



Trip Facts

Price: USD 2070

Duration: 18 days

Trip Profile: Gokyo Lakes with Everest Base Camp Trek

Geography: Mountains/Hills/Forests/Glaciers

Location: Solukhumbu

Max Altitude: 5,420m

Accommodation: Hotel/Tea house/Lodge

Meals: All meals included during the trekking

Ethnic People: Sherpa

Religious: Buddhism

Transportation: Flight/Tourist bus/Private vehicle

Group Size: 01-10 Pax

Highlights

- Picturesque flight to Lukla airport
- Trek through UNESCO enlisted Sagarmatha National Park
- Head to ethnic Sherpa villages like Namche Bazaar, Gokyo, and Tengboche
- Cross the Cho La Pass (5420m), one of the highest passes in the Everest region
- Explore the Gokyo Lakes and Gokyo Village
- Relish Himalayan panorama including the Mt. Everest (8848m) from the vantage points of Kalapatthar (5545m) and Gokyo Ri (5360m)
- Reach the Everest Base Camp and enjoy the sights of Khumbu Icefall and Glacier

Overview

The Gokyo Lakes with Everest Base Camp Trek is a fascinating extended journey of the classic base camp trek of the world's highest mountain peak. It also includes a visit to the beautiful Himalayan Lake of Gokyo and the vantage point of Gokyo Ri (5360m). Along with exploring the freshwater system with an alluring scenario, we explore life here.

This marvellous adventure by the [Himalaya Land Treks](#) is for people who are looking for an added highlight to their trekking journey in the Khumbu. Major highlights of the Gokyo Lake with Everest base camp trekking include the ethnic Sherpa towns, the base camp of Mount Everest, the sapphire Gokyo Lakes and the vantage points of Kalapatthar and Gokyo Ri (5360m) among many more.

Major Attractions In Gokyo Lakes and Everest Base Camp Trekking

Sightseeing at Kathmandu

The Gokyo Lake and Everest Base Camp trek start with a splendid tour of Kathmandu city. Kathmandu city has a lot within itself. Tiny hand-carved designs from wood to stone, historic monuments to religious temples, traditional durbar squares to unique cultures; Kathmandu is decorated beautifully as a bride. Here you will visit the four major UNESCO World Heritage Sites in the city. On the way to the street of Kathmandu, you can find many temples and beautiful cultures and traditions.

Lukla airport

The Lukla airport is located at an altitude of 2845m and is known as the most dangerous airport in the world. It is also named as Tenzing-Hillary airport in great honour of Tenzing Hillary who initiated to build of the airport in that region. The trekking journey begins after a short flight to Lukla airport. Flight to Lukla airport is itself an adventure. The trip to Gokyo lakes



and Everest base camp will begin from here.

Antique Sherpa villages

The path continues along with many ethnic Sherpa villages like Phakding, Dhole, Machhermo, etc. Trekking through the ethnic community, you get to learn about life, culture, tradition, unity, humanity, and many more. With a beautiful scenario, you can enjoy the beautiful Himalayan culture. Their warm gesture makes your journey warmer at the cold Himalayan trails. The unique way of hospitality with the motto of “Athithi Devo Bhava” which states for visitors are god. Every visitor is greeted with honour and love, every resident even the children are raised with a culture to help others. This unique feature of lifestyle and culture in the far face of the nation takes away the heart of travellers.

Namche Bazaar and Sagarmatha National Park

The most well-known Himalayan town of the all- Namche Bazaar is also known as the gateway to Everest. The town is located at an altitude of 3440m above sea level and is 13km far from Lukla airport. Here you experience the unique lifestyle at the world’s highest altitude of human settlement.

From Namche bazaar, you will be trekking into the Sagarmatha National Park, which covers an area of 1,148km². It is also a UNESCO enlisted Natural World Heritage Site. Sagarmatha National Park is also home to many endangered species like Musk deer, snow leopard-like, red pandas etc. You can get a chance to spot some rare species through the way.

