



Trip: Everest Base Camp and Gokyo Lake Trek

Url: <https://www.megaadventuresintl.com/trip/everest-base-camp-and-gokyo-lake-trek/>

## Overview

MAI offers Gokyo Lake Trek in exclusive way where every hiker are able to enjoy the beauty of EBC as well as Gokyo Lake in a dramatic way. It is one of the world popular trekking trail not only because of its elevation because of local Sherpa people's hospitality and welcoming faces makes all visitors happy. The famous mountains such as Cho Oyu (8153 m), Lhotse (8511 m), Nuptse (7879 m), Makalu (8470 m), Ama Dablam (6856 m) and many more unnamed mountains are located in the Khumbu region. This is the most concentrated mountain region with the highest mountains of the world, where more than 200 peaks are higher than 6000m.

### Highlights of the trek:

- One of the most adventure flight in the world.
- Scenery of world's most spectacular mountains.
- Unique cultures and lifestyle of legendary Sherpa's.
- Follow the footsteps of renowned climbers; Tenzing Norgay Sherpa, Sir Edmund Hillary.
- Discovering some of the old and famous monastery in the lap of mountains.
- Searching the mysterious and mythical snow man Yeti.
- Years old mani stone, engraved with Tibetan Buddhist prayers.
- Challenging hikes to Kalapathar, Nagakarshang, and Everest Base camp trekking in less oxygen.
- Incredible khumbu Glacier.
- Some of the danger glacial lake because of global warming.
- Incredible and challenging passes.
- Pristine Gokyo lake.
- Flora and Fauna in side Sagarmatha National Park, listed in UNESCO.

**Arrival City** Kathmandu

**Departure City** Kathmandu

**Price Per Person**

\$1,650.00

**Duration** 20

days

**Trekking Days** 15

days

**Difficulty** Medium-Hard

**Max Elevation** 5555m/18225ft

**Primary Activities**

Trekking

**Best Season** March, April, May, September, October, November

**Trip Route**

Kathmandu-lukla-Namche-Tengboche-Dingboche-EBC- Dzongla- EBC – Chola Pass – Gokyo Lake

### Includes

- Necessary Airport arrival departure.
- Normal Nice Hotel Kathmandu for 4 nights with Bed and breakfast /twin sharing basis.
- Flight fare from Kathmandu – Lukla- Kathmandu for members.
- Flight fare from Kathmandu- Lukla- Kathmandu for guides.
- Guided city tour in Kathmandu with private transport and entry permit.
- Full board tea house trekking cost with breakfast, lunch, dinner & accommodation /twin sharing basis room.
- Water purification liquid during trekking.

- Professional English guide and his Salary.
- Necessary number of porter and their Salary.
- Trekking permit.
- Sagarmatha national park permit.
- First aid kit.
- Farewell dinner
- Insurance for Nepali staffs

#### **Excludes**

- Lunch and dinner in Kathmandu.
- Beverages and alcoholic drinks.
- Emergency medical evacuation.
- Tips for staffs.
- Personal expenses and extra services beyond itinerary.

## **Itinerary**

- Days 01: Arrival in Kathmandu and transfer to hotel.  
Our representative will be at airport, with the sign of MAI, to pick up you and transfer to the Hotel. After short refreshment there will be short trip briefing and introduction with your trekking guide .Our guide will suggest you the nice restaurant for your Dinner.

#### **Includes: Airport Pickup and Accommodation**

- Days 02: City tour around Kathmandu and final preparation of the trek.  
9 am : After breakfast your tour guide will meet you in your hotel for guided city tour around Kathmandu. During your tour you will visit; **Swayambhunath**– “the self existed Buddhist stupa” also known as “Monkey Temple” **Pashupatinath** “the biggest Hindu Temple” along side with cremation center, **Boudhanath Stupa** – “the biggest Buddhist Stupa of Nepal” influenced by Tibetan Buddhism. After having lunch at Boudhanath you will be back at the hotel around

3:00- Pm: Your trekking guide will check your trekking gear at your hotel and suggest and assist you to buy or hire in Kathmandu, if anything is missing in your list.

