



Contact Information

+977 01-4813144, +9779851135348

info@adventureascent.com

Kapan Marg, Kathmandu, Nepal



Everest Base Camp (EBC) via Gokyo Lake

The Everest Base Camp trek is one of the most popular treks in Everest region of Nepal. Treading the same trails that the legendary climbers Tenzing Norgay Sherpa and Sir Edmund Hillary once trekked. Starting from Lukla you will be able to 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. During the trek you will experience the beautiful Gokyo glacial lakes, climb over the high mountain pass of Chola and trek to the Everest Base Camp. The highest point of the trip will be the summit of Kala Pathar at 5545m where you will have a magnificent view over the mountain giants such as AmaDablam, Cho Oyo, Lothse, Nuptse and of course Mount Everest. From here we will start to descend down to Lukla with all the wonderful memories we have gathered from this unforgettable journey.

Price:

Trip Start:

Trip Ends:

Duration: 18-20 Days

Grade: Medium Hard

Altitude: 5555m

Destination:

Trip Style:

Transport:

Group Size: 1 - 10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival in Kathmandu (1,350m)</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 tour in Kathmandu and trek 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>Fly to Lukla, trek to Phakding</u> <u>2,651m/8,700ft:</u> <u>8km, 3-4 hours trek</u>	During the 40-minute flight from Kathmandu to Lukla (9,186ft), we enjoy one of the most beautiful flights in the world surrounded by high mountainous peaks. From Lukla our trek begins, we meet our other crew members & begin preparing for our adventure. From Lukla, we start trekking. First to Cheplung village from where we have a glimpse of Mt. Khumbila (18,900ft) a sacred mountain which has never been climbed. From Cheplung, we trek Phakding & spend the night, resting & acclimatizing.

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| 4 | <u>Phakding to
Namche Bazaar</u>
<u>3,438m/11,280 ft:</u>
<u>11km, 5-6 hours</u> | <p>Walking through a beautiful Pine forest, we follow the trail North up the valley of Benkar. We then cross Dudh Koshi River & continue on through Chumoa & Monjo; the entrance to Everest National Park. Then after crossing an exciting suspension bridge, we pass Jorsale village & walk alongside of the Dudh Koshi & Bhote Koshi rivers. A steep ascent brings us to the prime heartland of Sherpa village - Namche Bazaar. If the weather permits we can view the sights of Mt. Everest & Mt. Lhotse.&nbsp; Overnight we rest here in Namche Bazaar.</p> |
| 5 | <u>Acclimatization
Day - Namche
Bazaar</u>
<u>3,440m/11,284ft</u> | <p>There are plenty of things to do around Namche Bazaar, we spend a day here acclimatizing & relaxing. Namche Bazaar is the main centre of the Khumbu region & has government offices, ATMs, Internet caf&eacute;s, shops, restaurants & colorful local markets. Our guides can take us to explore the real charm of Namche Bazaar. Hiking to Sagarmatha National Park rewards trekkers with a sunrise view of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku & Kongde. If we are interested in a day hike, we trek to Khumjung village (12,401ft) a beautiful village with Sherpa settlements. In exploring Namche Bazar, we observe traditional Sherpa life, Khumjung Hillary School, enjoying the flora & fauna found at this altitude. Overnight in Namche Bazaar.</p> |
| 6 | <u>Namche Bazaar to
Phortse Thanga</u>
<u>3,680m/12,073ft:</u>
<u>6km, 5-6 hours</u> | <p>We climb the Khumjung hill to trek to East of the village down the broad valley leading to the Dudh Koshi from where the route turns North. There are two trails here & our guide will choose the best option for us to follow. We visit Mohang, the birthplace of the re-incarnated Lama of Rongbuk Monastery of Tibet who is believed to have introduced Buddhism in the Khumbu region of Nepal. The trail descends in a series of steep switchbacks down a sandy slope to the Dush Koshi. We stay overnight in Phortse Tanga, near the river. Included meals: breakfast, lunch & dinner</p> |
| 7 | <u>Phortse Thanga to
Machhermo</u>
<u>4,470m/14,663ft:</u>
<u>10km, 4-5 hours</u> | <p>From Phortse Thanga it is an uphill climb to Machhermo. We walk on a trail alongside a Rhododendron forest & pass through a waterfall before reaching Tongba Village. We continue our uphill trek through Dhole, Labarma & Luza villages before reaching Machhermo. Throughout today's journey we will be walking alongside the Dudh Koshi River. Overnight in Machhermo.</p> |

