Gokyo Lake And Everest Base Camp Trek

Trip Facts

Duration: 18 days

Trekking Destination: Everest Base Camp & Gokyo Lake, Nepal

Maximum Altitude: 5,554m / 18192ft

Group Size: 1 People Or Above

Mode Of Trekking Tour: Tea House/Lodge

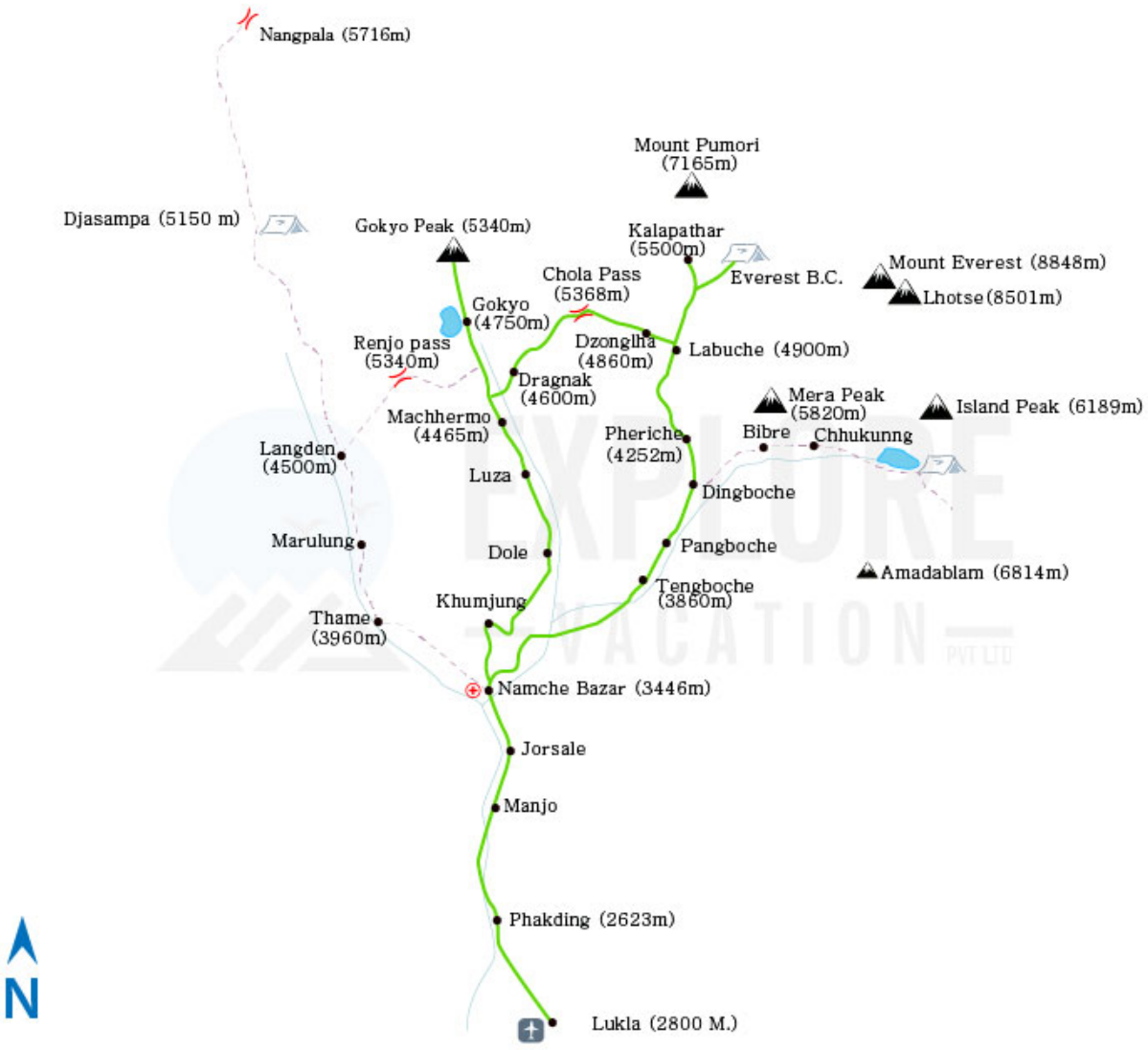
Trekking Hour: Approx 5-7 Hours

Best Season: March/April/May/Sept/Oct/Nov

Highlighted Places: Kathmandu-Lukla-Namche-Gokyo Lake-Chola Pass-Everest Base Camp-Kalapathar-Tengboche

Gokyo, a hidden valley with gorgeous blue lakes has its own status among the adventure seekers. Many trekkers visit the Gokyo valley as a side trip during their Everest Base Camp Trek; they feel their Everest trek is incomplete without the visit to the famous Gokyo Valley. The 18-days Everest Base Camp Trek via Gokyo Lakes takes adventurous trekkers to fabulous Gokyo Valley which is the source of grand Dudh Koshi River, the large Ngojumba Glacier, the famous Cho La pass, and the illustrious view points of Gokyo Ri and Kala Patthar. The entire area is blessed with astounding natural beauty of the shimmering lake. Gokyo Ri is also the best view point of Everest Region, the panorama from here is more extravagant than that from Kala Pathar viewpoint.

P O Box 4612, Sukedhara, Kathmandu, Nepal
Mobile: +977-9851197848 / 47 / 46
WhatsApp: +977 9851197848 / 9851197846
Email: info@explore-vacation.com, sales.explorevacation@gmail.com



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Day to Day Itinerary

Day 1:Arrival in Kathmandu (1,300m/4,264 ft)

The Himalayan flight to Kathmandu is in itself a thrilling experience, with its city views and the Snow Mountains floating around as though just close enough to touch. Once you arrive at the airport our representative will be there with a playcard bearing your name or the name of this travel agency .You will then be transferred to your Hotel for check-in and refreshment. Later in the evening we will have a small briefing on your trip ahead. Overnight at hotel

Day 2:Kathmandu: Sightseeing and Trek Preparation Day

