



EVEREST BASE CAMP VIA GOKYO TREK ITINERARY

Taking the journey to the base of the World's highest peak, with our award-winning team, will be the highlight of any trekkers career! Our unique itinerary includes extra acclimatization at the critical point as well as 4 guides for every group of ten trekkers. The journey in the Everest Region, also known as the Solukhumbu Region, begins in the small village of Lukla. From here, the total distance to Everest Base Camp and back is just over 82 miles or 132km, covering over 6,000m/ 20,000 feet of elevation. This makes this spectacular journey to Mount Everest a challenging and rewarding experience.

This trek should not be taken lightly. When going to these levels of altitude, your body's acclimatization to the lack of oxygen is the real key to success, and because of this, we have added an extra day to our itinerary, which has given us **95% success rate**. This also gives you a safer and more enjoyable experience into high altitude. We will also cover the daily distances on the trail at a very slow and steady pace, to aid the acclimatization process. Even though we are giving you the best chance of success with our acclimatization schedule, you still need to play your part and come physically prepared for this adventure. We recommend 5 to 6 days a week training in the lead up to your trip. We are your best resource for information on the trek and are available five days a week in support of your journey to Everest Base Camp. Once you sign up to our trip, we will send you our 40-page Dossier, giving you all the information you need to be safe and successful on your trip.

Itinerary

- Day 1: Arrive in Kathmandu**
- Day 2: Fly to Lukla - Monjo**
- Day 3: Namche Bazaar**
- Day 4: Namche Bazaar (Acclimatization Day)**
- Day 5: Namche Bazaar (Acclimatization Day)**
- Day 6: Dole**
- Day 7: Machherma**
- Day 8: Gokyo**
- Day 9: Gokyo (Acclimatization Day)**
- Day 10: Gokyo Ri to Thaknak**
- Day 11: Cho La pass to Dzong La**
- Day 12: Lobuche**
- Day 13: Everest Base Camp back to Gorak Shep**
- Day 14: Kala Phattar down to Pheriche**
- Day 15: Namche**
- Day 16: Lukla**
- Day 17: Fly back to Kathmandu**
- Day 18: International flight home**



Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodations on the trek are on a shared basis. If you want to arrive in early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

Day 2: Fly to Lukla – Trek to Monjo – 2,850m/ 9,350 feet

Fly from Kathmandu to Lukla. We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu Region. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will meet the rest of our trek staff and set off straight away for our first night in the mountain village of Monjo. Depending on what time the flight arrives in Lukla, we may have to stop in the town of Phakding (2,600m/ 8,530 feet) for the night. Hopefully, the team will make it all the way to Monjo. Both villages are situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, and is the main trade route for the entire region. This can be the busiest part of the trail. Today we will walk for 3 hours to Phakding and a total of 5 hours to Monjo. The total distance is 8.8 miles/ 13 km to Monjo from Lukla.

Day 3: Namche Bazaar – 3,440m/ 11,286 feet

Today we will continue up the banks of the Dudh Kosi River, towards Namche Bazaar. Just past Monjo, we will officially enter the Sagarmatha National Park before following the trail through small villages. We will take a tea break along the way. After tea, the trail then crosses the confluence of the Dudh Kosi and the Bhote Kosi, on a high suspension bridge. The trail then climbs steeply uphill for about two hours to reach Namche Bazaar (3,440m/11,286 feet). This is a prosperous trading town and the capital of the Khumbu Region. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains. From Monjo, the trek today is approximately 4 hours and the total distance is 5 miles/ 8 km.

Day 4: Namche Bazaar (Acclimatization Day) – 3,600m/ 11,800 feet reached

Today is an acclimatization day where we will walk to the Sherpa Museum at 3,600m/ 11,811. From here you will have stunning views of Mount Everest and the surrounding mountains. The key is to rest, relax and acclimatize at this height and will make all the difference as we go to high and extreme altitude. The afternoon will be at leisure in Namche Bazaar, resting, eating, and enjoying the sites! Remember that it is still important to continue to drink 4-5 liters of



water every day on the trail. Today, the walk up to the Sherpa Museum is only approximately 30 minutes.

