

A Trip To Everest Base Camp Via Gokyo-Ri Lake and Cho-La Pass

Gokyo-Ri 5,357M

RECOMMENDED ON



Travel Maker South Asia

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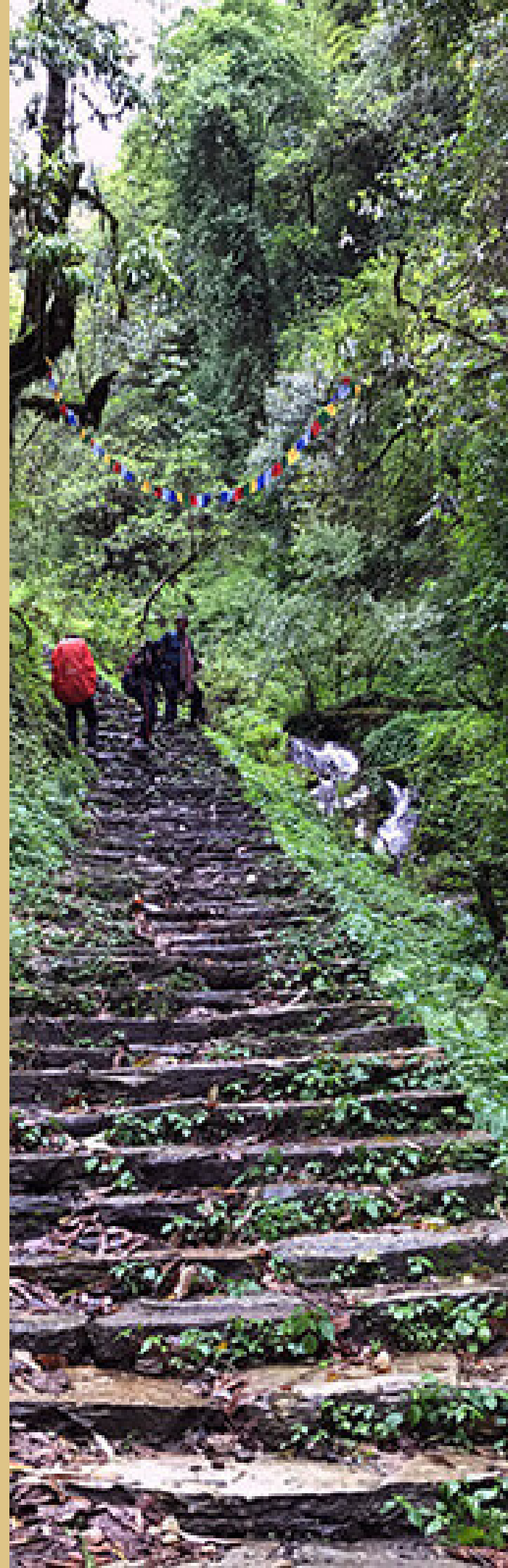
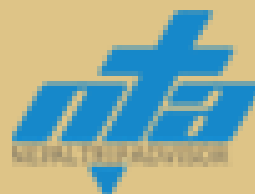


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WHY EMBARK ON THIS TREK?



Everest Base Camp trek via Gokyo Lakes which is renowned for its series of beautiful turquoise lakes in Gokyo Valley, and the famous Cho La pass takes us through the landmarks of the Khumbu region in the company of majestic mountains, sherpas villages, colorful monasteries, the Namche-Bazaar, Sagarmatha National Park and of course also the base of the mighty Mount Everest.

The trek proceeds to the foot of the tallest mountain in the world and offers spectacular views from famous viewpoints such as Gokyo-Ri and Kala Patthar.

The trek also rewards us with beautiful views of the Khumbu icefall.

Everest Base Camp trek via Gokyo Lakes, in a nutshell, will be an unforgettable experience with mesmerizing mesmerizing views of Mount Cho Oyu, Everest, Lhotse, Makalu, Nuptse, Amadablam, Pumori, and Tengboche Monastery, the largest monastery of the world—Khumbu region in Nepal.



Everest Trek

TREKKING HIGHLIGHTS

Explore the foothills of the world's highest mountain, Mt. Everest

Immerse in the beauty of the shimmering turquoise lakes in the Gokyo Valley

Get lost in the panoramic views of Everest, Lhotse, and Nuptse from Kala Patthar

Savor the magnificent views of Khumbu Icefall

Cross the nerve-racking Cho La Pass

Get religious in the colorful monasteries in the backyards of the Sherpas



GETTING HERE

The fastest way is to take a flight to Lukla, (the closest airstrip to the Everest region) for about 15 min from Manthali Airport which is 131 Kilometer in the South East of Kathmandu this drive takes 3-4 hrs from Kathmandu in a private car.

or take a bus to jiri 8 hrs drive from Kathmandu and a week walk till Lukla.

