

## Everest Base Camp and Gokyo lake Trekking – 19 Days

<http://www.gangajamunatreks.com/everest-base-camp-and-gokyo-lake-trekking.html>

**Everest Base Camp and Gokyo Lake** is combination of high Himalayas and beautiful fresh water lakes at highland. First day of trip start from 35 minutes breathtaking Himalayan flight from Kathmandu to Lukla airport, foot of **Everest Base Camp Trekking**. Best of Everest region Everest Base Camp and Gokyo Lake including Cho La pass is choices of adventure lover. Heartland of Sherpa village, their cultures and warm hospitalities from local tea house is memorial of the trip. Best view point of Mount Everest and other hundreds of snowy peaks from Kalapathr (5545m) and Gokyo Ri (5357m) is the best achievement of the trip.



Our itinerary of **Everest Base Camp and Gokyo Lake** is reaching at Everest Base Camp first and reach another destination Gokyo valley passing by Cho La pass. It is life time achievement to reach at base camp of Mount Everest. You may love to spend more times around Gokyo Lake and explore all 5 lakes around. We are flexible to edit our itinerary as per your interest. You also have option to add **Renjo La pass** and **Kongmala Pass** in your itinerary along with Everest Base Camp and Gokyo Lake.

If you want to spend lesser days in Everest region, please check out our other programs of **Everest Base Camp Trekking – 14 Days**, **Everest View Trekking – 9 Days** and **Gokyo Lake Trekking – 14 Days**.

### Best Season

The best time to trek Everest Base camp and Gokyo Lake is from **March to May** and **Sept - Nov**. winter season also will nice to trek Everest base camp and Gokyo lake with regular trekking route without any high passes.

### Trip Highlights

- Sightseeing in UNESCO heritage sites in Kathmandu valley
- Scenic Himalayan flight of Kathmandu – Lukla – Kathmandu

### Trip Fact

**Destination:** Nepal

**Total Duration:** 19 Days

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- Namche Bazaar and Tengboche Monastery
- Reach at Everest Base Camp (5364m)
- Highest climb of this trek Kalapathar (5545m) and panoramic Himalayan view
- Khumbu Icefall and Ngozumba Glacier
- Gokyo Valley and Gokyo Lake
- Climb Gokyo Ri (5357m)
- Warm hospitalities is local tea houses
- Heart of Sherpa and their traditional Culture

**Trip Grade:** Moderate to Strenuous

**Meals:** Breakfast in Kathmandu, Full board in Trek

**Transportation:** Private Vehicle

**Recommended Month:** March to May and Sept to Nov

**Group Size:** Any

Max crossing Altitude :5545 Miter (Kalapathar)

Max sleeping altitude :5137m (Gorakhshep)

### Detail Itinerary

**Day 01: Arrival in Tribhuban international airport Kathmandu (1350m) Transfer to Hotel and Overnight.** Welcome you by our representative. Drive to hotel and check in. It is suitable to prepare your trekking equipment at today evening. If you need extra equipment, your guide will help to buy from equipment shop at Thamel. We proceed to welcome dinner at Nepali typical restaurant. This is your first day of exploring typical Nepali food and cultural dance. Back to hotel and overnight.

**Day 02: Exploration Kathmandu. Guided Touring in Kathmandu valley. Pashupatinath, Baodhdhanath, Swoyambhunath and Kathmandu Durbar squire. Overnight at Hotel** After your breakfast in Hotel, start sightseeing in world's UNESCO heritage sites and other most historical attraction. Exploration of Pasupatinath (Hindu's temple) Baodhdhanath stupa, Kathmandu Durbar squire and swoyambhunath. Professional tour guide will brief you history and its interesting story about all monuments. Come back to Hotel. Introduction with you guide and final preparation of you trip.

**Day 03: Kathmandu – Lukla - Phakding (2610m -4/5 HRS) overnight at local tea house** Early in the morning, drive you to Domestic airport. We take pack breakfast from hotel. Fly with small aircraft to Lukla (2840m) on the way of your flying, you will see panoramic Mountain views including Mt. Everest and other highest peaks. We meet our porters in Lukla airport. Start walking to Phakding (2610m) Overnight at tea house.

**Day 04: Phakding – Namche Bazar (3440m – 6/7 HRS) Overnight at local tea house** We start walking after your breakfast in Phakding. Walking through pine forest and along with suspension bridge over Dudhkoshi River. Half day walking is up going hiking today. You will see first view of Mt. Everest after larja dovan.

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**Day 05: Day acclimatization in Namche Bazar. Overnight at local tea house** Today you will have great day by hiking over Everest view hotel, Musium and surrounding. If you are fit to walking more, you can explore Khumjung village and Hillary school. With the scenic view of Amadablam mountain and settlement of Sherpa's. Walking down to Namche Bazar for overnight. Namche bazar is facilitating with ATM, internet WIFI, good coffee shops and bakeries.

**Day 06: Namche – Tengboche (3860m- 6/7 HRS) Overnight at local tea house** walking up to Sanasa is almost flat today. We choose Everest base camp trail from here. Sanasa is the junction point to divide trekking trails of Everest base camp and Gokyo. We walk through pine forest from Sanasa to Phungi Thanga. After our Lunch we follow ascending trails up to Tengboche. Tengboche is another view point of Mt. Everest, Lhotse, Nuptse, Amadambalm, Thamserkhu. The biggest and oldest Buddhist monastery of Khumbu region, situated in here. Overnight at Hotel.

**Day 07: Tengboche – Dingboche (4410m- 6/7 HRS) Overnight at local tea house** The walking through beautiful villages and most beautiful carved Mani stone. Delicious lunch and excellent view of Mt. Amadablam from Pangboche. After lunch, continue walking for 3 HRS to reach Dingboche.

