

Everest Base Camp and Gokyo Lakes Trekking

Package Highlights

- Explore UNESCO World Heritage sights in Kathmandu valley with your professional guide
- Three star accommodation in Kathmandu and local tea houses in Trekking days
- Trekking with friendly, Helpful, experience guide and porter
- About 35 minutes scenic and adventure flight to and from Lukla
- See stunning Himalayas views of Everest region from world's highest pass Cho La
- Direct touch with typical peoples, their cultures and customs
- Reach at high altitude valley and pass. Gokyo Lake (4,790m), Gokyo Ri (5,357m), Cho La pass (5,420m), Everest Base Camp (5,380m), Kalapathar (5,554m)

Trip Facts

- Starting Price: US\$1425.00 (Per Person)
- Duration: 19 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Trekking and tour
- Accommodation: Hotel and Guest House
- Max. Altitude: Kalapathar (5,554m)
- Min. Pax: Any
- Best Season : March to May & September to November

Itinerary Details

Day 01 : Arrival at Tribhuban International Airport Kathmandu. Pickup and transfer to Hotel. 1350m

Representative from Nepal Highland Treks pickup you from international airport. It is about 20 minutes driving to your hotel. Thamel is the tourist hub of Kathmandu where we stay. If time permits, we can stay in trip briefing. Overnight at hotel

Day 02 : Day in Kathmandu. Sightseeing and trip preparation. overnight at Hotel

After your breakfast in Hotel, our tour guide will lead you to sightseeing at UNESCO heritage sites of Kathmandu valley. Bhaktapur Durbar Squire (Old King palace with arts and architecture), Bauddhanath Stupa (Biggest Buddhist Stupa) and Pashupatinath temple (A biggest Hindu temple). Come back to hotel and final preparation of your trekking

Day 03 : Fly to Lukla (2,860m) and trek to Phakding (2,652m) 3/4 hours. Overnight at tea house

Early in the morning we drive to domestic airport for your flight to Lukla. It is early morning flight about 35 minutes. Scenic flight with tiny aircraft takes off you at Hillary airport (Lukla). Introduce with your porter. After managing your luggage, start walking toward Phakding. The trail follows the bank of the Dudhkoshi River. Easy and flat walking takes only around 4 hours

Day 04 : Trek Phakding to Namche Bazar (3,440m) 6/7 Hours. Overnight at tea house

After your breakfast start trekking to Namche Bazar (Biggest town in Everest region). We pass big suspension bridge at the beginning. Then our trail become slightly up hills. Route is passing through alpine forest along with Dudhkoshi River. We also pass Benkar village, Monjo village and Jorsalle on the way. After having our lunch, we start tough up hills walking and reach Namche.

Day 05 : Acclimatization at Namche. Hike to Everest view hotel (3,880m) and back to Namche for overnight

It is acclimatization day and we take hiking tour around. Hike to Everest view hotel and Khumjung village. Visit local monasteries and Hillary school. It is pleasant day to have your lunch at Khumjung village with front view of Mount Everest, Lhotse, Nuptse, Thamserku, Amadablam and others. Come back to Namche. Walking around in Namche get more refresh

Day 06 : Trek Namche to Tengboche (3,860m) 5/6 hours. Overnight at tea house

We trek an easy way with front view of panoramic mountain up to Phunki Thanga, small River side village. From here, trekking route start to be up hills. It contains some of the major ascend toward Tengboche. Tengboche is famous with Tengboche monastery and it is one of the largest monastery in Everest region. Monastery open from 3 pm and it is good visit at their evening chanting by lamas

Day 07 : Trek Tengboche to Dingboche (4,410m) 5/6 hours. Overnight at tea house

Trekking through Rhododendron forest reach at Deboche village. After Diboche valley reach at Pangboche village which is having biggest settlement of Sherpa peoples. We still have good view of Mount Everest, Lhotse and Amadablam. Trekking trail than follow through upper Pangboche for exploring an oldest pangboche monastery. After walking some minor ascends, we can see picturesque village of Dingboche with beautiful potato fields.

