

# Everest base camp trek with Gokyo Lake



## Introduction

Gokyo-Chola pass is an optional [trekking](#) route to the Everest Base Camp trek. This route is comparatively challenging and adventurous than the main trail. The Challenging Chola-Pass route connects to Gokyo and Everest Base Camp. Gokyo is a small settlement where the teahouse, lodges are seasonally available. The Gokyo lake trek is more popular among the trekkers due to its altitude. Gokyo-Ri peak is known as the best viewpoint and offers a panoramic view of many mountain peaks including the majestic Mount Everest range. The further trek to Everest Base camp, Cho-La pass is a bit challenging part of this trip. Everest base camp is the ultimate destination situated at an altitude of 5316 meters. Next is the Kala- Pathar (Black- Rock) peak to explore the entire [Himalayan](#) ranges of the Khumbu region. It takes 2 hours to the top and provides a panoramic view of Mt. Everest, Mt. Lhoste, and Mt. Makalu. On the way down to Lukla, we will have a chance to visit the famous and biggest monastery in Tengboche of Khumbu valley.

## Trip Facts

Trip Grade:	Strenuous
Best Season	Oct -Nov & March, April & May
Per Day Hiking:	6-7hrs
Elevation	5316m
Accommodation	Tea House /Lodge

## Cost Includes

- All arrival and departure, airport/ hotel transfer
- Four nights accommodation in Kathmandu with breakfast.
- Welcome and farewell dinner with Nepalese culture program
- Guided Kathmandu city sightseeing tour including entrance fees
- Sagarmatha National Park entrance and trekking permit & TIMS card.
- Kathmandu / Lukla/ Kathmandu round trip flight ticket and departure taxes
- Three meals a day (Breakfast/ Lunch/ Dinner) tea/ coffee during the trek
- Teahouse/ Lodge accommodation during the trek
- An experienced guide including his flight, salary, equipment insurance, lodging and food.
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, insurance, lodging and food
- A first Aid medical kit box
- All government tax and local taxes

## Itinerary Details

### 1. Arrived to Kathmandu

Upon arrival at Tribhuvan international airport in Kathmandu, you will be received and transfer to the hotel. After being refresh, the trip leader will be briefing in detail about the program and take a stroll at the local market. in the evening we offer you a welcome dinner at a Nepalese restaurant with a Nepalese traditional cultural program.

### 2. Kathmandu city tour

Today's full day will be an interesting guided tour to Kathmandu city, a visit to historical monuments and religious holy places like temples, stupa, and durbar squares. During the sightseeing, you will experience the cultural diversity of Kathmandu valley and explore wonderful world heritage. The rest of the time we will spend for preparation of the trek.

### 3. Fly to Lukla (2800 M) trek to Phakding (2600 M)

After, 45 minutes scenic flight from Kathmandu we will land at Lukla airport known as Hillary airport as well. After short with tea or coffee, we will start to walk towards Phakding village for an overnight stop. It is an approximately five-hour trek through the bank of Dudh Koshi River, and crossing beautiful villages and picturesque farmland.

### 4. Trek to Namche Bazaar (3600 M)

After an early breakfast, we continue our walkthrough Dudh-Koshi valley to Jorsale pass. This is the official entry point of the Everest trek. Further, continue along the trail, crossing the Bhote-Koshi River to begin the steep climb up to Namache. Namache Bazaar is a busy, fun village. Trekkers can enjoy mountain views and Himalayan Sherpa culture

## **5. Acclimatization day (3600 M)**

Today we will rest in Namache Bazaar for high altitude acclimatization. During the day we will make some short sightseeing near around the village, probably climb up Syanbouche hill for a better view of snow-capped mountain peaks include Mt. Everest and Khumjung village for Sherpa lifestyle and cultural experience

## **6. Trek to Phortse Tanga (3680m)**

After breakfast, a short climb up to the top of Namche Bazaar then begins the flat easy trail up to Sanasa but it is narrow on the steep hill. From Sanasa we will take a left trail, which climbs gently but traverses a long distance around the ridge, or the steep staircase-like trail made of rocks embedded in the narrow cleft of a large boulder. From the ridge, at Mong, the trail descends to Phortse.