Second day is basically a sightseeing and Trek Preparation day. After breakfast, we embark on a guided tour to major historical, cultural and spiritual attractions of the valley which includes World Heritage Sites like the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambunath) and Buddhists shrine (Bouddha Nath) etc. Today we will also be finalizing official procedure and other necessary arrangements, provide more information on your forthcoming trip, equipments and team composition. Later in the afternoon you can start preparations and shopping for any personal items you may have forgotten for the ultimate trip of a lifetime. Overnight at hotel

Day 3:Fly to Lukla (2,800 m) – Trek to Phakding (2,652 m)

After breakfast we take a flight to Lukla, the most adventurous and breathtaking 40 minute on the air, with view of breathtaking green and white landscape. An amazing landing on a steep mountain runway brings us to the start of our trek at the village of Lukla, 2850 m. After meeting the crew and other team members, we head up the Dudh Koshi Valley on a well-marked trail to Phakding. Today is just a short hike to assist in acclimatization but if one is can take a side trip to a nearby monastery. Overnight at Lodge

Day 4:Trek to Phakding - Namche Bazaar (3,440 m): 6 hrs,

We have an exhilarating day ahead, as we hike through beautiful verdant pine forests, along the Dudh Koshi River crossing and re-crossing many suspension bridges, one of which is the famous Hillary Suspension Bridge. We catch the first spectacular view of the glistening Mt. Thamserku (6618 m) as we trek through the settlements of Benkar, Chumoa, Monjo, before coming to the check post and entrance of the Sagarmatha National Park. From the park our trail then climbs through forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get the first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. We stop a while at Chautara to admire the views and bounties of nature. From here it is a short 1.5 hours hike to reach Namche Bazaar, gateway to Mt. Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Overnight at Lodge

