC Gokyo Trek ?**

We have different options to make the deposit of EBC Gokyo Trek. You may choose according to your convenience. They are Bank Transfers, Credit card payments, Western Union, etc. For the online credit card payment, kindly go through this link of [Himalaya Trip](#), this is the easiest way to make the payment. If you use a bank transfer, I will send it to you by email.

### **Q3: What is process of booking of EBC Gokyo Trek ?**

We are so pleased to organize your EBC Gokyo trek. Please, kindly scan or photo of your passport copy, and passport size photo by email at [himalayatrip09@gmail.com](mailto:himalayatrip09@gmail.com) or **WhatsApp at +977-9851196388** and deposit 20% of the total amount. We will confirm your booking.

### **Q4: Are there any services available by your company to store extra luggage while on the EBC Gokyo trek?**

You will take the necessary gear with you on the EBG Gokyo trek. The remaining gear, you will store at your Hotel in Kathmandu or in my office in Kathmandu. It is free of cost.

### **Q5: What is the Tea house or Lodges like? What kind of room does we aspect during the EBC Gokyo Trek ?**

Trekking or walking or Hiking activities will be done out of cities. The accommodation is based on the City's Luxurious Hotel or Resort. The room is basic with single, Double, Triple, Twin Beds etc. during the EBC Gokyo Trek. There will be Beds with Mattresses and bed covers. The bathroom is on a shared basis. You have to bring Toilet paper, Shampoo, Soap and Towel with you. WI-FI is available at an extra charge.

### **Q6: Can we do private EBC Gokyo trek with family, friends ?**

If you are more than 2 people, we organize a private EBC Gokyo trek on your desired date. The price will be the same as group joining.

### **Q7: Buy a Nepali Sim Card for EBC Gokyo Trek ?**

You can buy a Nepal NCELL or NTC SIM card on the arrival of the Airport and use it for EBC Gokyo Trek. You can use the Mount Everest Base Camp side. There is no reception in Gokyo Valley.

### **Q8: Bank or ATM or Money Exchange during EBC Gokyo Trek**

Lukla and Namche Bazaar have Bank, ATM machine, and Money Exchange . After that, no Bank ATM, or money exchange during EBC Gokyo trek. It is better to take extra Nepali rupees from Kathmandu.

### **Q9: Hot Shower during EBC Gokyo Trek**

Hot Shower is available on the EBC Gokyo trek. We provide 2 complimentary Hot shower during this trek. One at Namche and second one at Lukla.

### **Q10: 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.

### **Q11: Is electricity available EBC Gokyo trek ?**

Electricity is available in all the places of EBC Gokyo Trek. You can charge your Camera and Mobile Phone. The Lodges charge you extra for this.

### **Q12: Drinking water during EBC Gokyo Trek**

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

### **Q13: How hard is EBC Gokyo trek?**

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

### **Q14: Internet or WI-FI available EBC Gokyo trek?**

Yeah, Internet or WI-FI is available EBC Gokyo trek. But you have to pay to use WI-FI.

### **Q15: Do we need sleeping bag during EBC Gokyo Trek ?**

The Lodges or Tea Houses of EBC Gokyo Trek do not have enough blankets, so you have to take a sleeping bag with you .

### **Q16: What kind of accommodation do we expect during EBC Gokyo trek ?**

We provide one twin bed private common room for 2 people during EBC Gokyo Trek. You have to share the Toilet and Bathroom.

### **Q17: I am traveling alone. Do you have group to join on EBC Gokyo Trek ?**

If you are alone, you will do EBC Gokyo trek with a guide cum porter at the same price. The guide cum porter will carry your backpack and lead this trek. He also communicates in English. If you take this option, you can start on any date.

## **Address**

Raniban,  
Kathmandu, Nepal