Once you arrive in Lukla your walking adventure of the classic Everest Base Camp begins

TRIP FACTS



17 days



SPRING: March-May
AUTUMN: September-November



Moderate to Rigorous Grade Trek



Hotels, Lodges and Tea Houses



5545 metres (Kalapathar)



Bed and Breakfast

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Everest Region Route Map



OUTLINE DAY TO DAY ITINERARY : 17 Days 16 Nights

Day 01: Arrival in Kathmandu

Day 02: Preparation day

Day 03: Fly from Kathmandu to Lukla and trek to Phakding (2650m), 4 hours, overnight teahouse.

Day 04: Trek to Namche Bazaar (3435m), 5-6 hours, overnight teahouse.

Day 05: Rest day in Namche Bazaar (3435m) Side Walk around Namche bazaar.

Day 06: Namche Bazaar to Dole (4038 m) 6-7 hours, overnight teahouse.

Day 07: Phortse Thanga to Machhermo 4,470m 4-5 hrs

Day 08: Machhermo to Gokyo 4,750 m 4-5 hrs overnight teahouse.

Day 09: Hike to Gokyo Ri 5,357 (rest day) 4,750m 2 hrs

Day 10: Short trek to Thangnang (4700m).

Day 11: Trek to Dzongla via Cho La pass for 4-5 hrs hours, overnight teahouse.

Day 12: Dzongla to Lobuche 4,940m 2-3 hrs overnight teahouse.

Day 13: Lobuche to Gorak Shep (5125 m), visit Everest Base Camp 5,364m 6-7 hrs overnight teahouse.

Day 14: Gorak Shep to Kala Patthar 5,545m to Pheriche 4240 m 7-8 hrs

Day 15: Pheriche to Namche Bazaar 3,435m 6-7 hrs

Day 16: Namche Bazaar to Lukla 2,800m 6-7 hrs

Day 17: Fly from Lukla to Kathmandu 1,350 m

Overnight at Shangri-La Boutique Hotel

WHAT ARE INCLUDED:

- Domestic airport pick-up and drop by a private car
- Round trip air ticket (Kathmandu-Lukla, Lukla-Kathmandu)
- An Experienced, helpful, and friendly guide (guide food & accommodation, salary, equipment & insurance are included)
- 3 Nights accommodation in Kathmandu with Breakfast
- All accommodations in the mountain in lodges and tea houses include breakfast, lunch, and dinner (you can choose one meal item from the menu)
- Sagarmatha National Park and Sherpa Permit
- Basic emergency first aid kit

Cost Does not include:

- Extra meal or drink, like tea coffee, cold, and any kind of bar beverage
- Telephone, Internet, Battery Charging, Laundry
- Medication, And Insurance for emergency
- Tipping to the Guide and porters It is mandatory



DAY 1



ARRIVAL TO KATHMANDU

We will pick you up from Kathmandu airport to Shangri-La Boutique Hotel. Here you can rest and meet our trekking guide for a trip briefing, match your vibe, and final hour preparation.

Overnight at Shangri-La Boutique Hotel



DAY 2

FREE DAY IN KATHMANDU

Today you are preparing your last shopping for the mountain. You can book a city tour. to have a glimpse of Kathmandu City and its culture.



DAY 3



FLY TO LUKLA, AND TREK TO PHAKDING

Take a flight from Kathmandu to Lukla, Sir Edmund Hillary Airport, the world's second most adventurous airport. It will be a 25 minutes flight.

We start the trek alongside the Dudh Kosi river, where we join the main trail towards Namche Bazaar, just above Chaurikharka at 2713m, after crossing by the small village of Ghat at 2550m, not a short walk to the first local village of Phakding. We stay here at night.

 6:30 AM  10 Hrs  2650 M  135 KM
7.8 KM



DAY 4   

TREK TO NAMCHE BAZAAR

Walking through the beautiful pine forest, the path leads us to the Dudh Koshi River; we catch a spectacular view of the Thamserku mountain (6618m). The road climbs through forests and bridges until it reaches the confluence of the Dudh Koshi and Bhote Koshi rivers.

After the final ascent of about two hours, we see Mount Everest for the first time, peaking at the summit of Lhotse-Nuptse.

We still need to walk at about 1h30 to reach Namche Bazaar, the entrance to Mount Everest, and the main shopping center of this area.

 6:30 AM  5-6 Hrs  3435 M  7.4 KM



DAY 5    

ACCLIMATIZATION(3435M)

This is the first "engagement" day for this trip. Or we spend the day on a day trip to the sights or relax and explore Namche Bazaar.

