

## **Everest Base camp trek (via Gokyo lake-Chola Pass)**

After a thirty minute flight from Kathmandu landing at Lukla's tiny airstrip, the adventure really begins. We spend the next few days trekking and interacting among the mountain people also known as Sherpa's we stay at local lodges and trek into the heartland of their villages. Along the trek we will pass Buddhist monasteries with the views of Everest and other snow towering mountains getting closer by the day. We will have rest days in the villages of Namche bazaar that will allow us to explore the region and to acclimatize, which is very important

Khumbu is one of the well acknowledged in the world as a form land of the World's tallest Mount Everest and the native place of Sherpa people; which is situated in the map of Nepal to the northeast. A day and half trek from Lukla on the highland, takes you to the entrance to Sagarmatha National Park and the town of Namche Bazaar- the entrance of Everest Trek. The area is likewise beautiful not only Mt. Everest is there; many other most attractive mountains are there such as Amadoblam, Cho-you. The villages are very beautiful with sociable Sherpa dweller.

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### **Day 01: 8<sup>th</sup> Nov: Arrive in Kathmandu airport**

Upon arrival at Kathmandu, our local representative will meet and greet you at the airport and will assist with your transfers to your local hotel in Kathmandu. And brief about the trip.

### **Day 02: 9<sup>th</sup> Nov: Fly to Lukla (2804m) 30min. trek to Phakding (2650m)3.hrs walk.**

An early morning start takes us to Tribhuvan international Airport in Kathmandu for the 30-minute scenic flight to Tenzing and Hillary Airport at Lukla at 2804meters. After landing we have time to explore the village while our crew sort and load our trekking equipment. Then we begin our trek by descending towards the Dudh Kosi River where we join the main trail to Namche Bazaar, located just above Chaunrikharka (2713m). The walking is easy and after passing through the small village of Ghat (2550m) it is a short walk to Phakding. Overnight at Lodge.

### **Day 03: 10<sup>th</sup>Nov: Trek to Namche Bazaar (3441m) 5 hrs walk.**

We continue trekking along the banks of the Dudh Kosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagamatha National Park, the trail

climbs steeply with breathtaking views. Before you reach Namche Bazaar if lucky with weather chance to see Mt. Everest. Namche Bazaar known as the Gateway to Everest which is home to many quality restaurants, lodges, shops, Money exchange, internet cafe and a bakery. Namche is one of the biggest villages along the whole Everest trail. Overnight at Guesthouse.

**Day04: 11<sup>th</sup> Nov: Namche Bazaar Acclimatization day**

We will spend a day here in order to acclimatize and adjust to the thinning of the air. As well as a short trek where a museum is celebrating the traditional customs of the Sherpa people. You can see Mt. Everest from the top. Or we hike up the Syangboche Airport (Old airport) around Everest View Hotel. From this point, we can see rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks. Overnight at Guesthouse.

**Day 05: 12<sup>th</sup> Nov: Trek to Dole (4200m).] 5.30 hrs walk.**

From Namche climb to Namche top and trail continue gradually up and down to Sansa then trail ascends up to Mongla(4000m.). From here, you can see panoramic views of various mountains. You trek steeply descend passing through Phortse Tenga and from there, the trail climbs steeply to Dole, through rhododendron and birch forest festooned with hanging mosses and lichens.

**Day 06: 13<sup>th</sup> Nov: Dole to Machhermo [4410m]3.30 hrs walk.**

Trek from Dole to Machhermo [4410m] and it takes about three hours. From Dole you climb steadily along the side of the valley, where the small and thorny bushes give way to scrub juniper as the altitude increases. The trail passes many summer settlements, which are used when yaks are taken to these pastures to graze in the summer months. Ahead of you are excellent views of Cho Oyu, while back down the valley are the peaks of Kantega and Thamserku. This is a short day and you will arrive at Machhermo in time for lunch.

**Day 07: 14<sup>th</sup> Nov: Machhermo to Gokyo [4750m] 4 hrs walk.**

Today you head for the lakes at Gokyo. You follow a very scenic path to Pangka and then descend slightly, following one of the melt-water Rivers which flow down the west side of the Ngozumpa Glacier. You climb a steep rocky path inclined into the valley by the side of the glacier, passing the first of the holy lakes. You soon arrive at the second of the lakes, crossing the path which heads across the glacier to Cho La (5420m.) - your route to Lobuche and Everest, later in the trek. The third lake is known as Dudh Pokhari and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is magnificent with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green water.

