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Kapan Marg, Kathmandu, Nepal



Everest Base Camp (EBC) Helicopter trip via Gokyo Lake

The Everest Base Camp trek is one of the most popular treks in Everest region of Nepal and there are good reasons why. You will be treading the same trails as the legendary climbers of Tenzing Norgay Sherpa and Sir Edmund Hillary. Starting in Lukla you will enjoy the spectacular landscapes and the unique flora and fauna of the Sagarmatha National Park, as well as the authentic culture of the Sherpa people. The trek will take you through the beautiful Gokyo glacial lakes, over the thrilling high mountain pass of Chola and all the way to Everest Base Camp. The highest point of the trip will be the summit of Kala Pathar at 5545m. The trip will end at a high point, taking you on a helicopter mountain flight you will never forget, offering you a panoramic view of the Himalayan giants such as Ama Dablam, Cho Oyu, Lhotse, Nuptse and of course the breathtaking view of Mount Everest. This journey will be a memory for a lifetime.

Price:

Trip Start: Kathmandu/Lukla

Trip Ends: Kathmandu

Duration: 14

Grade: Medium

Altitude: 5545m

Destination: Home

Trip Style: Climbing/Trekking

Transport: Flight/Helicopter

Group Size: 1-10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival to Kathmandu</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
2	<u>City sightseeing and preparation</u>	After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.
3	<u>Kathmandu – Lukla (2,860 m – Phakding (2,610m) 3 – 4 hours</u>	Early morning flight from Kathmandu to Lukla (2,800m), a gateway destination from where our trek begins. After an adventurous 40 minute flight above the breathtaking green and white mountains, we reach the Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, we meet our other crew members and after some packing and arrangements, we start our trek through the prosperous village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short trek today. Overnight in tea house

- 4 Phakding to –
Namche Bazaar
(3,450 m): 6- 7
hours Today our trek starts in the morning after breakfast. The walk today is pleasant with a few short uphill and downhill with multiple crossings over the DudhKoshi River (Milky River) and a magnificent view of Mt. Thamserku (6,608m/21,675ft) from the Benkar village. We cross more bridges and reach the entrance of Sagarmatha National Park at Monjo, A descent and a gradual walk brings us to Jorsale, the last village until Namche Bazaar. The walk is enjoyable through the river bed and we reach the tall suspension bridge. Now as we climb uphill towards Namche Bazaar, closer and magnificent sight of Kongde Peak, its sister peaks, KusumKangaru, Mt. Everest, Lhotse, Tawache, and many other fabulous mountains will be viewed closely. We stop at Chautara to admire the view. Finally, we reach the colourful village of Namche Bazaar, the main gateway of the Khumbu region. Overnight in Namche Bazaar.
- 5 Namche
Bazaar:
Acclimatization
Day This is the scheduled ‘acclimatization’ day for this trek. Health experts always recommend us to stay active and moving during the rest day too instead of being idle. We either spend the day taking a day hike or relaxing and exploring Namche Bazaar itself. Namche Bazaar is the main centre of the Everest (Khumbu) region and has government offices, ATMs, Internet cafes, Wi-Fi, shops, restaurants, a bakery and a colorful market each Friday evening and Saturday. If we trek a few hundred vertical feet during the day, it will help us to properly acclimatize. Guide take us to the Tourist Visitor Center near the headquarter of the Sagarmatha National Park where we can observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life of the Everest region. We also take an interesting side trip up to Khumjung. We further climb up to the famous airstrip at Syangboche and go further to one of the tea house for a tea break with great views of the highest mountains on Earth. The Khumjung valley is surrounded by the snowy peaks of Kongde and Thamserku and the sacred peak Khumbila, hosts a well-known monastery that houses a yeti scalp. We also visit Hillary School which is located at the same site. After having lunch and spending some time in Khumjung, we walk back down to Namche Bazaar. Overnight in Namche Bazaar.