It is the nerve center of the Everest region (Khumbu) and has government offices, ATMs, internet cafes, shops, restaurants, bakeries, and a beautiful market every Friday and Saturday night.



6:30 AM



Free
time



3435 M



- KM



DAY 6   

NAMCHE BAZAAR TO DOLE

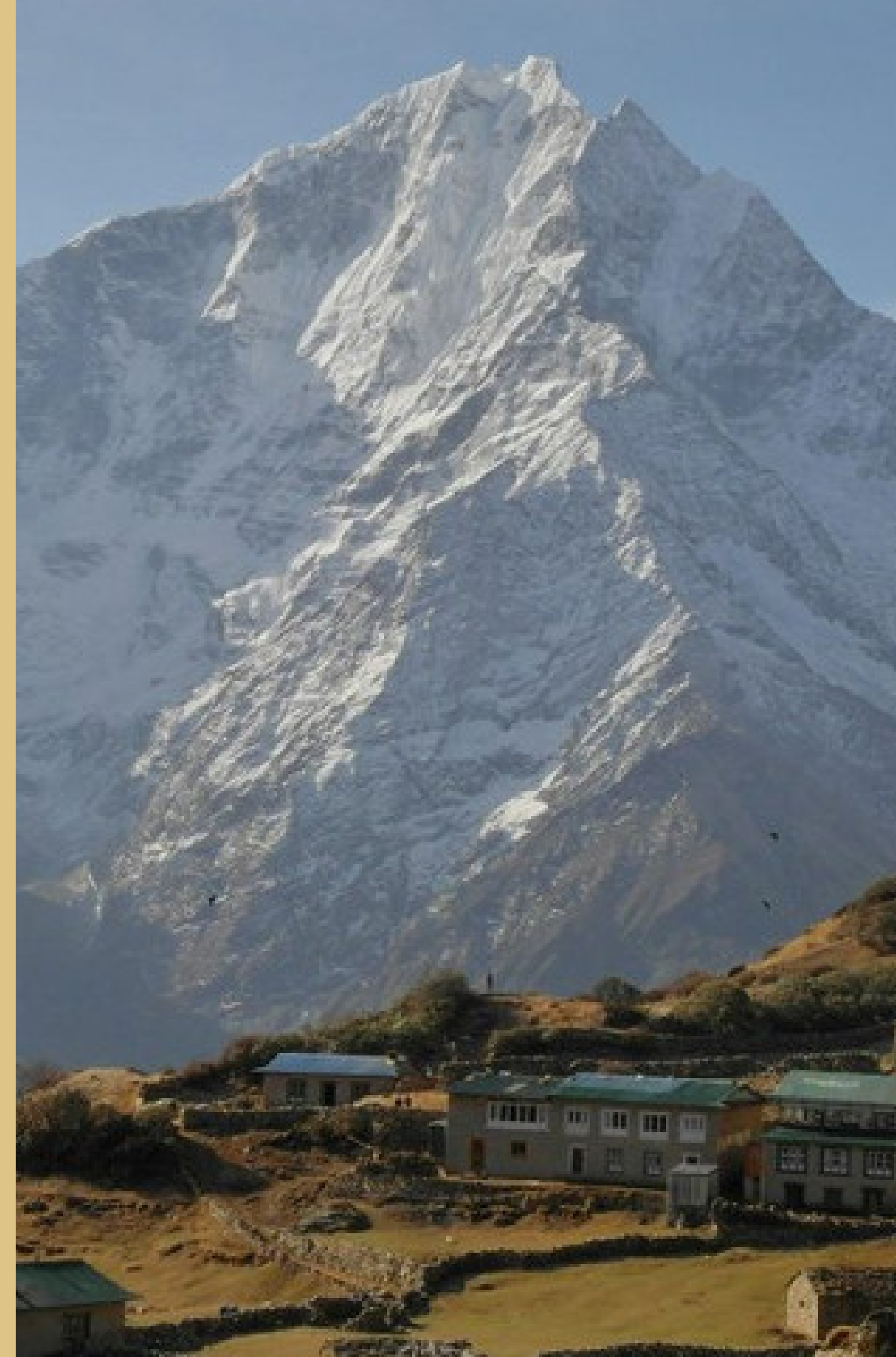
Namche Bazaar and Dole is a beautiful route. From Namche, the vast and beautiful road continues to Kyanjuma town. The road is in the rocky hills above the Dudh Kosi Gorge. From the trail, unparalleled views of Thamserku, Kongde, Ama Dablam, Lhotse, and Mount Everest accompany you on your journey to Kyanjuma.