Day 08 : Acclimatization in Dingboche. Hiking around and overnight at tea house

It is good to have acclimatized here before you reach at Everest Base Camp. Instead of staying inactively, we make hiking around the valley. We climb up behind the valley. It is good view of some 8000 miter Himalayas and several other climbing peaks. Instead of hiking long, we back to lodge and take rest for tomorrow's ascent

Day 09 : Trek Dingboche to Lobuche (4,910m) 4/5 hours. Overnight at tea house

It is short hiking at high altitude. We start after your breakfast in Dingboche. After walking around three hours in wide valley we reach at Dughla. You're walking than reach some tough ascending. You may feel hard to breathe as it is thinner air in high altitude. You will reach Lobuche. Lobushe is small settlement with fewer tea houses only. You have to be prepared with chilly night.

Day 10 : Trek Lobuche to Everest Base Camp (5,360) and back to Gorakhshep (5,180m) for overnight. 7/8 hours

Day of reaching at base camp of highest peak of the earth, you are at the day of reaching your dream. It is better to start trekking as earlier as possible after your breakfast. The trekking trail to Everest Base Camp is not hard but it is continuously ascending and descending at glacier rocky trail. Everest base Camp is extremely beautiful. Panaromic Mountains including Everest is surroundings. We will come up to near from Khumbu Glacier and see icefall from slopes of Mount Everest. We than come back to Gorakhshep for our overnight

Day 11 : Climb Kalapathar at early in the morning (5,545m) and trek to Dzongla (4,843m) 7 hours.

Overnight at tea house We prepare with our small bag with hot drinking water and some nuts. It is about one and half hours climbing. When we start, it is dark and chilly. Get sunrise view and panoramic mountain views which is probably the best view ever in this trekking. We come down to Gorakhshep and have breakfast. Trekking to Dzongla via Lobuche.

Day 12 : Trek Dzongla to Thangna (4,650m – 7/8 Hrs) via Chola Pass (5,414m). Overnight at tea house

Today is the hardest day of the trip. Start your trekking after early breakfast. Starting of the trek is at flat and easy than route start tough climbing till Cho La top. The trail drops down through rocky way to the bottom of the Chola. Reach and stay at tea house in Thngna

Day 13 : Trek Thangna to Gokyo (4,780m – 3 Hours) and Explore fifth Lake.

Overnight at tea house in Gokyo

This is an easy day walking through the Glacier which is the longest glacier of Nepal called Ngozumpa glacier. Early reaching at Gokyo Lake. After rest for a while, we can hike to Fifth Lake valley. Gokyo Lake is biggest lake and third lake. There are more 2 Lakes towards Cho Oyu base camp. return to Gokyo Lake for overnight

Day 14 : Climb Gokyo Ri (5,357m) and Trek down to Machchhermo (4470m) 5 Hours. Overnight at Tea house

Early in the morning steep climb up to the top of Gokyo Ri at an elevation of 5,357m. You get stunning views of the super Gokyo valley, the massive Ngozumpa glacier and an incredible panoramic view of the whole Khumbu Himalayas, including the giants Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. Come back to lodge and have warm breakfast. Trek down to Machchhero via second and first Lake.

Day 15 : Trek Machchhermo to Namche (3,440m - 6 Hours) Overnight at tea house

Trekking down to Funky Thanka with Pleasant walk and panoramic views of Himalayas in between beautiful Sherpa villages of Khumbu. Appreciative incredible views of Mt. Thamserku, Ama Dablam and Kantega peaks. A short major uphill til sanasa and easy walking at flat land till Namche Bazaar. Overnight

Day 16 : Trek Namche to Lukla (2,860m - 6/7 Hours) Overnight at tea house

Today is quite long walking down and flat land. It is same way back as we crossed Jorsalle, Manjo, Benkar, Phakding and other small villages on the way. From Jorsalle we cross area of Everest National park. Enjoy your walking with several suspension bring over Dhudhkoshi river

Day 17 : Fly back to Kathmandu and rest. Overnight at Hotel

Fly early in the morning from Lukla to Kathmandu. You can view Scenic Mountain and green hills from tiny flight. Drive from Kathmandu domestic airport and check in hotel. Nepal Highland Treks invite you to have together dinner in typical Nepali cultural restaurant. Share your experience of Everest Base camp trekking

Day 18 : An Extra day in Kathmandu. Overnight at Hotel

Today is the reserve day in Kathmandu in case Lukla flight is cancelled on your original flying date due to bad weather or any technical issue. It is can be your free day in Kathmandu or can plan to visit some historical and cultural sites.

