

# Everest Base Camp Gokyo Lake Trekking

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Everest Base Camp Trek via Gokyo Lakes is a pristine combination of beautiful glacial lake complex surrounding Gokyo valley leading to the base of the majestic Mt. Everest (8848 m). This trek treats us with some amazing landscape, natural views and the wholesome delights of the Everest region.

A visit to Gokyo Ri offers magnificent views of Cho Oyu, Everest, Lhotse, Nuptse and Amadablam. This trek takes you through some of the most dramatic areas of the entire Nepal Himalayas.

## Itinerary

### **Day 01: Arrive Kathmandu & transfer to a Hotel.**

Arrive Kathmandu & transfer to a Hotel. After a refreshment briefing about the trekking .

### **Day 02: Kathmandu Sightseeing Tour.**

After breakfast, proceed for a city tour of Kathmandu visiting Pashupatinath and Boudhanath, Swayambhunath, Kathmandu Durbar Square & Patan Durbar Square. Pashupatinath Temple is situated five km east of Kathmandu, the temple of Lord Shiva, Pashupatinath with two tiered golden roofs and silver doors is considered one of the holiest shrines of Hindus. The Boudhanath stupa lies 8kms east of Kathmandu. This ancient colossal boudhanath stupa is one of the biggest in the world and the center of Buddhism in the world. It was listed in the UNESCO Heritage Monument in 1979. Kathmandu Durbar Square, the complex of palaces, courtyard and temples, built between the 12th and 18th centuries used to be the seat of the ancient Malla kings of Kathmandu. Swayambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone. Evening back to the hotel. Overnight stay at Hotel.

### **Day 03: Fly Kathmandu to Lukla (2886m.) & trek to Phakding**

Fly from Kathmandu to Lukla (2886m.) which takes approximately 30 minutes and trek from Lukla to Phakding (2640 m.) which takes approximately 3 Hrs. You will transfer to the domestic airport for your flight to Lukla. It 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 mountainside on the left bank of the Dudh Koshi. Nupla (5885m) can be seen in the distance on the opposite bank, and is a peak atop the Kongde Ridge. You descend a mountainside 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 Dudh Kosi approaches as you pass a Mani wall and arrive at Ghat teahouse. You continue along a small path with many climbs and descents following the left bank of Dudh Koshi to Phakding.

#### **Day 04: Trek Phakding to Namche Bazaar (3440 m.)**

Trek from Phakding to Namche Bazaar (3440 m.) and it takes about five hours. As you start through a level path along the right bank from the campsite, Thamserku (6623m) looms skyward on the opposite bank. You cross a stream and climb the terraced hill from the Dudh Koshi route, to arrive at Bengar. It is time to climb from the riverbed on the left bank into the mountain, through a forest to Chumoa. You continue along a path with many ups and downs; cross a stream and pass by the tiny village of Monjo. After descending the path of stone steps you return to the right bank over a wooden bridge. After a short climb you come to Jorsale's teahouse and hotel, also stop at the National Park Service where a park entrance fee is collected. After your departure from Jorsale you enter a forested mountainside. You move on following a short walk along the riverbed of this V-shaped valley where the river forks – the right is the Dudh Koshi and the left is the Bhote Koshi that leads to Nampa La. After a short distance along the Bhote Koshi, you begin the steep ascent to Namche Bazar. As the mountain path zigzags uphill, you will emerge at a ridge top rest area that offers excellent views of Everest (8848m) and Lhotse (8516m.) The climb eases somewhat and Namche Bazar appears ahead as you travel along the path surrounded by pines. You pass the plateau where the Saturday bazaar is held and enter the village. Namche Bazar (3440m) is surrounded on three sides by mountain ranges and opens out only where it faces the Bhote Koshi. The village is a central hub of the area and food, sundries and even mountain climbing equipment may be purchased here .

#### **Day 05: Rest day at Namche Bazaar (3440 m.)**

Rest day at Namche Bazaar (3440 m.) for acclimatization and excursion around the places. 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 Thyangboche. 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.) 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.