EBC and Kala Patthar View point (5545m)

Everest Base camp gives you a beautiful view of the Himalayas. But the view of the summit is not seen from the base camp. That’s why Kalapatthar has become so famous for the clear close view of the summit. All the while through the Gokyo lake with Everest base camp trek, the gorgeous Everest massif accompanies you and decorates the Khumbu valley skyline. From the



vantage points of Kala Patthar, you get a close clear view of the summit. You will see a breathtaking panorama of the Himalayas like Lhotse (8516m), Thamserku (6608m), Nuptse (7861m), Ama Dablam (6856m), and Mt. Everest (8848m) among many more.

Gokyo Lake and Gokyo Ri (5360m)

The Gokyo lakes comprises 6 major lakes located at a range of 4700-5000m. Gokyo lakes are the highest freshwater lake clusters in the country. The deep blue lakes also add a more exciting sense of thrill to the journey. The Himalayan Lake presents a bright contrast with its turquoise tincture that stands out magnificently against the backdrop of the silver mountains. The Gokyo Ri is also famous for its religious significance for both Hindus and Buddhists. This place is worshipped as the residing place of the snake god. The Temple of Lord Vishnu and Lord Shiva is situated in the western corner of the lake.

Cho La pass (5420m)

Cho La pass is one of the three major passes of the Gokyo trail in the Everest region located at an altitude of 5420m. It is among the most adventurous and undertaken pathway. For the one who wants to experience the solitary route, the Cho La is among the one and is considered to be one of the highest passes of The Khumbu Region. The Chola pass offers you the closest view of many mountain ranges such as Lothse, Nuptse, Ama Dablam, Everest, and many more.

Best time for Gokyo Lakes with Everest Base Camp Trekking

The best time to explore Gokyo Lakes and Everest Base camp trek is during autumn (September-November) and spring (March-May). As such, the remaining winter (December-February) and monsoon (June-August) seasons experience adverse weather conditions. These seasons also experience frequent flight delays and cancellations so it is recommended to keep some buffer day before planning for the trek.