Day 19 : Departure

It is normally to be at International airport 3 hours before your flight time. It only takes 20 minutes drive to reach Airport from Thamel. We manage transportation for your final departure

Cost Includes

- Airport picks up and drops arrangement
- 4 nights' accommodation in Kathmandu on twin sharing with breakfast
- Sightseeing tour in Kathmandu valley with Guide, transportation and entrance fees
- Everest Trekking permit and TIMS card
- Flight ticket of Kathmandu – Lukla – Kathmandu
- Accommodation in tea house on twin sharing during trekking (Room with attached bathrooms are provided in Lukla, Namche and in Phakding)
- Three times foods during trekking (Breakfast, Lunch and Dinner) including tea and coffee
- An English speaking trekking guide and supporter (2 people = 1 supporter) with their foods, accommodation, insurance, equipment
- Emergency rescue management
- First Aid kit
- One evening dinner at authentic Nepali cultural restaurant
- Government taxes and official service charge

Cost Excludes

- Lunch and dinner while at Kathmandu
- Bar bills, soft drinks including drinking water
- Hot shower, battery charge and internet at local tea houses
- Personal equipment, personal insurance, medical expenses, emergency rescue
- Nepal entry visa (USD 30 per person for a month multiple visa, USD 100 per person for 3 months multiple visa) you can get on arrival visa.
- International air fair
- Extra activities mentioned than in our itinerary and cost including
- Tipping to staffs

Useful Note

Accommodation in the trip

Our package is including 3 nights hotel in Kathmandu. It is 3 star category hotels with breakfast and twin sharing. Accommodation in entire trekking is in local tea houses (Local guest house) on twin sharing. You will get rooms with inside toilet in Lukla, Phakding and in Namche. Rest of the overnights are room without toilet inside. All the tea houses are providing common toilets outside your room. Trekking region may have over flow of trekkers in peak season, in that situation, you may share common room with other trekkers. It may happen in Lobuche, Gorakhshep, Dzongla, Thangna, and Gokyo only.

Foods in the trip

Everest Base Camp and Gokyo Lakes Trekking

Kathmandu has lots of restaurants to choose for your Lunch and Dinner. Breakfast is including in the package that is provided by same hotel you are staying. During your trekking, same tea houses you are going to stay provide you breakfast and Dinner. Lunch is on the way at suitable place. All the foods during trekking is including in the packages. Hotel and restaurants provide you international standard foods in entire **Everest Base camp and Gokyo Trekking**. It is suggest choosing vegetarian foods. Meats are not fresh in the region since it should carried from out the of the region.

Guide and Porter

Your guide to trekking is from Kathmandu. He is the one who will be our regular guide more responsible, friendly, helpful and English speaking. You will meet him in Kathmandu before starting your trek. Porters are from Lukla airport. Usually there will be 1 porter for every two trekkers. He is able to carry total 25 kilogram. Both guide and porters are fully equipped, insured and package including their foods, accommodation on the way. Trekking guides are those who can communicate with you and local peoples and having enough knowledge of local places, peoples, their cultures and having knowledge of high altitude sickness.

Drinking Water during Trekking

Drinking water is extra cost from package. During the trek it is available bottled mineral water, boiled water fill in your own bottle from every tea houses or can use even normal water from Tap. Bottled mineral water is available in every guest houses, shops in entire **Everest Gokyo** region. As you hike high altitude, cost of bottled mineral water and boil filtered water increase. Water from local taps can be also used as drinking water by purification with purification tablet and filter it yourself. Most of the trekkers are drinking bottled mineral water and boiled filtered water. Trekkers are using local tap water rarely.