From there, the trail splits into two wings: one at Everest Base Camp and the other at Gokyo Lakes. This road goes up to the Mong La pass. Passing the Mong La pass, 3972 meters, the route descends to Khumbila.

The road descends to Dudh Kosi River and continues to Phortse Thenga. Before Phortse, the road emerges from the valley. The path passes through the shade of rhododendrons, junipers, and conifers.

The green pastures along the route are Yak pastures. Finally, the trail meets Dole, 4040 meters. Wait for sunset at Dole. The view of Khumbila Peak and Tawoche from the Dole is fantastic.

 6:30 AM  5-6 Hrs  4038 M  11 KM



DAY 7   

TREK FROM DOLE TO MACHHERMO

From Dole, the road climbs steeply from Lhabarma to Luza. The road is charming and peaceful. Smell the scent of Juniper Scrub as you walk along the path. Look within you, and you will see Dudh Kosi.

The road continues to Macchermo. From the slopes above Machhermo, one can see the impressive Thamserku mountains.

 6:30 AM  5-6 Hrs  4470 M  5.1 KM



DAY 8   

TREK FROM MACHHERMO TO GOKYO

From Macchermo, the path climbs up a beautiful hill. The hill offers a beautiful view of Kangtega. Passing through a narrow valley to a widening valley. The road meets Pangkha and descends to Dudh Kosi port. From here, the trail will climb as you climb the moraine at the end of the Ngozumpa Glacier. Along the way is the original Gokyo Lake. There is a fantastic landscape with some small summer cottages of shepherds.

But there is Gokyo! A small but beautiful town on the shores of Gokyo's third lake, Dudh Pokhari. From the mountains near the village of Gokyo, the Ngozumpa glacier can be seen. The hill is the best view of the Ngozumpa Glacier. Namche to Gokyo (one way) is over. Next? There are many options. But for you, you have two best options:

Gokyo to Namche (Live)

If you want to return to Namche to explore the amazing Gokyo Valley, you can retrace your steps. Returning to the road, you will come to Namche directly. But before returning, you must spend a day in Gokyo and explore the entire Gokyo Valley. You will go to Gokyo Ri on foot and enjoy the golden time when the sun rises. You will also have a fantastic view of the five Gokyo Lakes and the Ngozumpa Glacier.

It won't be wise to say this, but you can't go back from Gokyo if you've explored everything.



6:30 AM



6-7 Hrs



4750 M



6.8 KM

DAY 9 🍴🏠🚶

HIKE TO GOKYO RI (REST DAY)

Gokyo Ri is the largest glacier in Nepal and is considered to be the largest in the entire Himalayas.

Gokyo (4,750 m, 15,583 feet above sea level), at the foot of Gokyo Ri, is a small part of a few stone buildings and one of the highest places in the world.

From the summit of Gokyo Ri, we can see four peaks of 8,000 meters: Mount Everest, Lhotse, Makalu, and Cho Oyu. Lake Gokyo is in the area.



6:30 AM



2 Hrs



5357M



3 KM



DAY 10 🍴🛏️🚶🚶

TREK TO THANGNANG

The trail from Gokyo village now extends to Thangnak.
The trail is a short distance.

The views of Mount Cho Oyu, Everest, Lhotse, and Makalu are close and beautiful from the rugged road.

You will see a beautiful view of the Ngozumpa Glacier when you look down. A lovely place, Thangna is in the eastern part of Gokyo.

🕒 6:30 AM ⏳ 2 Hrs 🏔️ 4700 M 📍 3.7 KM



DAY 11   

TREK TO DZONGLA VIA CHO LA PASS

Thangnak and Dzongla are strong. It's the most challenging part! On the way between Thangnak and Dzongla is Cho La pass, 5420 meters.

The road is full of rocks, followed by a steep climb to the Cho La pass.

The rocks are slippery ice. Above Cho La, beautiful prayer flags flutter in the wind. As the trail descends, a beautiful view of Ama Dablam. The road went down to Dzongla.

Dzongla is a beautiful place with amazing views of Mount Ama Dablam, Cholatse, Lobuche, and Pheriche, a beautiful village in Khumbu.



6:30 AM



6-7 Hrs



5420 M
4860 M



15 KM



DAY 12   

TREK FROM DZONGLA TO LOBUCHE

The route from Dzongla to Lobuche is easy. From Dzongla, the trail climbs slightly to the foot of Awi Peak.

From there, a short descent through the beautiful mountains of Cholatse and Tawache will lead to Lobuche.

The peak of Lobuche is brighter and more attractive. A beautiful road finally reached Lobuche.