Alternate Packages

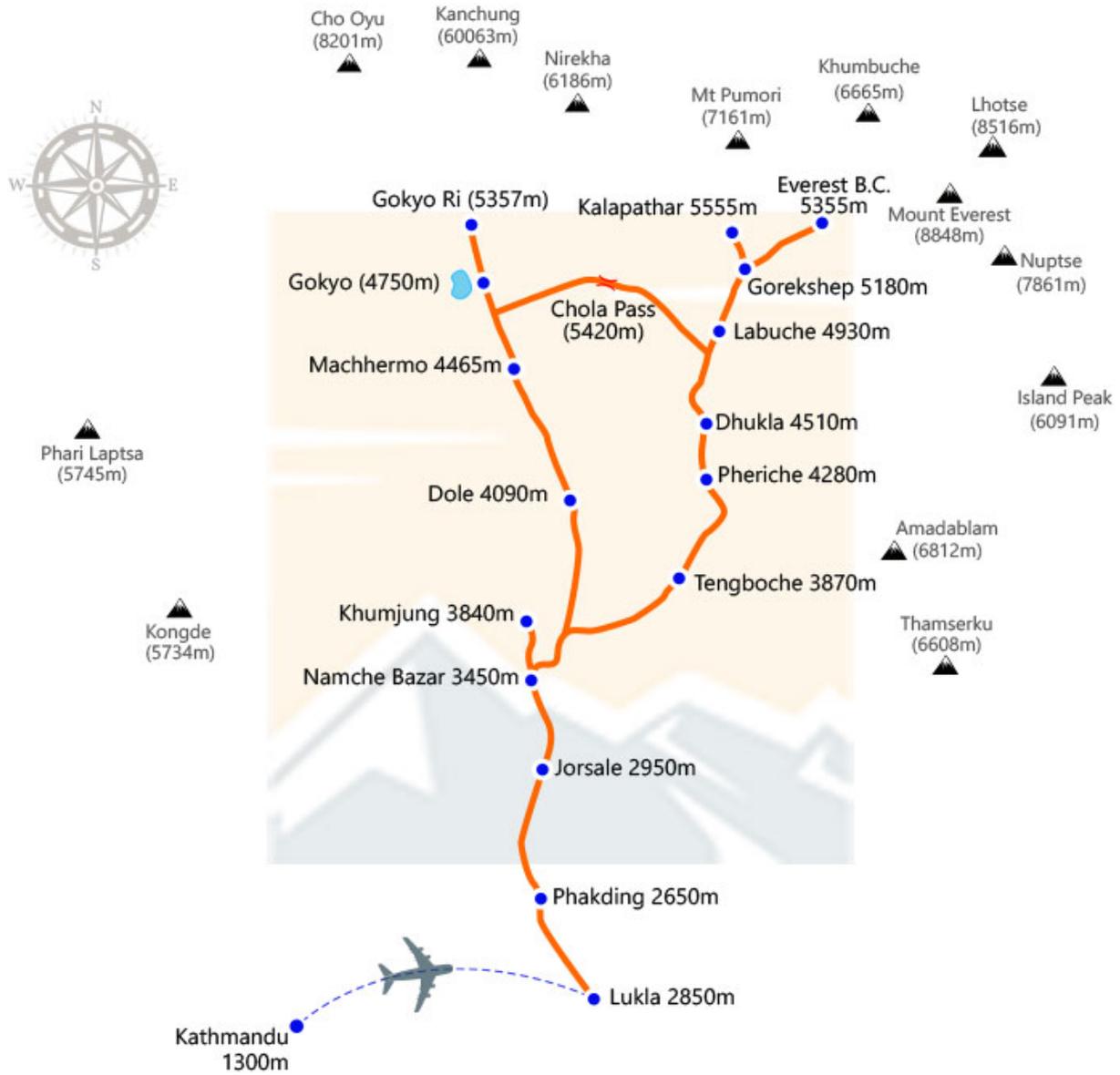


If you want to explore through a less difficult but equally thrilling and adventurous way to take off your trek then you can go through the next package through the following link [Gokyo And Renjo-La Pass Trek](#), [Jiri To Everest Base Camp Trek](#), [Everest Three Pass Trek](#). If you are looking for a short trek to Everest then, simply click on the following link to find out the suitable package for you, [Everest Short Trek](#), [Everest Base Camp Heli Trek](#).

While making the trek along with joy, it is also necessary to make sure we do it safely throughout the journey, which needs a planned itinerary and well-trained personnel. We, here at Himalaya Land Treks, have been doing so for over a decade and we assure you of a lovely adventure through the Himalayas.



Route Map





Day to Day Itinerary

Day 1: Arrival at Kathmandu (1,300m/4,265ft)

Accommodation: Overnight at 3 star Hotel

After your arrival in Kathmandu at the airport, you will be picked up by a Himalaya Land Treks' representative who will take you to your hotel where you will stay overnight.

Day 2: Kathmandu Valley Sightseeing and trek preparation

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast

Today, the sightseeing tour of the Kathmandu city includes visiting the four major UNESCO World Heritage Sites- the Pashupatinath temple, the Boudhanath Stupa, the Boudhanath shrine, and the Kathmandu Durbar Square. The sites provide insight into Nepal's artistic, architectural, and historical dexterity and their intricacy in the construction of the temples and monuments. After the tour, you will be taken back to your hotel. Overnight stay at the Hotel.

Day 3: Fly from Kathmandu to Lukla/ 35 mins and head to Phakding (2,651m/8,700ft) 3-4 hours

Walking hr: 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Early in the morning, you will be transferred to the airport for your Lukla flight. The short flight to Lukla is a thrilling plane ride! From Lukla, you will then trek to the village of Phakding. It is here that you will see the first mountain- the Kusum Khangkaru (6367m), towering over the village. Overnight stay at the guesthouse at Phakding.

