

# Everest Gokyo Lake Trek

## Standard Itinerary

### Everest Gokyo Lake Trek itinerary

#### Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to the hotel on BB plan

##### Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Everest Base Camp Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

#### Day 02: Phakding

Flight from Kathmandu to Lukla and Trek to Phakding 2650m/ 8695ft 4/5 hours. Overnight at the Lodge.

##### Highlights:

- Airport drops by private vehicle (Kathmandu domestic airport).
- Mountain flight to Lukla with an amazing view of Himalayan settlements, waterfalls, rivers, hills, Mountain ranges, and valleys.
- Check in at Lukla (Tourist Check Post) Khumbu Pasang Lhamu municipality.
- Yaks and Mule Caravan along the trail.
- 3 hours Trek observing typical villages, traditional farming, Mani walls, stupas, and Monastery.
- View of a general mountain peak.

#### Day 03: Namche Bazaar

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Trek from Phakding to Namche Bazaar 3440m | 11287ft, 6/7 hours. Overnight at the Lodge.

Highlights:

- Initial crossing of a metallic suspension bridge.
- Trek via the temperate and subalpine forests.
- Yaks and Mule Caravan.
- Check in to the Sagarmatha National Park.
- Trek along the Bhote Koshi River with its buzzing sound.
- Lunch at the beautiful riverside restaurant.
- View of Mt Thamsherku, Kusumkhang and Tawache.
- Encounter view of double suspension bridges with hung prayer flags.
- Stiff climb to reach Namche.
- View of hiked trail from a beautiful cliff in between lunch camp and Namche Bazaar.

## Day 04: Namche Bazaar

Acclimatization day and Hiking Everest View Hotel viewpoint, 2 hours climb. Overnight at the Lodge.

Highlights:

- Visit the sunrise viewpoint at Namche.
- View of majestic Everest, Lhotse, Nuptse, Thamsherku, Kusumkhang, Khangtega, Tawache, Amadablam, Khumbila, and Kwangde
- Visit the community museum of Sagarmatha National Park.
- Hike to the Everest Viewpoint Hotel (2900m) for 2 hours for altitude adoption.
- Drink tea or coffee at the viewpoint with one of the best viewpoints throughout the trek.
- Visit the Khumjung valley and Khumjung school.
- Acclimatize 600m.

## Day 05: Tengboche

Trek from Namche Bazaar to Tyangboche 3860m | 12665ft 5/6 hours. Overnight at the Lodge.

Highlights:

- Trek via beautiful view of majestic Everest, Lhotse, Nuptse, and Amadablam.
- Encounter blue sheep.

- Rest at an exceptional viewpoint with a coffee station.
- Trek via rhododendron forest, Buddhist spell carved on huge stones, Antique souvenir shops, and Suspension bridge.
- Visit the Tengboche monastery, the most important monastery to observe the morning and evening prayers of Buddhist monks.

## Day 06: Dingboche

Trek from Tyangboche to Dingboche 4250m | 13943ft 5/6 hours. Overnight at the Lodge.

Highlights:

- Trek via the beautiful alpine forest.
- Cross the metallic suspension bridge.
- Amazing view of Amadablam with Buddhist stupas, and Spells written on stones.
- Trek via the biggest settlement in the Everest region, Pangboche village.
- Drastic change in vegetation.
- Reach the tree line altitude, which is 4100m in Nepal Himalayas.

## Day 07: Lobuche

Dingboche to Lobuche 4940m | 16207ft 5/6 hours. Overnight at the Lodge.

Highlights.

- Trek in the temperature-dropped alpine geography.
- Trek via 360 degrees view of a beautiful mountain valley.
- View of Mt, Makalu 8463m 4th highest mountain in the world, and Island Peak 6189m most admired peak climbing the peak.
- Reach the end point of the Khumbu glacier.
- 360 views of the Himalayas from The Memorial.
- View of Mt. Pomari 7161m from Lobuche.
- Visit the Khumbu glacier viewpoint at Lobuche.