Day 5: Namche Bazaar (Acclimatization Day) – 3,900m/ 12,800 feet reached

This is where our itinerary is different. Instead of heading up to 3,900m/ 12,800 feet and sleeping in Tengboche, we will stay in Namche another night giving you the best possible acclimatization program. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes to aid in the process. We will wake early for our acclimatization hike today, up to Shangbouche Hill at 3,900m/ 12,800 feet, for beautiful vistas of the whole Everest Region. The goal is to spend some time acclimatizing at this elevation before returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche Bakeries and local stores! The hike to Shangbouche Hill will take approximately four hours round trip.

Day 6: Dole – 4,110m/ 13,152 feet

After three nights of acclimatization in Namche we move off the main Everest trail and move to Dole at **4,110 m/ 13,152 ft**. We climb steeply out of Namche Bazaar up to Khumjung Village. From Khumjung, we can enjoy outstanding views of Thamsferku, Kantenga, and Ama Dablam. The most strenuous ascent of the day is past the Mong La, a very enchanting place nestled on the spur of Mt. Khumbila. An ancient historical Chorten stands at the center of the settlement of Mong La. We stop at the top of Mong La to admire the grandest views of surrounding snow-capped mountains and valleys while having lunch. While on the way it will not be unusual to spot wildlife, like pheasants, mountain goats, and the evasive musk deer. Traversing through forests, some waterfalls and bridges, we reach at Dole, a small place with only a few teahouses. We will be trekking for **6/7 hours today**.

Day 7: Machherma – 4,470m/ 14,663 feet

Today we move from Dole to Machherma at 4,470m/ 14,663 ft. We start the day with a steady climb up through a scenic ridge above Dole and the trail climbs via Lhabarma at 4220m/ 13,845ft to Luza at 4360m/ 14,304ft. The path is steep in most places as we pass through thorny bushes up to Lhabarma, which will offer us good views of Cho Oyu, the world's 6th highest mountain. You will also see Kantega, and Thamsferku the trail takes us through many summer settlements and a charming hamlet of Luza 4,360m/ 14,304ft. The pace will be slow and you need to keep well hydrated and do not over exert on the trail. Altitude sickness is real and you need to take your time. While ascending from Luza, the Dudh Koshi valley is deep like a canyon with its sheer sides. Walking along the hill side above thundering Dudh koshi passing through some small hamlets and through sandy spurs, we reach Machherma. Machherma is the



last major settlement on the way up to Gokyo. The beautiful stream flowing down from the Kyajo Ri and Phari Lapche mountains runs through the middle of village before draining into the Dudh Koshi. It is the place where Khumbu people got first sighting of Yeti in 1974. At this juncture, we can make a visit to the Himalayan Rescue Hospital for a lecture regarding the altitude sickness, its precaution and primary treatment. Overnight at Machherma. We will be trekking for 4/5 hours today.

Day 8: Gokyo – 4,800m/ 15,744 feet

Machherma to Gokyo 4,800m/15,744 ft. Early on today's trail we will see fabulous views of both down the valley and of Mt. Kangtega, Thamserku, and northern part to the Cho-Oyu 8,201m/ 26,906ft. The valley widens as the trail reaches Pangka 4,480m/ 14,698ft after a gentle walk. Phangka is the place where an avalanche in 1995 killed 40 people. We descend to the river bank before beginning to climb up to the terminal moraine of the Ngozamba Glacier. It is a steep climb on the moraine. After crossing an iron bridge over a stream the trail levels out as it follows the valley past the first lake, known as Longpongo at 4,690m/ 15,387ft where we get chance to observe the Lama footprints on a stone. At the sight of the second lake, Taboche Tsho we become enchanted by the sparkling turquoise blue sheet of water sparkling in the sun. Little ahead of the second lake, we reach the third lake, the two linked by a surging stream. Gokyo village stands by the third lake and Cho-Oyu mountain as a backdrop sets an amazing spectacular sight at this junction. After lunch, we explore around the third Lakes, Dudh Pokhari. We spend night at a teahouse with comfortable bedrooms. 4/5 hours of trekking today.