Day 4: Trek from Phakding to Namche Bazaar (3,440m/11,283ft) 5-6 hours

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner



From Phakding, you will have a trek to the famous town of Namche Bazaar, passing through the Sagarmatha National Park at Monjo. The path is well-trodden and during the peak trekking season, you will likely pass many other fellow trekkers as well. Namche Bazaar is known as "the Gateway to Everest", and the sight of the mountain peaks from Namche is much more prominent. You can take in the view of Himalayan peaks like Thamsenku (6608m) and the Kongde Ri (6187m) from Himalayan town. Overnight stay at the guesthouse at Namche.

Day 5: Acclimatization Day (3,440m/11,283ft)

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

This day is reserved for acclimatization. Namche Bazaar is a great place to acclimatize as there are lots of things to do in the town. You can visit the Syangboche airstrip that is situated above the town from where the view of the sprawling town is quite splendid. You can also visit the famous Everest View Hotel that boasts of views of the Mount Everest (8848m) and its company Himalayas from all of its windows. Likewise, Namche also has a Sherpa Culture Museum and the Everest Photo gallery. Overnight stay at the guesthouse at Namche.

Day 6: Trek from Namche to Dhole (4,200m/13,779ft) 6-7 hours

Walking hr: 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Namche, you will walk on a relatively easy trail to Kyanjuma and then follow a steep path out of the valley towards Dhole. The path is filled with beautiful rhododendron blossoms and juniper hamlets. Along the way, you will come across many "Kharka" as well- summer settlements used by the Sherpa people when they bring their cattle herd to graze in the pastures. You will pass through the villages of Tongba and Ghele and finally reach Dhole. Overnight stay at the guesthouse at Dhole.

Day 7: Trek from Dhole to Machhermo (4,470m/14,665ft) 4-5 hours

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Dhole, the trekking trail climbs up towards Kele. Continuing on the trek, you also cross villages like Lambara and Luza. The Dudh Koshi valley gets deeper the higher you climb. The trail leaves the pasturelands and makes a final climb alongside the river. Finally, you will reach Machhermo after ascending on a gradually inclining trail. Overnight stay at the guesthouse at



Machhermo.

Day 8: Trek from Dhole to Gokyo (4,790m/15,715ft) 3-4 hours

Walking hr: 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Machhermo, the path continues further out towards a ridge and then branches onwards towards the Karnasa village. The ridge then opens up into a wide valley and the trekking trail then passes through Phangga and steadily descends towards the riverbank before going uphill again alongside the terminal moraine of the Ngozumpa Glacier. Finally, you will reach the first of the Gokyo lakes and continue to Gokyo Village. Overnight stay at the guesthouse.

Day 9: Acclimatization day

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

This is another day reserved for acclimatization. You can spend the taking in the Himalayan beauty of the Gokyo Lake, and also visiting the vantage point of the Gokyo Ri. The view of the Everest massif and its accompanying glaciers from Gokyo Ri (5360m) are simply breathtaking. Overnight stay at the guesthouse.

Day 10: Trek from Gokyo to Dragnag (4,700m/15,419ft) 3-4 hours

Walking hr: 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Further on from the lake, you will trek to Dragnag, which is a relatively easy trekking journey. This day is reserved for rest as tomorrow, a high mountain pass has to be crossed. The trek crosses the Ngozumpa Glacier and passes a glacial lake to ascend further towards Dragnag. Overnight stay at the guesthouse.

Day 11: Trek from Dragnag to Dzong La (4,830m/15,846ft) via Chola Pass (5,420m/17,782ft) 7-8 hours

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The Cho La Pass is considered one of the risky mountain passes of the region, nevertheless, it is quite exciting. You will trek steadily and make your way up the steep hill until reaching the top of the mountain pass. The view of the Everest Mountains like the Ama Dablam (6856m), Taboche (6367m), Lhotse (8516m), Nuptse (7861m), Lobuche (6119m), and the Mt. Everest

(8848m) itself from the top of the pass is utterly out of this world. Then, at a steady pace, you will descend the mountain pass to Dzongla. Overnight stay at the guesthouse.