**Day 08: 15<sup>th</sup> Nov: Gokyo to Gokyo Ri [5340m] & Trek back to Thangna [4650m]**

Trek from Gokyo to Gokyo Ri [5340m] & Trek back to Thangna [4650m] via Gokyo village and it takes about 4 and half hours. Gokyo Ri looms above the village on the northern edge of the lake and you leave camp just after first light, following a steep path up the hillside. As you climb, the summits of Everest, Lhotse and Makalu slowly come into sight and the view from the summit of Gokyo Ri itself, is one of the

finest to be had in the Everest region - some say it is even better than that from Kala Patthar. After lunch it is a short walk to the village of Thangna, situated at the shore of the Ngozumpa Glacier.

**Day 09: 16<sup>th</sup> Nov: Thangna to Dzongla (4843m.) via Chola pass (5420m.) 5.30 hrs walk.**

Trek from Thangna to Dzongla (4843m.) via Chola pass (5420m.) Now you ascend slightly along the valley towards Chola pass. The pass you pass through is covered with rocks. The Chola pass is most of the time covered with blue ice giving you a chill feeling. Here you can also enjoy the panoramic view of various mountains. From here, the trail descends steeply down for an hour and then slightly descends all the way to Dzongla.

**Day 10: 17<sup>th</sup> Nov: Dzonglo to Gorakshep (5200m.) via Lobuche, 5 hrs walk.**

Trek from Dzonglo to Gorakshep via Lobuche. From Dzongla the trail descends and ascends gently and contours around the west side of the Lobuche Khola, providing excellent views of Ama Dablam, the Nuptse-Lhotse wall and Everest. The trail coming from Pheriche meets at the Lobuche Khola ( Lobuche Stream).

**Day 11: 18<sup>th</sup> Nov: Trek to Everest Base Camp (5400m) then back to Gorak Shep (5200m) 6hrs walks.**

This is another big and difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5400meters. , the closest you can get to Mt. Everest without mountaineering equipment. There will likely be a team there about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. We return back to Gorak shep for the night. Overnight at Guesthouse.

**Day 12: 19<sup>th</sup> Nov: Hike up to Kalapattar (5550m) early in the morning and trek down to Periche (4250 meters) 7 hrs walk.**

Most of morning in this day is spent climbing (Walking) Kala Patar, a small peak (by Himalayan standards) at 5550m. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 29028ft, 8848meters, towers directly ahead and on all sides loom the other giants, Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep, a tiny hamlet at 5200 meters then trek down to Periche. Overnight at Guesthouse

**Day 13: 20<sup>th</sup> Nov: Trek to Tengboche (3860 meters) 4hrs walk.**

From Periche we take a slightly different route down to Orsho then to Pangboche village. Here is the oldest monastery in the region which contains what is said to be the scalp and bones of a Yeti, or abominable snowman then. Leaving mountains behind us our descent takes us through Tengboche.

**Day 14: 21<sup>st</sup> Nov: Trek To Manju (2840m) 6hrs walk.**

Tengboche Monastery at elevation of 3860 meters before continuing back to the town of Namche Bazaar at 3441meters. We arrive back into Namche Bazaar and walk back to Manju.It. Overnight at Guesthouse.

**Day 15: 22<sup>rd</sup>Nov: Trek to Lukla (2804 meters)4hrs.**

Finally we return to Lukla where the trek began, which will seem like a lifetime ago. Enjoying time to reflect on the trek as a group and the personal achievement of all those who took part. Also giving you time to explore the town. Overnight at Guesthouse .

**Day 16: 23<sup>rd</sup> Nov: Morning flight back to Kathmandu**

Enjoying your last glimpse of the mountains you have recently visited for one last time on the 30 minute Scenic flight back to Kathmandu. On arrival in Kathmandu we are met and transferred back to our starting hotel. Overnight at hotel.

**Day 17: 24<sup>th</sup> Free and Easy (You can use this day in case of lukla flight or so on)**

**Day 18: 25<sup>th</sup> Free and Easy**

**Day 19: 26<sup>th</sup> Nov: Local representative will transfer to International airport**

**COST POUND: 800 per person (Stander Package)**

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**COST POUND: 1650 per person (Luxury Package, 5 tsar stander accommodations and food available places and best available with inside bath room.)**

**Above cost Include:**

1. Airport pick up & Droop.
2. Guide, Assistance guide and porter.
3. All food (Breakfast, Lunch& Dinner.)
4. Accommodation. (Lodge)
5. Hot drinks. (Tea & coffee) 3 times a days.
6. Land transportation.
7. TIMS (Trekking Information Management System)
8. Sagaramatha (Everest) National park Permit.
9. Air Ticket (Kathmandu-Lukla-Kathmandu)
10. Four night's Hotel with breakfast in Kathmandu Valley.
12. All kinds Entry Permit
13. All food, drinks, Lodge, salary, Insurance, Medical, Equipments, Air ticket, land transport etc for trekking staff.

14. Sleeping bag, down jacket and Duffel bag.

14. All taxes.

**Above cost does not include:**

1. Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses etc

2. Lunch & Dinner in Kathmandu.

3. Tips(Tips is not compulsory but expected)