- 6 Namche – Dole (4180m) 7 - 8 hours Today at first, we climb steeply out of Namche Bazaar up to Kyangjuma Village. Kyangjuma, we can enjoy outstanding views of Thamserku, Katenga, and AmaDablam. And then we start to climb up gradually until we get to Mong-La and here we stop for lunch then after lunch we start the walk to Dole to admire the grandest views of surrounding snow-capped mountains and valleys while having lunch. The most outstanding feature of the trail today is the abundance of plant and animal vegetation including wildflowers and Rhododendrons. While on the way it will not be unusual to spot wild lives like pheasants, mountain goats, and the elusive musk deer. Traversing through forests, some waterfalls and bridges, we reach at Dole, a small place with few teahouses. Overnight.
- 7 Dole – Machherma- (4,470 m) 4 hours Firstly, we climb steadily up through a scenic ridge above Dole and the trail climbs via Lhabarma at 4220m to Luza at 4360m. The path is steep in most places as we pass through thorny bushes up to Lhafarma. Offering us good views of Cho Oyu, Kantega, and Thamserku the trail takes us through many summer settlements and a charming hamlet of Luza (4360 m). While ascending from Luza, the DudhKoshi valley is deep like a canyon with its sheer sides. Walking along the hill side above thundering Dudkoshi passing through some small hamlets and through sandy spurs, we reach Machherma. Overnight at Machhermo.
- 8 Machherma – Gokyo (4800 m) 5 hours Today, we climb through a ridge Chorten from where we can see fabulous view of both down the valley and of the Mt. Kangtega, Thamserku, and northern part to the Cho-Oyu (8153m). Beyond the ridge the valley widens as the trail passes through a Chorten and reaches Pangka (4480 m) after some gentle walk. We descend to the river bank before beginning to climb up to the terminal moraine of the Ngozamba Glacier. It is a gently climb on the moraine. After crossing an iron bridge over an stream the trial levels out as it follows the valley past the first lake, known as Longpongo at 4690m, where we get chance to observe the Lama footprints on a stone. At the sight of the second lake, TabocheTsho we become mesmerized by the shimmering 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 juncture. After lunch, we explore around the third Lakes, DudhPokhari. We spend night at a teahouse with comfortable bedrooms. Overnight at Gokyo.

- 9 Hike – GokyoRi (5360m) – trek to Dragnag (4750 m) 5-6 hours Early morning, we hike up to the GokyoRi (Gokyo Peak). Climbing to GokyoRi is obviously strenuous as it is steep up and takes about 3 to 4 hours to reach the top. But even from the trial scenery of Gokyo village on the edge of third lake overlooked by Cholatse and the broad Nogzumpa Glacier are mind blowing. We feel like we are surrounded by panoramic mountains like KusumKanguru, Thamserku, Kangtega, Taboche, Cholatse, Makalu, Lhotse, Nuptse, Everest, Changtse, and Pumori. Sight of sunrays kissing the Everest that towers over all surrounding peaks is unlike from Kala Patthar (from Kala PattharNuptse seems taller). Our GokyoRi visit will be unforgettable life time memories. We trek down to Gokyo. Upon breakfast we trek to Thaknak for overnight scaling by the second Lakes and the Ngozumba Glacier. Overnight at Thaknak.
- 10 Dragnag – Cho-la Pass (5367 m) – Dzongla (4830 m) 7-8 hours. Cho La Pass is also another show up of this trip. Today is the toughest day and we need to start early (4-6 am) 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 vertical and the rocks glazed by ice add trouble to the trekkers making the trail slippery. Thought the trail from Phedi climbs through a ravine and a rocky trail 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. The pyramidal AmaDablam presides 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 Mt. Cholatse, Mt. AmaDablam, Lobuche peak and the Pheriche village far below. Overnight at tea - house
- 11 Dzongla to Lobuche 4,910 m/ 2-3 hours This will be a very short trek so we have a lot time to relax & enjoy the beauty that surrounds. We climb down from Dzongla& walk the grassy trail while enjoying the view of Lobuche Peak. The trail curves through the wide river bed before reaching Lobuche. We can spend the rest of day taking a rest which will help us acclimatise preparing for the next day’s long trek. Overnight in Lobuche. Included meals: breakfast, lunch & dinner

- 12 Lobuche to GorakShep 5,140m/ & Everest Base Camp 5,364m/ 8-9 hours We take the trail to Everest Base Camp through the once vast GorakShep Lake. Continuing straight ahead, we come across the Indian Army Mountaineers memorials. The walk is strenuous due to the thin air at this high altitude. We pass through rocky dunes, moraine & streams before reaching Everest Base Camp. From here Nuptse, Khumbust&Pumori are the mountains we can view from EBC. We trek back to GorakShep for a good night's rest. However, the sunset view from Kala Patthar is more mind blowing than the sunrise view, so it is recommended that we visit Kala Patthar today for sunset. As the setting sun's rays strike the snow-capped mountains, the resulting scenery is incredible. Therefore, for those trekkers who wish to continue to Kala Patthar today instead of the next day please inform your guide & He will coordinate. Included meals: breakfast, lunch & dinner
- 13 GorakShep to Kala Patthar 5,550m/to Gorakship 5,140m/ to MTN to Lukla, 4 – 5 hours We prepare for an early morning departure, amid pre-dawn darkness & cold temperatures (-10 to -14 C). Familiar peaks such as Lingtren, Khumbutse, & Changtse tower to the East even as Everest begins to reveal itself. But, it is upon reaching Kala Patthar that we get to see 360 degree up-close and formidable views of Mt. Everest. Then back to Gorakship, quick packing and breakfast. After that we will take helicopter mountain flight and back to Lukla. Overnight at Lukla Included meals: breakfast, lunch & dinner
- 14 Fly to Kathmandu We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest &/or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenir shopping & sightseeing. There will be a farewell dinner in the evening to celebrate the successful completion of our adventure. Overnight in Kathmandu. Included meals: breakfast, lunch & dinner
- 15 Final departure Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuvan International Airport a few hours before the scheduled flight for final departure towards your sweet home