## Day 08: Gorakshep

Trek from Lobuche to Gorakshep 5170m | 16962ft 4 hours. Lunch and hike to Everest Base Camp 5364m | 17598ft back to Gorakshep for 4 hours. Overnight at the Lodge

#### Highlights:

- Trek via 360-degree mountain view.
- Trek across the Ngozumpa glacier.
- View of Khumbu Icefall.
- Close view of Everest.
- Visit Everest Base Camp.
- Group picture with company staff and banner.
- View of next morning's objective to climb the viewpoint, Kalapatthar 5545m.
- Observe the last settlement at Sagarmatha National Park (Gorakshep 5170m).

### Day 09: Lobuche

Early morning hike from Gorakshep to Kala Patthar 5545m | 18192 ft and trek back to Lobuche 4940m | 16207ft total 7/8 hours. Overnight at the Lodge.

#### Highlights:

- Main objective Kalapather 5545m.
- Hike a stiff 400m climb to the viewpoint.
- Beautiful sunrise view with a close view of Everest, Lhotse, and other mountains.
- View of 360 views of Everest ranges.
- View of Khumbu icefall and the Khumbu glacier.
- View of Tibet Mountain and Tibetan snowcocks.

### Day 10: Dzongla

Hike to Kalapatthar 5545m, trek to Dzongla 4830m 6/7 hours. Overnight at the Lodge.

#### Highlights:

- Trek towards the Gokyo Lake.
- Cross back to Khumbu icefall and View of Khumbu glacier.
- View of Lobuche Peak and Lobuche Base Camp.
- Close view of technical peak Choltse and its glacier lake.

### Day 11: Thangna

Trek via **Cho La Pass 5368m** to Thangna 4700m 6/7 hours. Overnight at the Lodge.

Highlights:

- Early morning climb to Chola Pass.
- Magnificent view of Amadablam and Pheruche village.
- View of Rolwaling mountain range.
- View of Ngozumpa glacier.

## Day 12: Gokyo

Trek to Gokyo 4790m 5 hours. Overnight at the Lodge.

Highlights of day

- Cross Ngozumpa glacier.
- View of Choyou 6th highest mountain in the world.
- View around beautiful Gokyo lake.

## Day 13: Machhermo

Hike to Gokyo Ri 5357m, trek to Machhermo 4470m 6/7 hours overnight at the lodge.

Highlights:

- Hike to one of the best viewpoints in the Everest region.
- View of Everest 8848m, Lhotse 8516m, Makalu 8481m and Choyou 8188m.
- View of the huge Ngozumpa glacier.
- Exposure to maximum peaks of Everest.
- Complete view of Gokyo lake.
- Hike down to subalpine vegetation.

## Day 14: Namche

Trek to Namche 3440m, 6/7 hours. Overnight at the Lodge.

Highlights:

- View of the rolling valley.
- hike down vial subalpine forest.
- Encounter mountain goats
- Unique view of Tengboche Monastery.

## Day 15: Lukla

Trek to Lukla 2827m 5/6 hours. Overnight at the Lodge.

Highlights:

- Enjoy the last day with all staff at Lukla.
- Gift exchange
- Farewell cake and dinner together.
- Group Picture.

## Day 16: Kathmandu

Early morning flight to Kathmandu transfer to hotel evening farewell dinner typical Nepali cultural dance restaurant. Overnight at the hotel on BB plan.

Highlights:

- Hotel drops.
- Further program discussion.
- Employee feedback and review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance and typical Nepali food.

## Day 17: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination.

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## Includes and Excludes

### Includes

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).

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- Sightseeing in world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide
  - Flight fare Kathmandu/Lukla/Kathmandu guest and guide.
  - Twin-sharing accommodation during the trek (guest house/Tea house and lodge).
  - Proffered language-speaking local guide as per your preference (Trained and licensed holder by the government of Nepal).
  - Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg only.
  - All Government local Taxes (National Park, airport, and municipality).
  - National Park fees (Sagarmatha national park, Monjo).
  - Municipality entry fee for participants (Khumbu Pasang Lhamu municipality).
  - First aid and equipment for a porter for the extreme adventure route.
  - Guide and porter salary as per the company policy and government rules.
  - Duffel bag during the trek.
  - Company t-shirt (trekking fabric).
  - Route map.
  - Staffs medical insurance during the trek.

## **Excludes**

- Lunch and Dinner in Kathmandu
  - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required insurance policy in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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