Day 5:Acclimatization day at Namche Bazaar,

Today is the 'acclimatization day' for this trek to adjust to the new environment and altitude. Health experts recommend us to stay active and moving during this day, instead of being idle. Namche is tucked away

between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops hence it is an ideal place to spend a day before heading off towards Tengboche. At Namche we can visit Khunde Hospital set-up by Sir Edmund Hillary, or take an one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the National Park Centre and Museum just above the town. Overnight at Lodge

Day 6:Trek Namche to Dole-(4,110 m / 13,152 ft): 6 - 7 hrs

After a breakfast we start our long hike uphill to Dole. The initial trail is a steep climb out of Namche Bazzar up to Kyangjuma Village where we can enjoy outstanding views of Thamserku, Katenga, and Ama Dablam. Then we pass through the toughest ascent of the Moingla pass, charmingly perched on the spur of Mt. Khumbila where we stop by to have lunch admiring some of the grandest views of surrounding snow-capped mountains and valleys .If lucky, we might also spot some of the rare and elusive wildlife of this region from pheasants, Blue sheep or Thar, and the elusive musk deer. After walking for around 6-7 hours we finally reach Dole, a small village with few teahouses. Overnight at Lodge

Day 7:Trek Dole - Machherma-(4,470 m / 14,663 ft)

Today after breakfast we initially take on a trail that winds up a scenic slope / ridge above Dole, via Lhabarma (4220m) to Luza(4360m). The trail is steep in most places and we have to pass through thorny bushes up to Lhabarma accompanied by great views of Cho Oyu, Kantega, and Thamserku. Our trail further continues through the charming hamlet of Luza (4360 m) to the Dudh Koshi valley, more like a canyon with its sheer sides finally reaching Machherma. Machherma is the last major settlement on the way up to Gokyo. It is here that the Khumbu people first sighted the elusive and mythical creature called "Yeti", or abdominal snowman or wild man in 1974. Lastly we also visit the Himalayan Rescue Hospital (HRA) where we receive a lecture regarding altitude, altitude sickness, its precaution and primary treatment. Overnight at Lodge

Day 8:Trek Machherma - Gokyo (4800 m /15,744 ft)

Today is another exhilarating day as our trail takes us to a chorten situated on a ridge with fabulous views of the valley bekow and the snow capped peaks of Mt. Kangtega, Thamserku, and northern part to the Cho-Oyu (8153m). After a gentle walk further ahead the trail widens to reach Pangka (4480 m). From here we descend to the river bank before beginning the ascent to the moraine of the Ngozamba Glacier. It is a steep climb on the moraine before the trail finally levels out after crossing an iron bridge over a stream to reach the first lake, known as Longpongo at 4690 m. Here we get a chance to observe the Lama footprints on stone. Then our trail comes across two turquoise lakes before finally reaching Gokyo village, on the side of Dudh Pokhari (lake) with the awe-inspiring backdrop of Mt. Cho-Oyu. After lunch, we can explore around Dudh Pokhari lake. Overnight at Lodge

Day 9:Acclimatization Day - Optional Hike to Lakes around.

Today we can take a leisure day to rest at Gokyo or we can utilize the day to explore the lakes around Gokyo Ascent of Gokyo Ri - with unrivalled Himalayan mountains and pristine turquoise blue lakes is a long but exhilarating experience. We can also make an enroute climb to hills at the edge of the Lake, for unparrelled snowy mountain views to of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makulu. Beyond the fifth Lakes is the Cho Oyu Base Camp from where breathtaking views of Cho Oyu and Gyachung Kang,

seems just a stone's throw away. The Northern part of the fifth lake also provides a granstand view of Cho-Oyu Base Camp and the biggest glacier of the world - 'the Ngazumpa Glacier'. We can make an optional visit to the sixth lake, depending on interest and time or else return back to Gokyo village. Overnight at Tea House

Day 10:Trek Gokyo Ri (5357 m) - Thaknak (4750 m ft)

