



## Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel  
Kathmandu, Nepal

### Everest Base Camp Via Gokyo Brief Itinerary

#### Day 01 : Arrival in Kathmandu airport (1345 M)

Our representative will be receiving you at Tribhuvan International airport, Kathmandu and s/he will be displaying an Ace the Himalaya signboard outside the airport terminal. You will be then transferred to your respective hotel in our private tourist vehicle.



#### Day 02 : Pre-trip Meeting and Sightseeing around Kathmandu valley.

After a hearty breakfast, at 8.30 AM your sightseeing trip will start. You will have a private vehicle and a professional tour guide at your disposal. Today we will visit some heritages listed below:

**Pashupatinath:** Pashupatinath Temple is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River. Though you are not allowed to go inside the temple as it is strictly for Hindus only, you can clearly see the temple and the activities from the eastern bank of the Bagmati River. It is a square two-tiered pagoda temple built on a single tier pinch which is famous all over the world.

**Boudhanath:** Boudhanath is one of the holiest Buddhist sites in Kathmandu. It was built in the 5th century with four pairs of eyes of Lord Buddha in four cardinal directions keeping an eternal watch over the people and their doings. You will find Buddhist pilgrims from Tibet going around the stupa spinning the prayer wheels. **Bhaktapur Durbar Square:**

Visit the Bhaktapur Durbar Square, the Royal Residential Quarter of Bhupatindra Malla, the famous five-storied temple of Nyatapola in Pagoda style Batsala temple, Bhairavnath temple, Duttatraya temple, Pujari Muth and Palace of 55 windows. The rest of our time in Kathmandu is free for further exploration and some last-minute shopping in Thamel area near your hotel. Overnight at Hotel.

#### Day 03 : Fly to Lukla (2,804 M) - Trek to Phakding (2,610 M)

An early morning start takes us to the Tribhuvan International Airport in Kathmandu for the 35-minute scenic flight to Tenzing and Hillary Airport at Lukla (2,804 M). On arrival at the airport, the guide will brief you and introduce our porters before we begin our trek towards Phakding (2,610 M). After landing we have time to explore the village while our Sherpa crew sort and load our trekking equipment. Then we begin our trek by descending towards the Dudh

Kosi River where we join the main trail to Namche Bazaar, located just above Chaunrikharka (2,713 M). The walking is easy and after passing through the small village of Ghat (2,550 M) it is a short walk to Phakding. Overnight at a guesthouse.

#### Day 04 : Trek to Namche Bazaar (3,440 M)

We continue trekking along the banks of the Dudh Kosi, crossing the majestic river many times on exciting suspension bridges laden with prayer flags. After entering the Sagarmatha National Park, the trail climbs steeply with breathtaking views. Namche Bazaar (considered the Gateway to Everest) is home to many quality restaurants,

hotels, lodges, shops, money exchange services, internet cafes, and bakeries. Namche is the biggest town along the Everest trail. Overnight at a guesthouse.

#### **Day 05 : Namche Bazaar acclimatization day**

likewise We spend a day in Namche Bazaar in order to acclimatize and adjust to the thinning air. We will trek a short distance to a museum that is celebrated for its exhibits of the traditional customs of the Sherpa people. We also hike up the Syangboche Airport near the Everest View Hotel. From this point, we can see rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks. Overnight at a guesthouse.

#### **Day 06 : Trek to Phorste Thanga (3,680 M)**

The trail climbs steeply out of the valley through rhododendron forest, juniper and large conifers start to appear as the elevation increases making the trekking very pristine in spring. The trail passes through Yak Kharka and summer settlements. The views of Khumbi La and Tawache are magnificent throughout the day. Overnight at a guesthouse.

#### **Day 07 : Trek to Machherma (4,410 M)**

We climb a ridge for an excellent view both down the valley to Kengtuga and up towards Cho Oyu and descend to a river and again climbs steeply to the terminal moraine of the Ngozumpa glacier. We will reach Machherma by early noon. Overnight at a guesthouse.

#### **Day 08 : Trek to Gokyo (4,700 M)**

The trek today takes us at one of our main destinations, Gokyo (4,700 M). We will make this camp our base for 2 nights as we will have a couple of sightseeing and hiking trips around Gokyo. Overnight at a guesthouse.

