

Everest Base Camp via Gokyo Trek

Trip code	0
Package name	Everest Base Camp via Gokyo Trek
Duration	15
Max. elevation	5545 m
Level	MODERATE
Transportation	Domestic flight from Kathmandu - Lukla - Kathmandu as per itinerary.
Accommodation	Hotel and Lodge twins sharing bed basis during the trek .
Starts at	Kathmandu/Lukla
Ends at	Lukla/Kathmandu
Trip route	Kathmandu - Lukla - Namche - Dole - Machhermo -Gokyo - Gokyo Ri - Thagnak - Chola pass - Zongla - Lobuche- Gorakshep - Everest Base Camp - Kalapattar - Dingbuche - Namche - Phakding - Lulka - Kathmandu .
Cost	USD 1,820 per person

Highlights

- Exploring Namche Bazar , Khumjung village and Hillary school.
- Sagarmatha National park .
- Hike to Gokyo – Ri and Chola Pass
- Hike to Kalapatthar and Everest Base Camp
- Gorgeous view of the mountain ranges such as Mt. Everest, Mt. Cho – Oyu, Mt. Lhotse, Mt. Ama Dablam, Mt. Nuptse, Mt. Thamserku and many more.
- Exploration of the Himalayan Sherpa Community.
- Exploration of the different Buddhist Monasteries.

Overview

Everest Kalapatthar via Gokyo trek is one of the most popular and adventurous trekking route in Everest region. The main attraction of this trek to hike both Kalapatthar and Gokyo Ri view point from where you can see and capture an exotic view of majestic mountains Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Cho Oyu, Mt. Makalu and many more snow capped peaks.

This trekking trail is ideal for those trekkers who want eye catching scenery of the gorgeous Everest region rather than a tiring walk to Base Camp.

Everest Kalapatthar via Gokyo Trekking trail is a fairly popular trekking route where the trekkers can enjoy being at a higher altitude and visit the second largest glacier in the World. This trek is total mountain adventure journey to roof of the world, opportunities for outstanding photographic and many chaos encounter of typical culture in highland.

On the way you can experience the unique Sherpa cultures, hospitalities, visit ancient monasteries and learning about Buddhism and its impact upon Sherpa life are the memorable and unforgettable experiences you will get while traveling this region. You will also be amazed by the stunning views of snow capped mountains while trekking around this trail. It offers excellent and rewarding views of Mount Everest in the adjacent range including lovely valleys, lush rivers and friendly people in quaint villages.

From Gokyo village, you can see clearly [Mount Everest](#) from a slightly greater distance. The views in the Gokyo region are tremendous. During this trip you will observe the romantic villages of stone houses and walled pastures on the shores of Gokyo Lake. It offers you the chance to observe the local peoples way of life and also you may encounter yaks.

While trekking to Gokyo Lake you will be astounded by the ice ridge between Cho Oyu and Gyanchungkang located in Khumbu region. Gokyo Lake trekking provides panoramic views of Cho Oyu, Gyanchungkang, Everest, Lhotse, Makalu, Chola Tse and Tawachee.

This trek features the unbelievable scenery of the remote Gokyo Valley and its festival of beautiful turquoise lakes, moonscape-like glaciers, and stunning mountain vistas that include Everest, Lhotse, Makalu, and Cho Oyu – four of the eight highest peaks on earth. The 360-degree view from Gokyo Ridge is the best in the Khumbu.

Commencing from the airstrip at Lukla the first three days are spent trekking the established trail to E.B.C. We traverse west for a gradual ascent to the beautiful five lakes of Gokyo, where we rest for some side treks including a climb of Gokyo Ri for some fantastic views.

From Gokyo we trek over the Chola pass onwards to Gorak Shep on the main trail and Kalapatthar, fantastic views of Everest. We traverse west part for a gradual ascent to the beautiful five lakes of Gokyo, where we rest for some side treks including a climb of Gokyo Ri for some fantastic view of high mountains in closure.

From Gokyo, the trek leads us to Chola pass onwards to Gorakshep on the main trail and Kalapatthar with the magnificent view of Everest. Everest Kalapatthar via Gokyo Lakes, in a nutshell, will be a lifetime experience with the enthralling sights of Mt. Cho Oyu, Everest, Lhotse, Makalu, Nuptse, Amadablam, Pumori, and Tengboche Monastery – the largest monastery in the Khumbu region. We then descend via the [Thame valley](#) to Lukla from where we will catch up a flight to Kathmandu.

For foreign travelers, the [Everest Base Camp trek](#) has become one of the most popular [trekking in Nepal](#), offering the chance to gaze on the magnificent north face of the world's highest peak Mount Everest. Famous for its amazing mountain peaks and the loyalty and friendliness of its inhabitants Sherpa, the Everest Region is one of the most famous destinations for tourists in Nepal.

While several routes through the mountains are difficult, there are plenty of places to rest and enjoy meals along the way. Trekking is possible the whole year round in this area. The best time to trek is from the beginning of March to May and from September to November. The winter is very cold and snow may make it difficult to travel higher than Tengboche, and lodges may be closed above this altitude.