Day 12: Trek from Dzong La to Lobuche (4,910m/16,108ft) 4-5 hours

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Dzongla, the trekking path then leads to Lobuche, one of the famous stops of the EBC Trek. The village is towered over by the Lobuche peak (6119 m) and is very peaceful with cobbled paths and pastures for yak grazing. Overnight stay at the guesthouse.

Day 13: Trek from Lobuche to Gorakshep to Everest Base Camp and back to Gorakshep (5,140m/16,863ft) 8-9 hours

Walking hr: 8-9 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Lobuche, you will make your way to Gorakshep, one of the last stops before the base camp. It has a sparse number of lodges and from here, you will move towards the base camp. The base camp is decorated with colorful tents and offers views of mountains like Pumo Ri (7165m) and Nuptse (7861m). After spending time at the base camp of Everest, from where the sight of the Khumbu Icefall and the Khumbu glacier are wonderful, you will trek back to Gorakshep for an overnight stay.

Day 14: Hike from Gorakshep to Kalapatthar and trek to Pheriche (4,240m/13,910ft) 8-9 hours

Walking hr: 8-9 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Early in the morning, you will make your way to one of the most famous vantage points of the Khumbu, Kalapatthar. The Everest panorama from Kalapatthar is simply indescribable. You will witness the rising sun amidst the Everest Mountains, and the scenery is gorgeous. After Kalapatthar, you will have your breakfast and then trek back to Pheriche. Overnight stay at the guesthouse.

Day 15: Trek from Pheriche to Namche Bazaar (3,440m/11,283ft) 7-8 hours

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Pheriche, you will once again trek on the well-trodden path back to Namche Bazaar. The



trek is easy and is filled with the natural scenery of the Everest Himalayas and the mountain terrain with rhododendron trees and thick Himalayan groves. Overnight stay at the guesthouse at Namche Bazaar.

Day 16: Trek from Namche bazar to Lukla (2,652m/8,700ft) 6-7 hours

Walking hr: 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Namche Bazaar, you will have a beautiful trek back to Lukla trekking on the same path you trekked at the beginning of the journey, with the path going along mountain ridges and suspension bridges over the Dudh Koshi River. Overnight stay at the guesthouse at Lukla.

Day 17: Fly from Luka to Kathmandu (1,300m/4,264ft) 30-35minutes | Farewell Dinner

Walking hr: 40 min | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

From Lukla, you will bid the Everest mountains farewell and be back to Kathmandu via the plane ride. After arriving back in Kathmandu, you will be dropped at your hotel and you can spend the rest of the day as you please as there aren't planned activities today. The latter parts of the day sees you participate in a farewell dinner hosted by the Himalaya Land Treks. Overnight stay at the Hotel in Kathmandu.

Day 18: Departure day

Meal: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

With a challenging geographical structure and unpredictable climate, internal flight delays are quite frequent, especially so in the Himalayan regions of the country. The flights are even canceled if the weather conditions worsen. As such, we advise you to travel to Nepal during autumn and spring seasons. These seasons offer the most stable of climatic conditions and see far fewer flight delays and cancellations. We also recommend the travelers to include a few



extra days in their travel itineraries as contingencies. You should also be careful to get travel insurance to cover the additional expenses due to these conditions.

Trip Cost Includes

- Airport picks up and drops off, upon arrival and departure.
- Pre trek meeting.
- 3-star Hotel in Kathmandu for 3 nights.
- Full day city tour in Kathmandu by a private vehicle.
- City entrance fees.
- Kathmandu-Lukla-Kathmandu flight tickets.
- All necessary paperwork and trekking permits (National Park Permit, TIMS).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation to Everest base camp and return.
- All accommodation during the trek (Soft, comfort, private room with shared toilet).
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.



Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- Hot and bottle drinks.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Extra Battery Charging, Hot shower, and wifi.
- Travel insurance which covers emergency rescue and evacuation.
- Tipping to Staff.