

Mt. Everest Base Camp and Gokyo Valley Trek

The Eastern part of Nepal (along the Tibetan Border) is the most popular trekking region in Nepal. The region has not only spectacular scenery but also Mt. Everest (not to mention Lhotse, Cho Oyu, Makalu and their attendant lesser peaks). The Everest trek starts in the Nepali-speaking Hindu lowlands and ends in the Tibetan Buddhist highlands where the (ethnic) Sherpa's live. http://en.wikipedia.org/wiki/Sherpa_people

The Solu Khumbu District is famous for mountain tourism. UNESCO has listed the Sagarmatha National Park in its' World Heritage sites. The Sherpa culture and the famous Tengboche Monastery are the highlights of Everest. Namche Bazaar is the entrance gate to Everest. The flora and fauna of this region is of the alpine type. The major ethnic groups that live in the Everest region are Sherpa's, Rais, Tamangs, Brahmins and Chettris. A diverse range of wildlife and vegetation are seen in the region. Animals to be sighted are mountain goat, musk deer and barking deer in the forests. There are many birds here (ravens, crows, coughts and snow pigeons), however for bird watchers the most notable is the Impeyan Pheasant (Himalayan Monal or Danphe). The best time to visit is in spring and autumn.

Itinerary

Day 01: Arrive in Kathmandu. Transfer from the airport to the hotel (we will be at the airport to assist you). Check in, get settled and relax. In the evening we will have a short briefing about the trek and dinner if you feel up to it. Overnight at the hotel in Kathmandu.

Day 02: Kathmandu. Sightseeing around the valley. There are many places we can go depending on your desire for rest (we understand that some of you have had a long journey). The holy place of Pashupatinath temple, Shoyambhunath temple, Boudhanath Stupa and Kathmandu Durbar Square are all lovely and most are close by. Today we will arrange the necessary permits for trekking. Overnight again at the hotel in Kathmandu.

Day 03: Kathmandu to Phakding (2610m). Ask for 'Early Breakfast' at the hotel desk the night before because this morning we will fly out early to Lukla (2840m). The flight time is apx. 40 mins. We begin our trek here. It is an easy 3hr. hike to Phakding. We will overnight at a teahouse lodge.

Day 04: Phakding to Namche (2610m-3440m). Early wake-up today because this is a big push. The first part is relatively easy, but today is at a higher altitude so slow and steady will work best. You can see Mount Everest from the new style bridge crossing at Dudh Koshi; then we will continue on to Namche Bazaar. We will have some hot snacks in Nauje (Namche) which has many Sherpa shops, lodges, and restaurants. Nauje (Sherpa tongue for Namche) is a fun place for both Sherpa's and trekkers alike. Walking distance is about 5/6 hours to Namche. We will overnight at a lodge here.

Day 05: Namche Bazaar (3440m). Acclimatization day. This day gives us time for a sightseeing tour or an excursion towards the village of Thame or Khumjung, which has fantastic views of Mt. Thamserku (6618 m), Ama-Dablam (6814 m), Mt. Lhotse (8516m), Mt. Everest (8848m), Mt. Nuptse (7864m), Island Peak (6189m), and Tobuche (6367m). It is important to take this acclimatization day as the air we breathe will be getting notably leaner (your body will adjust). We will overnight once more in Namche.

Day 06: Namche Bazaar to Tengboche (3440m-3860m). Today's trek is about 5 hrs. in duration. Our journey starts with a sunrise hike to view Mt. Everest, Lhoste, Nuptse and Ama Dablam. Then we descend steeply towards a bridge over the Dudh Kosi (3250m). This is the deepest valley after Namche and before Everest Base Camp. Next we climb up a zigzagging path through rhododendrons, superb mountain views and make for Tengboche. Tengboche is famous for its legendary monastery, the largest in Khumbu. We will overnight at a lodge here in Tengboche.

Day 07: Tengboche to Dingboche (3860m-4410m) Another 5 hr. trek today we ascend. Today we begin with an easy descent through forest land towards a suspension bridge over the Imja Khola river, then a steady climb up to Pheriche via Pangboche (3930m). Pangboche houses the most ancient monastery in the region, after a brief viewing of the monastery we will continue on to Dingboche. We will spend the night here in Dingboche.

Day 08: Acclimatization day again. Rest, breath and adjust to our altitude. We can explore the Chukung Village (4730m) with great views of Lhotse, Island Peak and Kali Himal (4/5 hrs.), or just hike on some side hills (2/3hrs.) in Dingboche. It is important we remain at this altitude for 1 day. This night in Dingboche again.

Day 09: Dingboche to Lobuche (4410m-4910m). The trail starts from an easy walk but is little bit more difficult because of the high altitude. After 3 hrs. of hiking the trail starts to climb up to the Memorial Camp and continues to Lobuche. We will visit the Italian Research Camp with many views of mountains including Nuptse, Pumori (7165m) and the Khumbu Ice Fall. Trek time today is 4/5hrs. Overnight here at a lodge in Lobuche.

Day 10: Lobuche to Ghorakshep (4910m-5190m). Today we will cross the 5000m mark. We will walk through the Khumbu valley alongside of Khumbu Glacier and after that Ghorakshep. We will walk along the glacier (or some of the time on glacier) to arrive at Ghorakshep. If you interested and we have time we will try to go to the Everest Base Camp today (5364m). This will be long day (about 7/8 hrs.). Overnight at a teahouse lodge in Ghorakshep.

