



## Everest Base Camp With Gokyo - 18 Days

Everest Base Camp is a challenging and adventurous trek in the Everest Region of Nepal. The trek gives you the best opportunity to explore the amazing Khumbu region, the culture and life style of the mountain people and their warm hospitality. The trail of the trekking is unique and beautiful with forests of pine, rhododendron and panoramic views of Majestic mountain ranges. We will start with an early morning flight from Kathmandu to Lukla and then we will start our trek through Sherpa Village, colourful Monasteries, Gompas, Chortens and Mani. This is one of the detailed treks in the Khumbhu region as this trek takes us to all the main places of Kumbu Region. Gokyo and Everest valley is beautifully bridged by Chola Pass. Gokyo, Chola Pass and Everest Base Camp trek follows the same trail up to Namche. Gokyo Ri and Kala Patthar are the two vantage points for spectacular views Mount Everest during this trek. This trek gives us an opportunity to visit Gokyo and be mesmerized by the amazing sights of the glacial lakes in Gokyo.

This trekking route trekking offer breathtaking views of Everest including several other peaks along with the magnificent turquoise Gokyo lakes and also lets you explore the Buddhist Monasteries which are located in World's highest elevation.

**Duration:** 18 Days

**Cost:** USD 1800

**Destination:** Nepal

### **Day 01: Arrival in Kathmandu (1400m).**

Upon arrival in Kathmandu Airport, meet with our representatives and transfer to hotel. After check in to hotel free time on leisure and briefing on the trek. You may wish to do some shopping of trekking gears such as pants, trousers, t shirts, jacket, trekking boots, hats, caps, globes, water bottles etc which are found everywhere in Thamel at a reasonable price.

In the evening proceed for welcome dinner hosted by our company.

### **Dinner included**

### **Day 02: Kathmandu Sightseeing and Trip Preparation.**

Today you will be going for a half day sightseeing to visit the World Heritage Sites. You will be visiting Kathmandu Durbar Square and Boudhanath Stupa. After the sightseeing you have free time for trip preparation.

### **Breakfast included**

### **Day 03: Fly to Lukla (2800m) and trek to Phakding (2640m) - 25 minute flight and 4 hours trek.**

Fly from Kathmandu to Lukla (2800m) which takes about 25 minutes. Trek from Lukla to Phakding (2640m) which takes approximately three hours. Lukla is a small town with an airport. There are few tea shops, lodges, hotels and general stores. You begin today's trek from Lukla following a gentle climb up the mountain side on the left bank of the DudhKoshi River. You descend a mountain side path that merges into your route to Everest, with views to a valley to your right, and at its far end, Kusum Kang (6367m) The DudhKosi approaches as you pass a Mani wall and arrive at Phakding.

**Breakfast, Lunch & Dinner included**

**Day 04: Trek to Namche Bazaar: (3440m) - 4 to 5 hours.**

Trek from Phakding to Namche Bazaar (3440m.) which takes about four to five hours. This day you trek and cross the river on high suspension bridges. Beyond Monjo village (2800m) is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve this fragile mountain environment. You then ascend quite steeply to Namche and along the way, if the weather is clear, catch a first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu region and holds a busy Saturday market.

**Breakfast, Lunch & Dinner included**

**Day 05: Acclimatization day in Namche Bazaar.**

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Tengboche tiny Village. For the acclimatization you walk up to Khunde Hospital which was set-up by Sir Edmund Hillary, or a one hour walk up to the Syangboche (3800m.) where Everest View Hotel is situated above Namche for the outstanding view of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. There are also good views from the National Park Centre and Museum just above the town.

**Breakfast, Lunch & Dinner included**

**Day 06: Trek to Phortse Thanga (3600m) – 5 to 6 hours.**

Today we will trek to north towards Sanasa, but before that there is a view point which gives you a first view of Mount Ama Dablam, Lhotse Shar, Taboche Peak, Kangtega and Thamserku. At Sanasa a quiet side path leaves the trekking route to Everest Base Camp and crosses the slopes of Khumbila. Khumbila mountain is worshipped by Sherpa people and is believed that Khumbila is home of the patron God of Khumbu Region and is never climbed out of respect. You will continue on this path of Phortse Thanga, and after crossing the Dudh Koshi, you will arrive at the village of Phortse Thanga.