#### **Includes: Breakfast, Guided City with transportation , entry permit and Accommodation**

- Days 03: Fly to Lukla (35 minutes flight) and trek to Phakding (2650m) –around 3 hours walking . Lunch at Phakding.  
Early in the morning you have to wake up for the flight to Lukla via twin otter. You can see panoramic Mountain View by aircraft. Within 25-30 min we will land in lukla, where we can meet our Sherpa staffs and Yaks for baggage. After having breakfast and preparing all gear and staffs ready, treks start towards Phakding. Today is short easy and gentle walking start from the north end of lukla, steeply down and runs above the village of Chaurikharka, where you can see the school founded by Sir Edmund Hillary. Within 45 minutes from Lukla you will be in Cheplung Village. From Cheplung you can see the roaring Dudhkoshi River. Trail slightly descends down, cross the suspension bridge; see the nice view of Kusum kangru (6367m). After short climb, the trail enters the mani walls and chortens carved with tibetan mantras, praying wheels and praying flags. Finally the trail leads you to Phakding village with numerous lodges lined along the street.

#### **Includes: 3 meals and accommodation**

- Days 04: Trek Phakding to Namche (3440m) – 5-6 hours walking.  
Today is little bit long walking day. We continue walking along the bank of Dudh Koshi

River, on the way you will pass different lodge, local bhattis (porter rest house) the trail climb up to Toktok village and continue steep climb after the village<sup>3</sup> you will see the magnificent glimpse of Thamserkue Peak ( 6608m). Within one and half hour from Phakding you will be in village called Benker, where you can see the enough lodge for trekkers. Continue walking from Benker on the way you can see the forest of rhododendron and fir. The trail goes steep from chumoa to Monjo. Monjo is a nice village with lodge and local houses. You can see gompa, school and vegetables fields. After having lunch in Monjo continue walking towards our today's destination Namche. Just above the Monjo there is check point of Sagarmatha National Park. Guide will arrange all entry process in national park office. Now the trail descend down, cross the suspension bridge, gentle walking to Jorsalle. After Jorsalle re- cross the Dudhkoshi River over suspension bridge and follow the river bank. Slightly up few step and cross the high suspension bridge over Dudh koshi. Namche is yet 2 hours far from you, where the walk is little bit tough. It is Zigzagging ascent through the pine forest. Never rush while going up; in every step you are gaining the height, so there is a risk of altitude sickness. Climb slowly and drink enough water.

**Includes: 3 meals and accommodation**

- Days 05: Namche – acclimatization – Hike up to Khumjung valley (3970m). 3-4 hrs walking.

Today is our acclimatization day in Namche. To adjust with high altitude and to avoid the AMS in further trail acclimatization is required for every trekkers, those who wants to conquer their goal safely. We hike to Khumjung – the green valley, not because of tree but because of green roof of local houses. On the way we will visit Namche Museum, where you can see the cultural, religious and some fact of mountains and climbers of Everest region. Cross Syanboche airport, the airport in the highest elevation in the world. While going further ahead you will see the breathtaking view of Mt. Amadablam and others mountains. Few minutes further waling you will be in Everest View Hotel, from where you can see the magnificent view of Mount Everest and Lhotse. Slightly descend down to Khumjug valley and visit Sir Edmund Hillary's school and hospital at Khumjung and walk down to Namche.

**Includes: 3 meals and accommodation**

- Days 06: Trek Namche – Tengboche (3840m): 5-6 hrs walking.

After Breakfast, slowly start to walk towards north leaving the namche back. Trail runs straight through the sloppy hills, somewhere covering with pine and Jenifer's trees.

Crossing different mani walls and chortens, you will be in Sansa within 1 hours. From sansa trail gradually down inside the forest of Pine. Cross some smokey tea houses and continue descend few step. On the way you can see the thumb like view of Amadablam. No sooner you cross the suspension bridge; you will be in Phunki Tenga where you will recharge your energy for next steep climb towards Tengboche.