Day 11: Ghorakshep to Kalapthar (5550m) to Lobuche (4910m). Wake up early morning and walk up to Kalapatter for sunrise Views of Everest, Nuptse, Lhotse, Pumori just above the beautiful views of Khumbu Glacier the back down to lodge for breakfast. Today we descend a bit to Lobuche (4/5hrs.). Overnight at a teahouse lodge in Lobuche.

Day 12: Lobuche to Zonglha (4910m-4830m). Quite an easy and short walk of about 3 hrs. today leads us to Zonglha. At Zonglha we will take a room (there are not many hotels or options to go further today). We will rest most of the day to get ready to cross Chola-Pass tomorrow (spectacular views of Cholatse and Taboche). We are off the beaten path here. The pass is used primarily by trekkers. The scenery is out of this world. Overnight at a teahouse here.

Day 13: Zonglha across Chola Pass to Thangnak (4830m-4700m). 7/8 hours of trekking today. We will start early morning with a pack lunch along the uphill portion of the hike and then head east passing massive boulders and steep ascents to Cho La (5368m) pass. The pass is icy any time of year (sometimes deep in snow); after the crossing we will proceed down to Thangnak and overnight at tea house lodge here.

Day 14: Thangnak to Gokyo (4700m-4790m). Just 2 hrs. of hiking today (you will thank us) over the glacier takes us to Gokyo and we will explore around the Gokyo Valley. Overnight at teahouse lodge here.

http://en.wikipedia.org/wiki/Gokyo_Lakes

Day 15: Gokyo (4790m). We will take a day to explore around this beautiful region. Let's wake early morning to hike Gokyo Ri (5360m) for 360° views of Everest and Makalu. Overnight again here in Gokyo.

Day 16: Gokyo to Dole (4790m-4110m). As the available oxygen will get richer today this is a very pleasant walk of about 5 hours. Now we make our descent from Gokyo to Machermo and then to Dole with stunning views of Mt. Khangtega, Mt. Thamserku and into the Gokyo Valley. We will overnight at a teahouse lodge in Dole.

Day 17: Dole to Namche Bazaar (4410m-3440m). Back on the beaten path today we hike through centuries old trade routes. After breakfast we descend down to the Phortse Thengnak through the beautiful Gokyo Valley. We will take a short 1 hour climb to the Mong-La, where we can see spectacular views of Ama Dablam, Thamserku and Kongde Ri. Lastly an easy walk to the always intriguing Namche Bazaar. We will overnight at teahouse lodge here in Namche and toast our accomplishments.

Day 18: Namche to Phakding (3440m-2610 m) Just a round trip to Phakding the same way we came here. Overnight in Phakding.

Day 19: Phakding to Lukla (2610m-2840 m). A 3 hour hike will finish our great journey to the 'Top of the World'. We will overnight at teahouse lodge in Lukla and prepare for our flight back to Kathmandu tomorrow.

Day 20: Flight to Kathmandu: Free Day and overnight at the hotel.

Day 21: Free Day Kathmandu. Official 'Trek End' Day. This is a good day for shopping, confirming flights and packing. This evening we normally go out for a group celebratory meal with local entertainment.

Day 22: Kathmandu. Leisure day in Kathmandu (it's also spare day in case of bad weather in Lukla). If you are interested in continuing on to the Chitwan Jungle Safaris, River Rafting Adventure or any other tours you can start today.

Special Note: We understand that all of your group may not be leaving on the same flights. So the night we celebrate our adventure is flexible (you can choose Day 20, 21 or 22)

Day 23: Transfers to Tribhuvan (Kathmandu International Airport KTM) and fly to next destination.

Note: Above itinerary *includes* FB (Full Board) which is Accommodations, Breakfasts, Lunches and Dinners. No drinks are included while trekking. You may purchase them along the route.

Special note:

Above itinerary can be designed according to your preferences. Please let us know whether you would like to make it a shorter or longer trek. Also, if you would like to stay more than 15 days, we offer city guided tours of Kathmandu, white water rafting, jungle safaris or Everest mountain flights.

Brief Package Highlights:

In this package, we have included 5 nights hotel in Kathmandu at 3 star hotels on BB plan, meals and accommodations during trekking, farewell dinner in Kathmandu, domestic flights (round-trip) from KTM to Lukla, all ground transportation by private car, an experienced guide and porter and all of the government taxes and necessary permits.

Included in the cost:

- Airport transfers (round-trip)
- 5 nights' accommodation in Kathmandu on BB plan.
- Meals (Breakfast, lunch and dinner) during trekking.
- Farewell dinner in Kathmandu.
- Fresh fruits during trekking.
- Double occupancy rate.
- Trekking maps (as applicable).
- Round trip flight: Kathmandu / Lukla (tax incl.)
- Experienced Government licensed holder guide.
- Travel & Rescue arrangements.
- Porter / Sherpa who will carry your bags during the trekking.
- Food, accommodation, insurance, salary, equipment, transportation, local taxes for guide and porter.
- Group medical supplies (i.e. first aid provisions).
- All necessary paper work and national park permits.
- TIMS (Trekking Information Management System).
- All government taxes and tourist service charges.

Services excluded in the cost:

Meals and drinks while in Kathmandu.

Your personal travel insurance.

Nepal entry visa fee.

Tips for trekking staff and drivers (tipping is expected but it is not mandatory).

Personal shopping and laundry.

Personal extra trekking equipment (i.e. custom poles).

You may upgrade your accommodations (4 star or 5 star) for a surcharge.

For the current pricing, please use the contact form.