 6:30 AM  3-4 Hrs  4940 M  7 KM



DAY 13   

LOBUCHE TO GORAK SHEP TO EVEREST BASE CAMP

From Lobuche, the trail passes through unique lands. Along the way, views of Mount Everest, Nuptse, Lingtren, Khumbutse, and Pumori become increasingly apparent. The track will go to Gorak Shep.

From Gorak Shep, the trail goes across the park. The base camp is a dream destination for avid travelers from all over the world. From the foundation, Mount Everest the highest peak in the world.



6:30 AM



3-4 Hrs



5125 M



4.5 KM



DAY 14   

GORAK SHEP TO KALA PATTHAR TO PHERICHE

Embark on a 13-kilometer journey that takes 7-8 hours to complete. Start your day early with a climb to Kala Patthar for stunning panoramic views of Mount Everest and other peaks. Descend to Pheriche through rocky terrains and valleys, enjoying the warm hospitality of the locals. This trek offers a sense of accomplishment and unforgettable memories of the world's highest peaks.



6:30 AM



4-5 Hrs



4240 M



11.5 KM

DAY 15   

TREK TO NAMCHE

After breakfast, start to trek. Walking down the steep trails will be pretty tough. The course is not just vertical but also dusty and rugged.

Pheriche to Namche is a long day. However, the walk becomes easier when trekking to lower altitudes. The air gets warmer, and walking down becomes steadily

 6:30 AM  6-7 Hrs  3435 M  19.5 KM



DAY 16   

TREK TO LUKLA

Today, we walk the same path and have different thoughts. In the distance, we discover a mixture of open plains, rhododendrons, pine forests, and snowy peaks. When we reach Lukla, we will have free time to stretch those aching legs and remember the experiences of the last two days. Our guide will also confirm our flight tickets. We had a final dinner with our crew in the evening, making it a festive evening.



6:30 AM



3 Hrs



2800 M



7.8 KM



DAY 17 ✈️ 🚗 🍴 🍷 🧳

FLY FROM LUKLA TO KATHMANDU

After a healthy and hearty breakfast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us in Kathmandu.

🕒 6:30 AM ⏳ 5-6 Hrs 🏔️ 426 M ✈️ 74 KM
1350 M



DEPARTURE
OR IF YOU HAVE MORE DAYS
ON HAND, WE WILL ARRANGE
YOUR SIDE TRIPS.

Our office team will have a vehicle on standby to take you to the airport for your flight home.

If you prefer to stay longer, you can go for short tours, such as a game drive at National parks, wild water rafting, maybe a Tibet tour, or even a thrilling mountain bike ride through some of Nepal's urban trails.

At Travel Maker South Asia, it was an honor to serve you.

We are excited to meet you sometime again. We would like to wish you a safe journey home.

Thank you for visiting our beautiful country Nepal.

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Keshab karki (KIKI)
YOUR TOUR OPERATOR

There are More to Go

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ADVENTURE

Mountaineering
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Paragliding
White Water Rafting
Bungie Jumping
Jugle Safari

TOUR

City Tour
Pokhara
Chitwan
Lumbini
Janakpur

PILGRIMAGE

Mt. Kailash,
Pashupatinath
Muktinath, Lumbini,
Janakpur

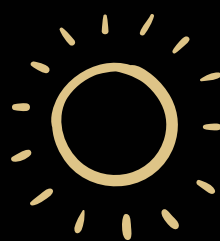
LOCAL FACTORY TOUR

Small and cottage
industries in Kathmandu,
its surrounding and entire
Nepal



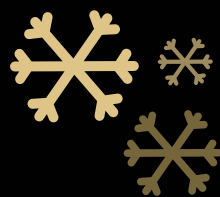
FOR RAIN:

- poncho or rain coat, both you and your backpack
- extra plastic bags to make sure important stuffs are extra protected.



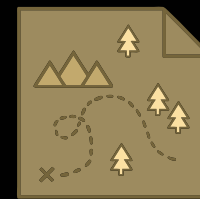
FOR SUN:

- UV protective sun glass
- hat
- suns cream



FOR COLD:

sleeping bag, winter jacket, termocot suit, gloves



FOR WALK:

- Some snacks on the go
- Trekking stick
- A good pair of walking shoes (trekking shoes)
- water bottle (1.5 liters)
- Water Purifier



OTHER STUFFS:

- Flash light
- Tissue paper
- personal medication

TREK GEAR CHECK LIST

**The itinerary can be customized based on your preferences.
Let us know what you need and we will follow accordingly.**

**Wishing you a Best Trip to
the Mountain**

NAMASTE



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