Day 9: Gokyo (Acclimatization Day) – 4,800m/ 15,744 feet

Gokyo Valley Acclimatization Day: There will be a hike up to the 5th and 6th Lakes. Today is full acclimatization day and we should not stay idle. If the weather is good, we grasp the opportunity to climb Gokyo Ri today instead of next day to enjoy the scene from one of the best viewpoints of the Everest Region. The view across Nepal and stunning peaks and magical lakes are worth the effort. About 3 km north of Gokyo situates the fourth lake with its high cliffs and peaks rising above it. The trail continues to fifth lake. If interested, we climb on a hill at the edge of the Lakes to get astounding views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makulu. We can see a lot more from here – the spot is called Scoundrel's Viewpoint. Beyond the fifth Lakes, we will be at Cho Oyu Base Camp. Scenery here is breathtaking with Cho Oyu and Gyachung Kang seeming just a stone's throw away. The northern part of the fifth lake provides fabulous views of Cho-Oyu Base Camp and biggest glacier of the world- the Ngazumpa glacier. Moved by the charm, we may even try to go sixth lake too but depends upon our own interest and time before heading back to Gokyo village. 4 -5 hours trekking today.



Day 10: Gokyo Ri – 5,357m/ 17,570 feet – Thaknak – 4,750m/ 15,580 feet

Hike up Gokyo Ri 5,357m/ 17,570 ft. then head to Thaknak 4,750 m/15,580 ft. If we have not climbed Gokyo Ri the day before we trek there today. Gokyo Ri is one of the highlights of this trip. Early morning, we hike up to the Gokyo Ri (Gokyo Peak). Climbing to Gokyo Ri is strenuous as it is steep up and takes about 3 to 4 hours to reach the top. The trail vista of Gokyo village on the edge of third lake overlooked by Cholatse and the broad Nodzumpa Glacier are astonishing. We are surrounded by panoramic mountains like Kusum Kanguru, Thamserku, K43, Kangtega, Taboche, Cholatse, Makalu, Lhotse, Nuptse, Everest, Changtse, and Pumori. Watching the sun bounce off Everest that towers over all surrounding peaks. Your visit to Gokyo Ri will be unforgettable. After being inspired by the highest mountains in the world we trek down to Gokyo. After a well-earned breakfast we trek to Thaknak for overnight scaling by the second Lakes and the Ngozumba Glacier. 5/6 hours trekking today.

Day 11: Cho-la Pass – 5,367m/ 17,604 feet – Dzongla – 4,830m/ 15,939 feet

Thaknak over the Cho-la Pass 5,367m/ 17,604 ft to Dzongla 4,830m/ 15,939 ft. Crossing the Cho La Pass is very challenging and not to be underestimated. Today is the toughest day of the trek and we need to start early at 4-6am compared to other days on the trip. The pass is not itself difficult, but it is steep and involves a glacier traverse on the eastern side. We need to be careful as the trail is steep and the rocks glazed by ice making this tricky for inexperienced trekkers. The trail from Phedi climbs through a ravine and a rocky trail as we climb up continuously. While trekking through the side of a frozen lake we reach at the top of the pass decorated with prayer flags. Ama Dablam commands the skyline over a range of mountains on the south even as Cholatse soar on the west and Lobuche East and Baruntse rises sharply to our right. We need to pass through some crevasses before we reach Dzongla, another beautiful place with a complete view of Cholatse, Ama Dablam, Lobuche peak and the Pheriche village far below. We will overnight at a very basic local lodge. 7/8 hours of trekking today.

Day 12: Lobuche – 4,920m/ 16,142 feet

Dzongla to Lobuche 4,920m/ 16,142ft. Today's hike will be a bit shorter. Thus, we would get more time to observe and relax. We move down from Dzongla and cross a bridge onto a grassy trail. Enjoying the view of Lobuche Peak we stretch up eventually through a ridge. Ama Dablam, Kangtega, Thamserku Taboche are seen looming prominently. Curving round through the wide



gravelly river bed, we will arrive in Lobuche, a small hamlet of lodges where we will spend the night. 2/3 hours trekking today.

Day 13: Everest Base Camp – 5,364m/ 17,600 feet – Gorak Shep - 5,180m/ 17,126 feet

Today is the day we trek to Everest Base Camp! We will be up early to start our trek to Gorak Shep, which takes approximately 3 hours to reach 5,180m/ 17,126 feet. Today is a very challenging day on the trail, as we cross glacial moraine on mixed rocky terrain with a lot of up and down hill to cover. Gorak Shep was the site of the 1953 Everest Expedition's Base Camp and where we will stop for an early lunch before continuing to Everest Base Camp. From Gorak Shep, we will traverse more glacial moraine, with landslide potential, for another two hours before reaching Everest Base Camp! Everest Base Camp sits on the Khumbu Glacier and weather depending, we will have time to explore this once and a lifetime chance to be at the base of the World's Highest Mountain! After approximately one hour here, we will retrace our steps back to Gorak Shep, where we spend the night. Total trekking time today is approximately 7 hours and covers 6.2 miles/ 10 km in distance.