Today after breakfast we hit the trail for Thaknak via the second Lake and the Ngozumba Glacier. Overnight at Lodge

Day 11:Trek Thaknak - Cho-la Pass (5367 m)-Dzongla (4830 m)

Another amazing day awaits you today- the ascent of Cho La. We will have a very early pre dawn start at around 4-6 am, compared to other days on the trip. The pass in itself is not difficult, but it is steep and involves a glacier traverse on the eastern side. Care must to be taken as we navigate this trail as sections are vertical and rocks glazed by ice add twist to the trail. The rocky trail climbs through a ravine ascending continuously, crossing the side of a frozen lake before we reach the top of the pass, decorated with prayer flags. The majestic pyramidal Ama Dablam presides over a range of mountains on the south even as Cholatse soar on the west and Lobuche East and Baruntse rises sharply to our right. After we cross additional hurdles in the form of crevasses we finally arrive at Dzongla, which offers panoramic views of Mt. Cholatse, Mt. Ama Dablam, Lobuche peak and the Pheriche village far below. Overnight at Lodge

Day 12:Trek Dzongla to Lobuche (4940 m /16,207 ft):

Today we have a short and sweet trek to Lobushe hence we can take time at leisure and enjoy to the tune of the songs of the nature and relax. We can enjoy the great views of Lobuche Peak, Ama Dablam, Kangtega, Thamserku and Taboche on a gentle trail, ambling along to Lobuche. Overnight at Lodge

Day 13:Trek Lobuche - Gorak Shep (5170 m)-Everest Base Camp (5364 m)-Gorak Shep

Today is an exhilarating and thrilling day as our trial navigate through the lateral moraine of the Khumbu Glacier. Passing through the pyramid sign post, you will get great views of the crest of north ridge of Everest, Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse, etc. If we make an optional small ascent of Thangma Riju we would be rewarded with 360 degree panorama of snowy mountains. After we ascend the Changri Glacier, we catch our first glimpse of Kala Patthar, a grey-green knoll beneath the Mt. Pumori. As we reach Gorak Shep, we will be surrounded by snow-capped peaks, including the Mt. Everest. After a brief lunch and rest, we continue with our trail to Everest Base Camp through the once vast Gorak Shep Lake. Further ahead, you take the trail through the Indian army mountaineers' memorials to reach the Everest Base Camp. On our trail through the Indian army mountaineers' memorials and to "Everest Base Camp" we get to meet mountaineers from all over the world and appreciate what a mountaineering adventure really is. Everest Base camp stands out with brightly colored tents of mountaineering expeditions against the monotonous grey surrounding (especially in the Spring). From here, Nuptse, Khumbuste and Pumori are directly in front of you. Mt. Everest is not actually visible from here hence we set of later in the afternoon for the optional Kala Patthar hike and its sunset views. Note: For those opting for the hike to Kala Patthar, our Team leader will coordinate all arrangements for the amazing sunset view rather than waiting until the next day. Overnight in Gorak Shep at a local lodge.

Day 14:Trek Gorak Shep - Kala Patthar - Pheriche (4280 m)

We start early in the morning today to catch the dramatic sunrise views from Kala Patthar, witnessing the first light of day shining on Mt. Everest. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to reveal itself emerging between the west shoulder crest and Nuptse. During the ascent to Kala Patthar, we stop at various points in the trail to rest; contemplate on the beauty of nature and not forgetting to go crazy clicking some of the most beautiful photographs of your holiday.As you reach the top, the Himalayan Panorama, floating all around you is truly outstanding which a apt climax to a truly wonderful adventure. For those members who plan to visit Everest Base Camp, we will have early breakfast to start early as Everest base camp hike takes longer time (4 - 5 hrs) than the Kala Patthar hike. After returning back to Gorak Shep, the group will have lunch together and in the afternoon we begin to descend down to Pheriche for a good night's rest.