#### **Day 09 : Trek to Gokyo Ri (5,378 M) and back to Gokyo (4,700 M)**

Due to Early in the morning, we have a steep climb up to the top of Gokyo Ri at an elevation of 5,378 M. There are ample rewards for those who attempt this trip - you get stunning views of the super Gokyo valley, the massive Ngozumpa Glacier and an incredible panoramic view of the whole Khumbu Himalayas, including the giants Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. This day we have for acclimatization and afternoon back to the camp. Overnight at a guesthouse.

#### **Day 10 : Trek to Thangna (4,700 M)**

Trek to the foot of Cho La pass. Accommodation in Thangna will be very basic and in a dormitory-based room because of its remoteness. Overnight stay at a guesthouse.

#### **Day 11 : Cross Cho La pass (5,434 M) then trek to Dzongla (4,830 M)**

We start before sunrise at 4 or 5 am to reach the pass by 9 - 10 am to dodge bad weather conditions of the noontime. We cross over at an altitude of 5,300 M where we could be exposed to strong winds if we crossing too late. We start to climb steeply that is regularly used and easy to follow. Therefore , the problem may arise due to the altitude and snow. It often causes terrible problems to cross the pass if it is covered by snow. As you reach the top, you are rewarded by the magnificent views, then we descend to the Dzongla at noon. Accommodation in Dzongla will be very basic and in dormitory style room because of its remoteness. Overnight at a guesthouse.

#### **Day 12 : Trek to Lobuche (4,980 M )**

A rather easier and shorter trekking route will take us to Lobuche after 4 hours of trekking. Overnight at

a guesthouse.

### **Day 13 : Trek to Everest Base Camp (5,364 M) then back to Gorak Shep**

Therefore This is a difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5,364 M the closest you can get to Mt. Everest without mountaineering equipment. There will likely be a team there about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. We return back to Gorak Shep for the night. Overnight at a guesthouse.

### **Day 14 : Hike up to Kala Patthar (5,550 M) early in the morning and trek down to Pheriche (4,200 M)**

This will be one of the most difficult yet rewarding days of the trek. Most of the morning in this day is spent climbing Mt. Kalapathar, a small peak (by the Himalayan standards) at 5,555 M. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 29,028 FT (8,848 M), towers directly ahead and on all sides loom the other giants, Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep, a tiny hamlet at 5,180 M then trek down to Periche. Overnight at a guesthouse.

### **Day 15 : Trek to Namche Bazaar (3,440 M)**

Because of From Periche we take a slightly different route down to Orsho then to Pangboche village. Here is the oldest monastery in the region which contains what is said to be the scalp and bones of a Yeti or abominable snowman. Leaving mountains behind us our descent takes us through the Tengboche Monastery at an elevation of 3,860 M before continuing back to Namche Bazaar at 3,441 M. We arrive back to Namche Bazaar in the afternoon. Overnight at a guesthouse.

### **Day 16 : Trek to Lukla (2,804 M)**

Likewise Finally, we return to Lukla where we started our trek, which might seem like a lifetime ago. We'll spend some time enjoying and reflecting on the trek as a group and the personal achievement of all those who took part. We also have some spare time to explore the town some more. Overnight at a guesthouse.

### **Day 17 : Morning flight back to Kathmandu**

However On your flight back to Kathmandu as you leave Lukla, you can enjoy some last-minute glimpses of the mountains you just recently visited. Upon arrival in Kathmandu, our airport representative will transfer you to your hotel from the airport. Overnight at a hotel.

### **Day 18 : Leisure day and farewell dinner in Kathmandu**

This will be a spare day in Kathmandu after the tiring trekking program. You have the option to extend your trip to continue onto Chitwan jungle safari, rafting adventure, Kathmandu valley shopping tour, scenic Everest flight, mountain biking, and other activities. In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. (Your guide(s) and office staff will accompany you.) Overnight at a hotel in Kathmandu.

### **Day 19 : Transfer for your final flight departure**

The trip concludes - our airport representative will drop you to Kathmandu's Tribhuvan International Airport for your flight departure from Nepal.