**Day 08: Acclimatization in Dingboche. Easy hiking around and overnight** Rest day at Dingboche. it is more helpful to have acclimatization day again here to be in Everest Base Camp. We spend day with some excursion activities (3/4 HRS) for acclimatization. Hike up to Chukkum valley. Massive view of Mt. Amadamlam, Lhotse and Nuptse will follow you every moment.

**Day 09: Dingboche to Lobuche (4930m – 4/5HRS) Overnight at local tea house** Today normal walking over high altitude. After step up from Dingboche village, we view another village Pheriche. When we decent from Everest Base Camp, we pass through Pheriche village. The views of mountain Ama Damlam, Mt, Nuptse, Mt Cholatse, Mt. Tawatse, Mt Thamserkhu and several other magnificent peaks gives you filling of wondering. Reach Lobuche and overnight at Hotel.

**Day 10: Lobhuche – Gorakhshep - Everest Base Camp (5364m) – Gorakhshep (5170m – 7/8HRS) Overnight at Local tea house** After 2 hours walking we reach to Gorakhshep. We leave all our stuff here. This is last station of accommodation facility in Everest Base Camp Trekking. After our lunch in Gorakhshep, we continue walking Everest Base camp. You dream to be base camp of world's highest peak comes in true. Mt. Pumori, Nuptse and Khumbuche are front of you. Mt. Everest is not visual from here. You will meet lots of tented camp of Mt. Everest climbers. Taking your pictures

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with world's famous khumbu icefall will be your lifetime achievement. Trek back to Gorakhshep and Overnight.

**Day 11: Gorakhshep – Kalapathar (5545m) - Dzongla (4830m – 5/6 HRS) Overnight at local tea house** Very early in the morning we prepare to hike kalapathar. This is most viewable point of panoramic mountain & sunrise view. Hundreds of snowcapped mountains, climbing peaks including 3 over 8000 miter Mt. Everest 8848m, Lhotse 8516m and Makalu 8481m are nearby you. Trek down to Gorakhshep and have breakfast. Continue trek down to Drangnak.

**Day 12: Dzongla - Chola pass (5420m) and reach to Drangnak (4800m - 6/7 Hours) Overnight at local tea house** we start walking early in the morning and meet sunrise as top of Chola Pass. Once reach at Chola, we will be rewarded with magnificent Mountain View. We immediately descend down to Dzongla because it may face heavy windy which caused sickness. reach at Drangnak and overnight

**Day 13: Drangnak - Gokyo Lake (4790m – 3 Hours) Overnight at local tea house** It is short walking at flat land from Drangnak to Gokyo lake today. Our walking pass by Ngozumba Glacier and the second Lakes and the first Lake of Gokyo. The trek is easier over flat path following Dudh Koshi River up to Gokyo. It is a windy valley and situated near the third lake. At Gokyo you are stunned by the natural beauty of Dudh Pokhari Lake which is known as Gokyo Lake.

**Day 14: Excursion around Gokyo Lake climb Gokyo Ri (5357m) Overnight at Gokyo. Overnight at local tea house** Early in the morning, climb Gokyo Ri. Gokyo Ri is the best view point of Everest region from where, hundreds of scenic Himalayas views with best sunrise. back to hotel and take breakfast. Day tour goes up to base of Choyu to explore fourth and fifth lake. Ngozumpa glacier, the biggest glacier of Nepal is also visited spot today

**Day 15: Gokyo to Dole (4200m - 5 HRS) Overnight at local tea house** Overnight at local tea house After breakfast, start trekking back to Dole following same path. if weather was bad yesterday and not able to explore Gokyo Ri, we have time this morning to climb and explore

**Day 16: Dole to Namche Bazaar (3446m - 5HRS) Overnight at local tea house** Overnight at local tea house Today, we will start walking downhill again till Namche. We retrace the same way back to Namche today. The beginning the trail descending steeply to Photse Tenga. passing through rhododendron forests. Then the

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path immediately escalates steeply to Mongla Danda, where you can have your lunch and gently descends to Namche bazar

**Day 17: Namche Bazaar to Lukla (2840m - 6/7 HRS. Overnight at local tea house** Walking distant is quite long today. All the way downhill till Lukla following Dudhkoshi River and suspension bridge over. Cross several sherpa villages and Everest National park checking counter. By late afternoon reach at Lukla. Your guide will reconfirm your tomorrow's flight of Kathmandu.

**Day 18: Fly back to Kathmandu and rest. overnight at Hotel** Morning flight back to Kathmandu. Transfer to hotel and rest. Your hotel in in Thamel which is main touristic market. you can spend your time in last hour shopping

**Day 19: Departure** Drop to international airport for your final departure

### **Cost Include**

- All your arrival and departure arrangement
- 3 nights' accommodation in Kathmandu on twin sharing
- Every morning breakfast in your stay at Kathmandu
- Sightseeing in Kathmandu valley with professional guide, private transportation and entrance fees
- Flight cost of Kathmandu – Lukla – Kathmandu
- Everest national park permit and TIMS card
- Three times foods a day during your trekking
- Three times hot drinks a day during your trekking
- English speaking trekking guide and supporter in trekking
- Salary, Foods, Accommodation, Insurance, Equipment of Guide/ supporter
- Sleeping bag and warm jacket in returnable based if you need
- Emergency evacuation arrangement
- Sleeping bag and warm jacket in returnable based if you need

### **Cost Exclude**

- Lunch and Dinner in Kathmandu

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- More than 3 nights' accommodation, activities in Kathmandu if you come early from your trek
- Bottled drinks, Bar bills
- Personal expenses, Personal equipment, Insurance, Medical expenses, Emergency evacuation
- Any Tipping