Day 14: Kala Patthar (5,645m/ 18,520 feet) to Pheriche – 4,200m/ 13,780 feet

Today is another big day, but one to remember forever! Normally, the plan is to start hiking at around 4 am, because you want to arrive at the top of Kala Patthar just before sunrise. The trail from Gorak Shep leads steeply uphill all the way to the top of Kala Patthar at 5,645m/ 18,520 feet. This takes approximately 2 hours to reach the top and the views off Kala Patthar are spectacular and you will be rewarded with the famous view of Mount Everest! After enjoying the mountain views at the top, we will return to Gorak Shep, which takes about one hour. There, we will pack bags and have breakfast before continuing back down the trail. We will then retrace our steps through the Lobuche, the Everest Memorial and usually stop in Thukla for lunch. From here, we will take the lower trail to the village of Pheriche at 4,200m/ 13,780 feet, for the night. The total distance today is 11.2 miles/ 18 km and will take approximately 7 – 8 hours.

Day 15: Pheriche to Namche – 3,440m/ 11,286 feet

The trek today will be another long and challenging day. From Pheriche we head back through Pangbouche, then uphill into Tengbouche where we stop for tea. From Tengbouche, the trail continues downhill for one hour to our lunch spot, beside the river. After lunch, there is a one hour and thirty minute ascent, back up to the Ama Dablam View Guesthouse, where we will have a final short break. There is another approximately hour and thirty minutes before we reach Namche Bazaar. This is a long day as we will only arrive in Namche in the late afternoon.



It is now time to take a shower, relax and get some rest! The hike today is approximately 8 hours and will cover 13.7 miles/ 22 km.

Day 16: Lukla – 2,850m/ 9,350 feet

Today is the final day of trekking!! It will be another long day as we must get all the way back to Lukla for the night. The day starts with a one hour descent from Namche, back to the high suspension bridge. Following the river from here, you will have to trek up and down stairs and trails, retracing our steps back to Phakding, where we will stop for lunch. After lunch, it will be a gradual two-and-a-half-hour ascent back into Lukla at 2,850m/ 9,350 feet. The hike today will take approximately 8 hours and we will not reach Lukla until late afternoon. The distance covered today is 13 miles/ 21 km and you will enjoy your final night spent in the Everest Region tonight.

Day 17: Fly to Kathmandu – 1,400m/ 4,500 feet

We will wake early today and have breakfast before returning to the Lukla Airport for the flight back to Kathmandu. If the weather is cooperating, then you would be back in the hotel in Kathmandu by early morning! You can spend the day at Leisure in Kathmandu, enjoying the sites, including Pashupatinath, Swayambhunath and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get a treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

Day 18: Kathmandu

Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.

Important Notes:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!



One of the main disruptions may come from weather related delays. Please note that often the Kathmandu-Lukla-Kathmandu flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather conditions. These conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for long waits either at Kathmandu or Lukla airports, as this can happen either at the start or end of the trek or even both! If flights are not flying due to the weather, the only option that might be available to get you in to Lukla, might be to take a private helicopter at an additional cost. Our team on the ground will be ready to organize helicopters in such conditions. More information on this will be in our Dossier if you do sign up to the trip.

We are your number one resource for the trip and if you sign up to one of our trips, we will send out a 45+ page Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the trek to Everest Base Camp: <https://iantaylortrekking.com/blog/all-you-need-to-know-about-trekking-to-everest-base-camp/>.

The Cost Includes:

- 4 Guides for every group of 10 trekkers
- Internal flights – Always aim to have first few rounds of flights per day
- Professional guides
- Portage of gear (Animals) (Carrying 15kg/33lb per person Maximum)
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- All lodge accommodation when in mountains
- All permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu



The Cost Does Not Include:

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$200)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)

Typical menu for the day:

Breakfast: Eggs, oatmeal, porridge, toast, pancakes, tea & coffee

Lunch: Egg fried rice, Potato's, Beans, fries, Pizza

Dinner: Pasta, Vegetable rice, soups, Yak Steak, Dhal (traditional Nepalese food)