After having lunch, fill up your water bottle and ready to navigate the uphill. While climbing up gradually inside the rhododendron forest, it is as if you are playing a Hide and Seek game with different peaks. Drinks enough water and continue moving slowly, the trails bring you at one of the magnificent place of your trip. Don't be confuse towering big mountains in front of you are Mt. Everest (8848m) and Mt. Lohtse. (8501m).Beside this tengboche offers the breathtaking view of Kwangde (6187m), Twachee (6542m), Amadablam (6812m) Nuptse( 7879m), Kangtega and Thamserku. Enjoy the view, capture the photos and relax in the sunlight. In the evening participate in the praying ceremony at Tengboche Monastery.

**Includes: 3 meals and accommodation**

- Days 07: Trek Tengboche to Dingboche ( 4410m): 5-6 hrs walking.

Wake up early in the morning and capture some magnificent view of mountains, have some

breakfast, gear up and ready to move towards Dingboche. First the trail gradually descent down to Deboche through the forest of birches conifers and rhododendron. The continuing path inside the forest leads you to Imja Khola, cross the steel bridge and continues walking up hill towards Pangboche Crossing different stupa along the route; you will be in Pangboche within one and half hour from Tengboche. Pangboche offers enough lodges for trekkers. In the upper part of the village there is oldest Monastery of Khumbu, founded by Lama Sange Dorge in 17th century. Follow the path of Imja Khola, the trail slightly steep up to Somare , have a lunch and continue the trial along with Imja Khola , the trail leads you to the small bridge over Khumbu Khola, cross the bridge and climb around 1 hour, you will be in Dingboche the beautiful village with enough lodges for trekkers. The views are great from Dingboche. You can see Island Peak, Makalu and another face Amadablam,

**Includes: 3 meals and accommodation**

- Days 08: Acclimatization- Hike to Nagakarsang (5090m): 3-4 hrs walking.  
Acclimatization in Dingboche is mandatory for every trekker as like in Namche. After breakfast, slowly start to scale the Nagakarsang Hill. The view is magnificent form the hill. You can see different glacial lake and some of the best view from Nagakarsang. You can also see the Makalu (8463m) fifth highest mountain of the world. After hiking 2-3 hours up in the hill, hike back down to Dingboche. In the evening explore the Dingboche village.

**Includes: 3 meals and accommodation**

- Days 09: Trek Dingboche to Lobuche ( 4940m) 5-6 hrs walking.  
We continue our journey from Dingboche through the high alpine region to the conclusion of Luboche and stay overnight. Trial goes just above the Pheriche. The gradually up trail leads you to Dhukla, within 2 hours. Before reaching Dukla you have to cross the small glacial stream. Have short rest and you're your lunch and gain more energy for coming tough walking. The trail is directly up Dukla for about one hour but the magnificent view of Cholatse, Lobuche, Pumori and Nuptse gives you more pleasure. At the top of the ridge you can see the memorials of climbers who lose their life in mountains. Continue walking towards Lobuche, the perfect peak Pumori (7165 m) soars into view with whistling air, makes you feel cooler. When you are in lobuche you will feel completely different. Symptoms of high altitude may occur on you; drinks enough hot water, noodles and garlic soup.

**Includes: 3 meals and accommodation.**

- Day 10: Trek to Lobuche to Everest Base Camp ( 5360 m) and back to Gorakshep : 6-7 hrs walking.  
As usual after breakfast, start to trek towards Gorakshep. The first section of the trail goes through the narrow gap between the glacial moraine and the mountain wall. After rounding the bend you will the first views of Kala Pathar (5545m). This dark mound of mountains provides the best view of Everest and the massive mountains range.. We can see Khumbu Glacier along the way to Gorakshep. After having short rest and lunch in Gorakshep, process towards Everest Base Camp. Though it looks close it takes around 2 hours to reach there. Spend few times @ base camp, take picture of different mountains and giant khumbu glacier and return back to Gorakshep. You can see lots of expedition tent and group in Everest Base Camp during expedition period in spring. Next day our goal is Kalapathar top. To night before going to bed your guide will give you time for next morning and instruction for necessary gear. It's better to be in kalapathar top before sunrise.

**Includes: 3 meals and accommodation**

- Days 11: Early in the morning climb Kalapathar (5545m) and after breakfast trek down to

Dzongla ( 4830m) 7-8 hrs walking.