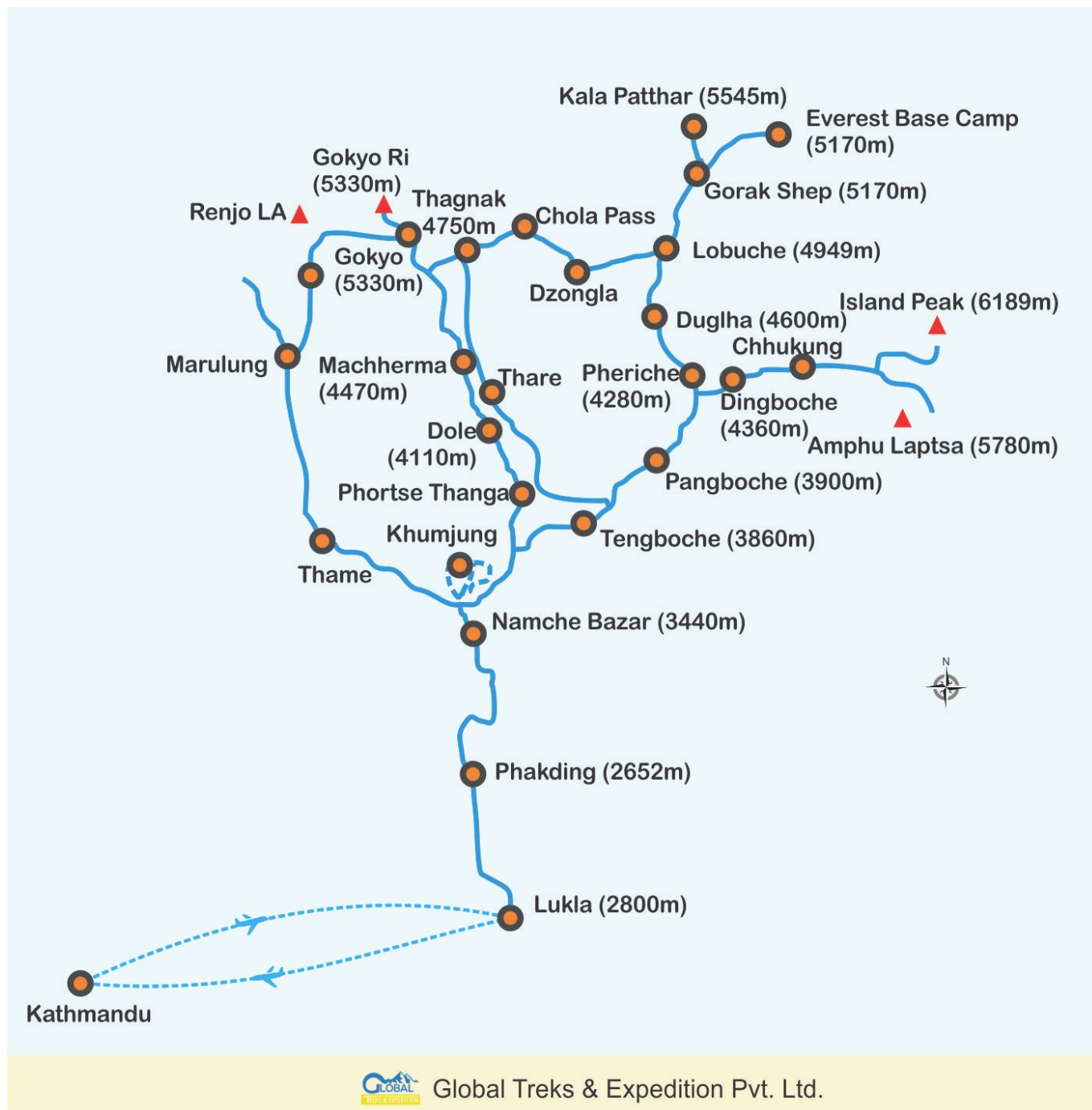
## Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 4 N Kathmandu Hotel accommodation sharing bases with B/B.
- Kathmandu-Lukla-Kathmandu domestic Air Tickets.
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners)**.
- Lodges/Guesthouses accommodation during the 14 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance, and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses.

## Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Travel insurance covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

## Trip Map



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