#### **Day 06: Trek Namche Bazaar to Tengboche/Deboche (3867 m.)**

Trek from Namche Bazaar to Tengboche (3867 m.) and it takes about five hours. You leave the village for a climb to the top of a ridge and level mountain path that offers an excellent panorama of Thamserku, Kantega and Kusum Kangri. To the right there is a steep cliff that drops down to the Dudh Koshi, faintly visible on the valley floor below. As you make your way around a branch ridge, Ama Dablam (6812m) Everest, Lhotse, Nuptse (7855m) and Tawoche (6501m) suddenly appear. After a gentle descent the mountain path ends; you will come to the fork leading to Gokyo. Now you descend past two tea houses and through the village of Trashinga. Though you cannot see it, you can hear the Dudh Koshi and soon you descend to the river and arrive at Phunki Tenga. It is a long climb to Thyangboche; the first half is especially steep. As you climb through the forested zone, the incline eases and a splendid view appears. Continue climbing the mountainside diagonally until you come to the stone gate built by lamas which marks your entry into Thyangboche (3867m). You may use the large plateau in front of the splendid monastery as your campsite. There is a lodge and hotel managed by the National Park Service. Thyangboche is an important lookout point on this course, and the sunset on Everest and Ama Dablam is especially beautiful.

#### **Day 07: Trek Tengboche to Dingboche (4260 m.)**

Trek from Tengboche to Dingboche (4260 m.) and it takes approximately five hours. Leave Thyangboche and the Khumbu mountains as a backdrop-and descend a rhododendron covered area to emerge to a pleasant level area. Being welcomed by a long Mani stone wall you enter the village of Deboche. You continue to Minlinggo and leave the mountain path to cross over a suspension bridge to the left bank of the Imja Khola. Climb the mountain path while looking up at Ama Dablam and Kantega (6779m) as they appear on the opposite bank. Ascend the chorten-lined route, come to a fork, the upper path passes Pangboche and a monastery, take the lower path to Pangboche Olin and its stone wall-enclosed potato field. Pass through the village and cross a stream to a path skirting a rocky area to terraced hills along the riverbank. The trails climb slowly, winding above the Imjatse River, to a big Mani Stupa. From here, the walk is fairly moderate as you enter the Imjatse Valley beneath the mighty peaks of Ama Dablam, Nuptse and Lhotse with views of the eastern snow capped mountains including the Island Peak or Imja Tse (6,189m). Dingboche is a beautiful patchwork of fields enclosed by stone walls protecting the crops of barley, buckwheat and potatoes from the cold winds and grazing animals.

#### **Day 08: Rest day at Dingboche (4260 m.) for acclimatization**

Rest day at Dingboche (4260 m.) for acclimatization. This is a remarkable day for acclimatization. There are some breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak. The walk is short with a good chance to relax in the afternoon. You have another option as you can hike up to Chhukum. From here you can enjoy the panoramic view of Island peak, Ama Dablam, Makalu, Tawoche peak and others. On the same day you come back to Dingboche and have a rest.

#### **Day 09: Trek Dingboche to Lobuche (4930 m.)**

Trek from Dingboche to Lobuche (4930 m.) which takes about six hours. The onward journey leads north for up to 50-minutes until you come to a mani-prayer Stupa. The trail is gentle looking down to Pheriche village below. Today's walk offers views of Mt. Tawache, Ama Dablam and to the north-Pokalde (5741m), Kongma-tse (5820m) and the great wall of Nuptse. After a two hours walk, the trail from Pheriche joins near Dugla (4595m) before a small wooden bridge over the river of Khumbu glacier. You stop at Dugla, for lunch, before continuing for an hour up a steep hill to the top, where there are views of Mt. Pumori and other peaks west of Everest. After a short break, continue trekking up to Lobuche, hidden and sheltered from the wind.

#### **Day 10: Trek Lobuche to Kala Patthar via Gorakshep (5545m.) and trek back to Gorak Shep**

Trek from Lobuche to Kala Patthar via Gorakshep (m.) and trek back to Gorak Shep and it takes about five hours. After an early breakfast, you will prepare for Kala Patthar (5545m.) Trek up the valley following the rocky moraine path, view icy glacial ponds and icebergs down below of Khumbu glacier. After the last rocky moraine dunes, a short downhill walk brings you to Gorakshep, the flat field below Kala Patthar (5545m) and Mt. Pumori (7145m.) Gorakshep is the location of the original Everest Base Camp with the new camp being further up the valley. The walk is gradual until you reach a rocky spot; from there another uphill climb for half an hour brings you to Kala Patthar. From Kala Patthar top, the views will be beyond your wildest imagination, with Everest seeming within a stones throw distance between the summit of Mt. Nuptse and Lho-La and Lhotse on the back. The panoramic view from this spot is something to cherish and you feel it's worth the hard climb up to here and to feel at the top of the world. With all the higher snow capped giants that dominate all around, it is truly a magnificent spot to be at on a clearer sunny day. After a great moment, an hour descent takes you back to Gorakshep.