- 8 Machhermo to Gokyo 4,800 m/15,744ft: 7km, 4-5 hours
- We begin today by climbing a ridge for an excellent view down the valley to Kangtaiga & also up towards Cho Oyu 8,153m. The valley now widens as the trail passes through Phangkha, where an avalanche in 1995 killed 40 people. We then descend to the riverbank before climbing onto the moraine of the Ngazumpa Glacier. The trail levels out as it follows the valley past the first lake, known as Longpongo, at 4,690m. At this juncture, we get a chance to observe Lama footprints on a stone. At the sight of the second lake, Taboche Tsho, 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 with Cho-Oyu Mountain as a backdrop sets an amazing spectacular sight. After lunch, we explore around the third lake, Dudh Pokhari. Overnight in Gokyo.
- 9 Gokyo Valley: Acclimatization Day - Optional Hike to 5th Lake: 6-7 hours
- We can spend this day taking a well earned rest in the Gokyo Valley or hike to the 5th lake. If the weather is good, another option could be to climb Gokyo Ri, a popular viewpoint to enjoy stunning views of the mountain vista. We walk 3kms north of Gokyo to reach the fourth lake also Thonak Tsho. We take pleasure in the lake's serene beauty & continue to the fifth lake, Ngozumba Tsho. If we want to, we can climb a hill, also called the Scoundrel's Viewpoint, which is located at the edge of the fifth lake. From here we get outstanding views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse & Makulu mountains. Another treat for us is the view of the biggest glacier of the world, the Ngozumba Glacier. We trek back to Gokyo to spend the night.
- 10 Gokyo to Thagnak 4,750 m/15,580 ft: 4km, 4-5 hours
- If we did not climb the Gokyo Ri the previous day, we can do that today. Climbing to the top of Gokyo Ri is demanding as it is steep & takes about 3 to 4 hours to reach the top. But the scenery of Gokyo village, on the edge of third lake overlooked by Cholatse & the broad Ngazumpa Glacier, is magnificent as it breathtaking. We are surrounded by panoramic mountains like Kusum Kanguru, Thamserku, Kangtega, Taboche, Cholatse, Makalu, Lhotse, Nuptse, Everest, Changtse & Pumori. The sight of sunrays kissing Everest which towers over all the surrounding peaks is astounding. We trek through the Ngazumpa Glacier to the other side. Next meander into Thagnak. It will be a short hike today with an afternoon of rest which will prepare us for long hiking days & elevation gain to come.

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| 11 | <u>Thagnak to Cho La pass</u>
<u>5,367m/17,604ft to Dzongla 15, 939ft:</u>
<u>7km, 7-8 hours</u> | <p>Today is going to be one of the toughest days of the trip. The Cho La pass is not itself difficult, but it is steep and involves a glacier traverse on the eastern side. The trail from Phedi climbs through a ravine. While trekking through the side of a frozen lake, we reach at the top of the pass decorated with prayer flags. The Eiger of Nepal; Ama Dablam presides over a range of mountains on the South even as Cholatse soars to the West & Lobuche East. We need to pass through some crevasses before we reach Dzongla Village. The village provides great views of Cholatse, Ama Dablam, Lobuche Mountains along with the Pheriche Village far below.</p> |
| 12 | <u>Dzongla to Lobuche</u>
<u>4,940 m/16,207ft:</u>
<u>6km, 2-3 hours</u> | <p>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 a 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.</p> |
| 13 | <u>Lobuche to Gorak Shep</u>
<u>5,170m/16,961ft & Everest Base Camp</u>
<u>5,364m/17,594ft:</u>
<u>13km, 6-7 hours</u> | <p>We take the trail to Everest Base Camp through the once vast Gorak Shep 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, Khumbuste & Pumori are the mountains we can view from EBC. We trek back to Gorak Shep 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.</p> |

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| 14 | <u>Gorak Shep to Kala Patthar</u>
<u>5,545m/18,192ft to Pherice</u>
<u>4,288m/14,070ft:</u>
<u>16km, 7-8 hours</u> | <p>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 return back to Lobuche for a good night's rest. Those participants who will visit Everest Base Camp today will have an early breakfast to start early as Everest Base Camp hike takes longer than the hike to Kala Patthar. After returning to Gorak Shep, both the groups will have lunch together; the afternoon is taken to descend down to Pheriche for a good night's rest.</p> |
| 15 | <u>Pheriche to Namche Bazaar: 20km, 6-7 hours</u> | <p>We trek down through the hillside blanketed by Rhododendron and Juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colorful Pheasants, Mountain Goats, Himalayan Bears & if lucky we may see the rarely seen Yeti. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku & Nuptse Mountains. We also pass winding trails then through a forest before reaching Namche Bazaar for our overnight rest.</p> |
| 16 | <u>Namche Bazaar to Lukla: 19km, 6-7 hours</u> | <p>The trail descends steeply downward so we need to walk cautiously to battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi & its tributaries. After our arrival in Lukla, we stretch those sore legs & enjoy recalling our experiences of the last couple of days. Overnight in Lukla.</p> |
| 17 | <u>Fly to Kathmandu</u> | <p>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 souvenirs shopping & sightseeing. There will be a farewell dinner in the evening to celebrate the successful completion of our adventure. Overnight in Kathmandu.</p> |
| 18 | <u>Extra day in Kathmandu</u> | <p>This day will be an extra buffer day just incase the flight from Lukla get cancelled due to bad weather. We will have farewell dinner in the evening.</p> |

19 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.

Includes

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

Excludes

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.