**Breakfast, Lunch & Dinner included**

**Day 07: Trek to Machhermo (4470m) – 4 to 5 hours.**

Today the trail climbs away from Phortse Thanga passing through pine and rhododendron forests and also crossing beautiful waterfalls and yak pastures. You will pass by some tea houses and the trail then ascends to a hill top. After some walk you will reach Luza from where the trails ascends more along the side of the valley and cross the higher pastureland and Chortens with prayer flags. From this place amazing views of eastern part of Gokyo valley, Mount Taboche and Mount Cholatse can be seen. After a short walk we will reach Machhermo.

**Breakfast, Lunch & Dinner included**

**Day 08: Trek to Gokyo (4750m) – 4 to 5 hours.**

Today is the day that offers you an outstanding mountain views together with mesmerizing series of turquoise blue glacial lakes. You will experience stunning views of the mountain and the beautiful and breathtaking blue lakes which is out of this world.

**Breakfast, Lunch & Dinner included**

**Day 09: Explore Around Gokyo and trek to Gokyo Ri (5360m).**

Today we will explore around Gokyo area for the stunning sights of mountains and trek to Gokyo Ri. It will be a tough walking day to reach to Gokyo Ri, but the sights from Gokyo Ri will make you forget all your hardship. Explore Gokyo Ri area.

**Breakfast, Lunch & Dinner included**

**Day 10: Trek to Thangma (4765m) – 4 to 5 hours.**

Today we will trek down to Thangma. The total time we will trek today is around 4 to 5 hours. After reaching Thangma, we will settle on our Tea House and rest.

**Breakfast, Lunch & Dinner included**

**Day 11: Trek to Dzongla (4840m) via Cho La Pass (5420m) – 5 to 6 hours.**

After breakfast we will start our trek to Dzongla which has an elevation of 4840m. We will walk around 5 to 6 hours to reach Dzongla. On the way we will pass via Cho La Pass which is located at a height of 5240m. Arrive in Dzongla and rest in your tea house.

**Breakfast, Lunch & Dinner included**

**Day 12: Trek to Lobuche (4930m) – 5 to 6 hrs.**

After breakfast now you begin your trek to Lobuche which offers you panoramic view of the mountains along the way. The tea house at Dongla is a good spot to have lunch, before zigzagging up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone caves, built as memorials to the many Sherpa's who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.

**Day 13: Trek to Gorek Shep (5190m) and visit Everest Base Camp (5364m) – 4 to 5 hrs.**

After breakfast trek from Lobuche (4900m) to Gorakshep (5180m) takes about three and half hours. You will lunch at Gorakshep, and walk to Everest Base Camp (5486m). You will spend about 4 and half hours trek up to Everest Base Camp and back to Gorakshep. The trek is on glacier and snow-capped rocks. You can also see many small frozen lakes around the Everest Base Camp and return back to Gorakshep.

**Day 14: Trek to Kala Patthar (5545m) and trek to Lobuche (4930m) – 5 hrs.**

After breakfast, trek to Kala Patthar (5555m) and back to Pheriche (4243m) takes about six hours. You accomplish an early morning climb to Kala Patthar (5555m) to enjoy the view of sunrise. From Kala Patthar you can have a panoramic view of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku and many more. In Pheriche, foreign volunteer doctors are always available to provide medical treatment to trekkers as well as local people.

**Day 15: Trek to Tengboche and to Namche Bazaar (3440m) – 6 to 7 hours.**

After breakfast trek to Tengboche (3870m) which takes almost five hours. During the trek you can have good views of the great peaks of the Khumbu including Mt Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. Continue our trek to reach Namche Bazaar for the night.

**Breakfast, Lunch & Dinner included**

**Day 16: Trek to Lukla (2800m) – 7 to 8 hours.**

Today will be a long trek of around 7 to 8 hours to reach Lukla. We will We will trek back enjoying the lush green scenery around and passing through the incredible mountain scenery and local Sherpa Village. After a long walk of 7 – 8 hours walk we will arrive in Lukla and we will have some time to stroll around the areas while the guides will reconfirm your flight ticket back to Kathmandu. Tonight we will celebrate and enjoy the dinner and overnight at Lukla

**Breakfast, Lunch & Dinner included**

**Day 17: Fly to Kathmandu (1400m).**

In the morning after breakfast fly back to Kathmandu. After reaching Kathmandu, you will be transferred to your hotel. You are free for the day to rest, explore or do some shopping.

In the evening we will take you for a farewell dinner to celebrate the successful completion of your trip.

**Breakfast & Dinner included**

**Day 18: Departure.**

Today you are free until your departure time to Airport. You can rest or relax or do shopping if you have some time. Our representative will come to pick you up 3 hours prior to departure time and transfer you to Airport. Have a good flight back home with beautiful Himalayan memories of Nepal.

## **Breakfast included**

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