Day 15:Trek Pheriche - Pangboche - Tengboche - Namche

From Periche it is a relaxing descent to lower altitudes. We retrace our route back to Dughla and the wide valley of Khumbu Khola, passing through the beautiful Sherpa villages of Pheriche, Orsho, and Shomare. Alternatively, we can also take a different trail to visit the Gompa in Upper Pangboche or take the regular trial to reach Pangboche. From Pangboche, we retrace our footsteps down to the Imja Khola and up through the forest to Debuche, or if interested we can also visit to nunnery of Debuche monastery, for some insights in their way of life. If you are here during the full moon of November or December, you might also get the opportunity to witness and participate in the Mani Rimdu festival, at Tengboche monastery. After a leisure lunch at Tengboche, we can continue our trail through rhododendron and juniper trees or we can also have lunch further down at Pangboche or Phunki Tenga. The trail descends gradually to the bridge over the Dudh Koshi River, festooned with prayer flags, rapidly descending through pine forests to Sansa. While passing through this area be on the lookout for wild life such as Blue Sheep or Thar, snow leopards, colorful pheasants, etc., Further we cross Chorten to reach the army camp of Namche Bazaar. Take time here for last looks and photographs of Everest and Tengboche. Finally we are back in our lodge, for a relaxing hot shower after a truly awe inspiring trip. Overnight at Lodge

Day 16:Trek back Namche Bazaar - Lukla

The trek from namche to lukla is mostly downhill following the Dudh Kosi. Although we are travelling the same route down, the impression of the views you get may be totally different. The last evening in the mountains of lukla is the ideal opportunity for a farewell party with your crew, where you can sample some 'Chang' (local beer - a favorite drink on the mountains), do a jig to some Sherpa music and reflect back on a memorable trekking experience. Overnight at Tea House.

Day 17:Fly Back to Kathmandu

After a fascinating and incredible journey we take early morning flight back to Katmandu. Your afternoon can be spent resting or taking in the sights of the Kathmandu valley. Talk with our Trip leaders for the latest happening events of the valley, who knows a street festival might just be happening right around the corner! Additionally if you want to take an optional sightseeing tour, we can arrange one of you let us know. A farewell dinner will be hosted to congratulate on the completion of your trek! Overnight in Hotel

Day 18:Trek End, Final Departure

Today is the end of an incredible Himalayan holiday as we bid adieu to Nepal. Our representative will drive you to the airport in time for your flight back home. We ensure that that you leave Nepal, cherishing the incredible sojourn and an experience of a lifetime. If you have time and interest, you can extend your stay and take optional treks to other areas of Nepal, Tibet, Bhutan, Darjeeling or Sikkim or other activities in Nepal like white water or wildlife safari, do let us know.

Trip Cost Includes

- Arrival/Departure transfer in Kathmandu.
- Accommodation in Kathmandu twin sharing room with breakfast.
- Kathmandu sightseeing entrance fee and tour Guide.
- Accommodation mountain lodge/Teahouse on trek with all meals (breakfast, lunch & dinner).
- Conservation fee / Everest Area National Park fee.
- All required supporting crews with experienced leader (guide), porters to carry luggage.
- Meals, salary, personal equipment, transport and Insurance for supporting teams.
- Kathmandu – Lukla – Kathmandu air tickets and Domestic airport tax.
- First Aid Kit.
- All applicable taxes and service charges.

Trip Cost Excludes

- Nepal entry visa fee.
- Meals in Kathmandu other than breakfast.
- Your travel insurance.
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle drinks etc)
- Tip for Guide and porters.
- Any additional cost due to unforeseen circumstances.

P O Box 4612, Sukedhara, Kathmandu, Nepal
Mobile: +977-9851197848 / 47 / 46
WhatsApp: +977 9851197848 / 9851197846
Email: info@explore-vacation.com, sales.explorevacation@gmail.com
URL : http://www.explore-vacation.com