Summers, are wet and the spectacular peaks are often lost in the clouds. April and early May are a good time to view the hedgerows and trees stuffed into bloom, with Rhododendron, in particular, adding a spectacular spray of color to the landscape. Everest Base Camp is a term that is used to describe two base camps that are on opposite sides of Mount Everest South Base Camp is in Nepal side with an altitude of 5,364 m. and North Base Camp is in Tibet side at 5,150 m. These camps are basic campsites on Mount Everest that are used by mountain climbers during their ascent and descent. [Contact us](#) for a trek and [Inquiry](#) for more details or you can [make payment](#) online.

Trip Itinerary

Day 1 : Transfer to airport for Kathmandu / Lukla flight (45 minute flight). Arrive Lukla and start trek to Phakding (2610 m.) – approx. 2 to 3 hrs walk

After an adventurous 45 minute flight above the breathtaking White Mountains, we reach the Tenzing-Hillary Airport at Lukla in Solukhumbu. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, you will be introduced to our porter. Note: We will hire guide from Kathmandu only. After some packing and arrangements at Lukla, we start our trek through the prosperous village of Lukla. We walk in an easy trail through Chaurikharka village and then descend towards Dudh Koshi until we reach Phakding. Phakding is located 8,700 feet above sea level. To assist in acclimatization, we only have a short hike today.

Day 2 : Phakding / Namche Bazaar (3446 m.) – approx. 5 to 6 hrs walk

On this day, we will have our breakfast at Phakding and then gear up for the trek to Namche Bazaar. Namche Bazaar was once a small village but since grown in size to accommodate the influx of trekkers, and now is the unofficial capital of the Sherpas. It was once an important trading centre on the route from Tibet to Nepal but has now been largely given over to catering for the needs of trekkers.

Our trail takes us first over the Dudh Koshi River via a long suspension bridge, and then through a beautiful pine forest to Monjo, about two hours away. Soon thereafter, we will approach the entrance to Sagarmatha National Park for a brief permit check and then descend to Dudh Koshi River (spotting Mani stones along the way!) en route to Jorsale. Lunch will be served here, and then it's uphill to Namche. Our path along the riverbank is flanked by two crossings, one of which is the Hillary Suspension Bridge. It's a tough climb up the hill to our resting place, but you'll be rewarded in Namche Bazaar with your first glimpse of Everest in its majesty. For acclimatization, we suggest you to spend 2 nights in or around Namche.

Day 3 : Rest/ acclimatization in Namche Bazaar

On the following day, we will take a well-deserved rest to acclimatize, which gives the opportunity to explore some of the less developed and more traditional villages in the area. There's an optional 2 hour hike to Everest View Point, an uphill walk that will help speed acclimatization. You can also check out the Sherpa museum for an overview of the Sherpa culture and history of mountaineering. On Saturdays, the Local Market is open for trading and an intimate look at the locals' marketplace. It is part of the larger Namche Bazaar, a shopping hub filled with all manner of trekking and mountaineering clothing and equipment. Easier options for passing the acclimatization day can be found by visiting the twin Sherpa villages of Khumjung and Khunde, which are about a 2 hour walk above Namche. While in Khunde, visit the hospital, which was established and funded by Sir Edmund Hillary's Himalayan Trust. Khumjung monastery is interesting as being the store place of one of the alleged Yeti scalps that are to be found in the region. Having Tea/Coffee in Everest view hotel and enjoy with gorgeous view of Mt. Everest and Amadablam is other attractions having one day free in Namche Bazaar.

Day 4 : Namche Bazaar / Dole (4200 m.) 6 hrs walk

After breakfast starts hiking up the Dudh Koshi Valley before descending into pine and rhododendron forests where the trail divides.

On the way pass many Buddhist stupas and waterfalls and be awed by the views of Thamserku, Everest, Ama Dablam, and more. We turn left at the fork in the trail to head towards Gokyo Lakes and onwards till we reach the village of Dole.

Day 5 : Dole / Machhermo (4470 m.) 4 hrs walk

This beautiful scenic trail is a steep climb taking you through scrub juniper. Leaving Dole there is an uphill gradient for around half an hour then a more gentle uphill the rest of the way.

The Dudh Koshi River lies far below. Hiking on towards the tiny teahouse settlement of Machhermo the trail comes to a ridge above the village with stunning views of Thamserku.

Day 6 : Machhermo / Gokyo (4790 m.) 4 hrs walk

Leaving Machhermo the trail today is not too strenuous, with only one or two short steep sections. The trail descends to the Dudh Koshi River before a steep climb to the Ngozumpa Glacier and the first Gokyo Lake.

While the first lake is small, the second lake is quite long and runs parallel to the hiking trail. At the 3rd lake, we find some teahouses where we stop for lunch.