Equipment list

You do not need to bring whole equipments from your home country. Good trekking equipments with reasonable cost are available in Kathmandu. We can suggest you to buy those after we check it in hotel before starting of trekking. Representative from Nepal Highland Treks or your guide can provide you good suggestion. Our itinerary has enough time to be prepared with your proper equipment.

Clothing List

- Round cap to protect from sun during sunny day
- Warm head cover cap
- Muff to cover mouth from heavy wind and cold
- 2 pairs warm inner thermal and inner trouser
- 1 pair warm outer trouser
- 1 pair warm wind proof warm outer trouser
- One pair light and warm jacket or sweeter
- One pair down jacket
- One pair wind proof jacket
- 2 pairs light shocks
- 2 pair warm shocks
- 1 pair light shoe or sandal

1 pair warm water proof trekking shoes

2 pairs light trouser or half pant for walking during day and hot temperature

3 to 4 pairs of light t-shirt

Warm glove

Rain coat (cover body and backpack)

20 liter polar bag for trekking, carrying yourself (Trekking bag pack)

Duffel bag or big polar bag to hand over with your goods to our Porter *

Down Sleeping bag with its Inner * (* = Nepal Highland Treks provide in returnable based)

Other accessories

Head lamp with enough battery

Camera and its battery

Battery charger

Trekking stick

Phone and charger

lip care

Sun cream

Toilet papers

Hand wash lotion

Tooth brush and tooth paste

Washing soap and bath shampoo

Quick dry towel

First Aid Kit Medicines

In every trekking package, our guide will carry first aid kit box containing medicines of anti altitude, anti Diarrhea, pain relief, Antibiotic, anti cold, anti vomiting, anti headache, fever, bandages, handplaster and anti septic lotion . If you are taking any regular medicine that is compulsory to bring yourself.

Some Dos and Dont's during Everest Base camp and Gokyo Lake Trekking

Trekking route of Everest Gokyo region is unspoiled and exotic land which is sensitive. Treat the land and local peoples with care and respect. Try your best to keep environment clean and show appreciation for culture and traditional religious beliefs.

Make Everest Gokyo region litter free: Do not throw any litter; put it in dustbin fixed by national park or in local tea houses. Sanitary napkins and tampons should be wrapped properly and throw it right place. Take batteries back to your home country for safe disposal or reuse.

Respect local cultures, custom and peoples: Route of Everest Gokyo region is combination of different cultural ethnic group of local peoples. Their culture, customs, living style and any function is typical and it is important for them. So respect all these while you are there. You can involve respectfully in those function.

Take your guide with you in every hiking and climbing: our guide will be always with you while trekking every days. You are trekking and hiking in remote areas with maximum altitude. Few days in the itinerary are as acclimatization day and hiking around

Everest Base Camp and Gokyo Lakes Trekking

for recovering stamina. Take your guide with you in all these activities. It is Himalaya and do not be more excited, take advice from guide to take any decision and do not stay longer at the top of high passes.

Do not through foods after order: Foods are all carried by helicopter or flight from Kathmandu. It takes a week time to reach all the foods in base camp site. It is not with any other transportation but carried by peoples or donkey. It is important that you order only sufficient food which you can finish. Do not waste any foods in the region. Meet items are not fresh in Everest Region. The land is out of scarifies any animals, and meets are all carried from out of region. This is the reason meets are not fresh.

Trip Note

Everest Base Camp and Gokyo Lake Trekking itinerary is well designed with enough preparation days in Kathmandu and enough acclimatization days on the way. Nepal Highland Treks is flexible if you want to change itinerary as per your interest. Itinerary of group joining trekking is fixed.

Departure Note

If **Everest Base Camp and Gokyo Lake Trekking** itinerary and its fixed departure dates is not suitable for your, tell us your own departure date. Nepal Highland Treks can organise this trekking in any date as per your interest. You also can customize trekking itinerary in your private trip.