#### **Day 11: Gorakshep to Everest Base Camp (m.) and back to Gorakshep**

Trek from Gorakshep to Everest Base Camp (m.) and back to Gorakshep which takes about five hours. While trekking to Everest Base Camp you pass through a trail, which weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. During the spring season, you can meet some expedition teams on the Everest Base Camp. The number of teams is less in the autumn season. On the return leg, you can take a higher route to get a spectacular view of the Khumbu icefall and numerous mountains. You return to Gorak Shep to stay overnight.

#### **Day 12: Gorakshep to Dzongla (4620m.)**

Trek from Gorakshep to Dzongla (4620m.) and it takes about six hours. While trekking from Gorak Shep the route descends gently up to Lobuche. Now the narrow path stretches at flat level along the riverbed for some distance and the route suddenly goes upward to Dzongla. It gives you the excellent views of Lobuche, Lobuche west, Cholatse and Tabuche. You stay overnight here.

#### **Day 13: Dzongla to Thangna (4650 m.)**

Trek from Dzongla to Thangna (4650 m.) and it takes about five and half hours. The early part of the trek goes through a flat stone path for an hour passing through an arid valley. Now you head towards a steeply ascent path as you reach Chola glacier. You walk for half an hour along the icy trails. After you reach Chola pass the route moves down through the stony path until you reach Phedi. Those who go for camping trek they camp around here and enjoy their lunch. The path goes up and down for some distance and you arrive at the ridge. From here you climb down upto Thangna. It is a small village with few lodges and tea shops. You can catch a glimpse of Machhermo peak and some others. People here mostly grow potatoes, buck wheat, wheat and some green vegetables.

#### **Day 14: Thangna to Gokyo (4750m.)**

Trek from Thangna to Gokyo (4750m.) which takes about four hours. To reach Gokyo your trails move along the glacier route until you reach the first lake. The trek is easier over flat path following Dudh Koshi stream upto Gokyo. It is a windy valley and situated near the third lake. At Gokyo you are stunned by the natural beauty of Dudh Pokhari lake.

#### **Day 15: Rest day at Gokyo and excursion**

Rest day at Gokyo and excursion in and around Gokyo valley Gokyo is a trade centre where the Sherpa people run lodges to provide the best services to the trekkers. Gokyo is situated by the side of Ngozumpa glacier, the biggest glacier of Nepal. Today you can make a side trip to Fifth Lake via Fourth Lake.

#### **Day 16: Gokyo to Gokyo Ri [5483m] & Trek to Machhermo [4410m]**

Trek/climb from Gokyo to Gokyo Ri [5483m] & Trek to Machhermo [4410m] and it takes about five hours. Gokyo Ri looms above the village on the northern edge of the lake and you leave camp just after first light, following a steep path up the hillside. As you climb, the summits of Everest, Lhotse and Makalu slowly come into sight and the view from the summit of Gokyo Ri itself, is one of the finest to be had in the Everest region – some say it is even better than that from Kala Patthar. After lunch it is a short walk to the village of Machhermo

following Dudh Koshi stream. There are yak pastures and few human settlements. From here you can have an excellent view of Tawoche.

#### **Day 17: Machhermo to Namche Bazaar (3440 m.)**

Trek from Machhermo to Namche Bazaar (3440 m.) which takes about six hours. The walk from Machhermo is mostly downhill to Phortse tenga following the forest covered rhododendron, pine and local incense. After that the trails climb steeply until you reach Monglo, a place with tea shops. The path now descends gently upto Khumjung. To reach Namche you follow the flat and then down the way to Namche. It grants you panoramic views 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

#### **Day 18: Namche Bazaar to Lukla (2886 m.)**

Trek from Namche Bazaar to Lukla (2886 m.) and it takes about six hours. The last day of your trek leads from Namche Bazaar via Monjo to Lukla. The trek is pleasant, except for a few short uphill climbs and then down to the Bhote- Koshi River crossing it three times. The last uphill climb of 45 minutes will bring you to Lukla for your overnight stay.

#### **Day 19: Fly from Lukla to Kathmandu**

Fly from Lukla to Kathmandu You take an early morning flight back to Kathmandu which takes about 35 minutes.

#### **Day 20: Free day in Kathmandu**

Free day in Kathmandu incase of cancellation of flight from Lukla to Kathmandu.

#### **Day 21: Free Day in Kathmandu**

Free day in Kathmandu incase of cancellation of flight from Lukla to Kathmandu.

**Day 22: Departure**

After breakfast transfer to the Airport for your onward destination.