Day 7 : Excursion to Gokyo Ri (5357 m.) trek to Thagnag Kharka (5025 m.) 7hrs walk

In the sharpe morning, we climb up to Gokyo Ri which takes around 2.5 to 3 hours. The viewpoint at Gokyo Ri is a high 5,357 meters, with a great panorama of mountains above and lakes and glaciers below – particularly beautiful at sunrise. Then after we back to Gokyo for the breakfast to following Thangnak at same day crossing glacier and rocky terrain to reach there, which has very few teahouses and from where everyone is planning to cross the Chola Pass the next day .

Day 8 : Cross Cho-La pass (5330 m.) descend to Dzongla (4830 m.) 8 hrs walk

Today it's an early start from around 3 am in order to climb the Chola Pass (5,330m). This pass connects the main Everest Base Camp trail with the Gokyo region. Since you are trekking over a glacier at some points, crampons are a must for this pass.

This tough day ends at Cho Dzongla village for some much-needed rest and a good dinner. Naturally, the views on this route make up for the long day.

Day 9 : Dzongla / Lobuche (4930 m.) 3 hrs

Today is a pretty easy and short day with a flat trail. After did long trek yesterday, your body needs more energy for next trip so, Today we just doing 3 hours trek only. You also won't see many trekkers until you reach the main trail near Lobuche.

Day 10 : Lobuche / Gorak Shep (5140 m.) and Everest Base Camp (5320m) - 7 hrs

After having breakfast early in the morning, we continue our trek to Gorakshep Village. The subsequent, straight trail to Everest Base Camp is harder, involving rocky dunes and moraine, formed accumulation of unconsolidated glacial debris. On the way to our destination, we'll approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. During spring season, the entire climbers attempting to scale the mountain's summit gather in Everest Base Camp with colorful tents can be seen as if we are in snowy tents park. Break out your cameras for unbelievable views of breathtaking beauty. After exploring base camp and its surroundings glacier, we return back to Gorakshep before sunset.

Day 11 : kalapattar (5545m) / Dingbuche (4410m) - 8 hrs walk

We'll wake before dawn today to trek towards Kalapatthar (which means "black rock") for a fiery, glorious sunrise over Mt. Everest. After climbing for couple hours, we arrive in the famous view point, the top of Kala Patthar. The day's first light will illuminate your spectacular view of Nuptse Nup, Changtse and Lhotse we have the best view of Mt. Everest, Nuptse, Pumori and Ama Dablam along with the entire mountain views of Khumbu Himalayan range. This may be, of the whole journey, our most opportune moment to snap amazing pictures of Everest and its neighboring peaks. Afterwards, we get back to Gorakshep for breakfast and descend down in the direction of Dingbuche, our nighttime stop. Our pace will be a lot brisker as we descend, and the walking is easier going this way.

Day 12 : Dingboche / Namche Bazar (3440m.) - 7 hrs walk

Although this is a long day of hiking, as you descend in altitude the walking seems a little easier. You will also notice the rising temperature, which is pretty welcome after the earlier colder days. Forests and greenery have returned giving this trail a different look from what has gone before.

On reaching Namche a comfortable hotel and delicious dinner are waiting!

Day 13 : Namche Bazaar (3446 m.) to Phakding (2610m) - 4hrs walk

We descend from Namche Bazaar and will have lunch in Monjo, where we finally leave Sagarmatha National Park again. If the weather is clear, take plenty of photos of your final views of the great peaks we've enjoyed so much along the way, including Everest, Lhotse and Ama Dablam. After trekking down from Monjo, we reach to Phakding.

Day 14 : Phakding / Lukla (2840 m.) - 3 hrs walk

Today you will take an easy and beautiful walk through the blue pine and Rhododendron forests with the views of Kusum Kanguru and Mt. Kwangde. After taking lunch in Lukla, it is advisable to take a look at the small village of Lukla. You can explore the city visiting the local "School of Thangka Painting" and see the beautiful religious paintings as well. Overnight stay at hotel.

Day 15 : Fly back to Kathmandu

In the morning, you'll hop a brief flight from Lukla to Kathmandu, where your journey both began and ends. The flight to Kathmandu from Lukla usually takes 35minutes. You'll transfer to your hotel upon landing for some much-needed solo rest and reflection after your trek conquering the Himalayas.

Inclusions

What is included?

- Airport transfers in Kathmandu.
- Domestic flights between Kathmandu and Lukla.
- Trekking permits and TIMS (Trekking Information Management System) card.
- Experienced and licensed trekking guide.
- Porter service to carry your luggage (one porter for every two trekkers).
- Accommodation in teahouses or lodges during the trek.
- All meals (breakfast, lunch, and dinner) during the trek.
- Sagarmatha National Park entrance and Khumbu rural municipality fee.
- Basic first aid kit.
- Government taxes and service charges.

What isn't included?

- International airfare to and from Kathmandu.
- Nepal entry visa fees.
- Personal travel insurance (covering medical, evacuation, and trip cancellation).
- Accommodation and meals in Kathmandu (beyond the itinerary).
- Personal expenses, such as laundry, phone calls, internet access, etc.
- Additional porters or services if needed.
- Tips for guides, porters, and other staff (tipping is customary in Nepal).
- Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

Complimentary