## **7. Trek to Dole**

The trail climbs steeply out of the valley through rhododendron forest, which gives way to fragrant stands of Juniper and large conifers at higher elevations. The route passes through the settlements of Tonga and Gyele (3960m) to Dole (pronounced doe-lay). The views of Khumbila and Tawachee (6542m) are tremendous throughout the day.

## **8. Trek to Machhermo (4470m)**

From Dole, the trail climbs to Luza at 4360m. The track continues to climb along the side of the valley high above the river, crossing sandy spurs to reach Machhermo at 4470m., offers panoramic views of mountains

## **9. Trek to Gokyo (4750m)**

Beyond Machhermo the trail climbs a ridge for an excellent view both down the valley to Kantega and up towards Mt. Cho-Oyu (8153m). Further than the ridge, the valley widens as the trail passes through Pangram at 4390m. We descend to the river bank before beginning the climb up to the terminal moraine of the Ngozumpa glacier. Afterward, the trail levels out as it follow the valley past a second lake, then finally up a boulder-strewn path to Gokyo at 4,750m.

## **10. Excursion Day**

After breakfast explore Gokyo lake. During the day proceed to climb Gokyo-Ri peak and experience a short expedition with frivolous mountain views.

## **11. Trek to Cho – La Pass and Dzonla (5420m)**

The trail descends from Goykyo, passing the second lake. About halfway between the first and second lakes, a trail leads across the moraine to the east and the Cho-La pass at 5,420m. The pass is not difficult but it is steep and involves a glacier traverse on the eastern side.

**12. Trek to Lobuche (4910m)**

Continue along the moraine of the glacier, with views of Kalapathar and Pumori, before reaching Lobuche at (4910m) for your evening stay. This is the last stop before the climb to the base camp the next day. It is important to take the time to rest and acclimatize for this unforgettable day.

**13. Trek to Gorakshep and Kalapather (5140m)**

This trail gives a good view of Pumori and there are beautiful views of the Everest group from Gorakshep and Kalapathar.

**14. Visit to base camp (5316m) back to Lobuche (4910m)**

Everest Base Camp is situated at an elevation of 5316 m. Trekkers feel understandably great satisfaction in reaching here as the Everest Base Camp is not only full of history but breathtakingly dramatic, perched at the foot of the infamous Khumbu icefalls.

**15. Trek to Pangbouche (3930m)**

We retrace our steps to Duglha then go straight up the hill from the bridge to reach an upper trail. Staying high above the valley floor, we pass the yak pasture at Dusa to a Chorten at the head of the Imja valley.

**16. Trek to Namche**

After breakfast heading to Tengboche and explore the popular Tengboche monastery and then continue the trek to Sherpa hub (Namche Bazar) for the night.

**17. Trek to Lukla**

Today, it will be the easiest of the trek. Leisurely we can have breakfast then start to walk down to the Phakding forest trail and deep gorge of Dudh- Koshi River. We will take a short break for lunch in Phakding then continue our trek to Lukla. In the evening, we can celebrate the last night of the trek together with all members and staff.

**18. Fly back to Kathmandu**

Fly back to Kathmandu with a scenic flight of 45 minutes then transfer to the hotel and rest at the hotel or free day.

**19. Free day in Kathmandu**

After breakfast, visit Thamel (shopping area) where the locals shop so busy and fascinating. In the evening, participate in farewell dinner. Stay overnight at hotel on B.B basis Stay overnight at hotel on B.B basis.

## 20. Departure or farewell

Today ends your Everest panorama trekking trip in Nepal. Our representative will take you to the airport 3 hours before your departure schedule. If you have more time you can utilize that on your choice for shopping or sightseeing. On your way home, you will have plenty of time to plan your next wonderful trip to Nepal.