In the morning we climb up to the Kala Patthar to see the magnificent sunrise view just behind the massive mountains range. Kalapather is the best point to see the clear view of giant Everest. Most of the pictures of Mt. Everest are taken from Kalapathar. Vertically standing Mt. Pumori and other smiling nearly circular shape of snow covered mountains easily make you forgetful of chilling weather. After spending few minutes at the top, we will process down to Gorak Shep. After breakfast decent down to Lobuche and continue walking to Dzongla. After lobuche the route goes similar with regular Everest Base Camp Route. After then you will enter into less travelled route, departing with the regular EBC Trekkers and enter into the wide valley of Dzongla on the foot of Cholatse.

**Includes: 3 meals and accommodation**

- Day 12: Cross Chola pass (5368 m) and stay at Taknak ( 4885 m) 7-8 hrs walking.

Today you have to start early in the morning to avoid the crowd of other trekkers and the cloud in the pass. Trail goes gently amble, between Lobuche, cholatse and other different peaks. You can stop any point and look back ward, where you can see the warmly smiling Mt. Amadablam. While going ahead on the way you have to cross several small stream and slightly ascent crossing different boulders. Few minutes ahead you will find the fresh snow and footprints of other trekkers. After nearly about three hours from Dzongla you will be in Chola, where you can see the flapping triangular praying flag. This is also one of the best places on your route to catch the magnificent and picturesque view.

**Includes: 3 meals and accommodation**

- Day 13: Trek Taknak to to Gokyo (4750M): 4-5 hrs walking.

Today's destination is Gokyo, the lakes like in Eden, Peace, calm and untouched. Comparatively very few trekkers reach Gokyo then in EBC. From Taknak it is easy and short walking to Gokyo. The trail runs in more greener and warmer atmosphere. After walking few hours, Gokyo Valley welcome you with few tea houses and blue/ sometimes freeze lake.

**Includes: 3 meals and accommodation**

- Day 14: Hike to Gokyo Peak (5357m) and trek down to Machhermo ( 4470 m) 5-6 hrs walking.

Early in the morning hike to Gokyo ri, it is one of the best place to capture the best panoramic view of massive mountain range. After Gokyo ri continue trek down to Machhermo .

**Includes: 3 meals and accommodation**

- Day 15: Trek Machhermo to Khumjung ( 3780 m): 6-7 hrs walking.

After Breakfast trek down to Phortse, after Phortse the trail ascend around 45 and again continue walking to Khumjung village.

**Includes: 3 meals and accommodation**

- Day 16: Trek back to Manjo ( 2835m) : 6-7 hrs walking.

Trek down to Monjo via Namche bazar and continue walking to Monjo

**Includes: 3 meals and accommodation**

- Day 17 :Trek back to Lukla ( 2840m ).

Today is your last trekking day in the himalaya.After breakfast continue trek down to Lukla. Enjoy evening with your crew members.

**Includes: 3 meals and accommodation**

- Day 18: Fly back to Kathmandu and transfer to hotel ( 35 minutes flight ).  
Early morning after having tea and light breakfast transfer to the airport and fly back to Kathmandu.

**Includes: Breakfast and accommodation**

- Days 19 : Leisure day in Kathmandu.  
Today is the buffer day of your entire trip. Because of bad weather sometimes flight to Lukla and from Lukla may cancel, that is why we need at least an extra day.

You can relax, drinks bear, explore the city, go to the massage or barber shop or to laundry, even you can take long day sleep. Evening farewell dinner in Nepali Traditional restaurant with cultural dancing program

**Includes: Breakfast, Dinner and accommodation**

- Day 20: Departure from Nepal.  
Here is the end of your life time memorable trip and your long holidays. Our guide will meet you at your hotel for your farewell and arrange a car to drop you to the airport.

**Includes: Breakfast and airport drop transportation**

## Testimonials

### They were reliable, timely, organized and above all fun!

My experience with **Mega Adventures** could not have been any better! When I arrived in Kathmandu, I was warmly received by a member of the staff who, after dropping my bags off at the hotel, kindly led me around the city. After spending a few days exploring that wonderful city and meeting my climbing guide, we flew out to Lukla to begin our trek. Our goal was to summit Island Peak with a stop at Everest base camp along the way for acclimatization. Throughout the trek, my guide and porter were incredibly supportive and engaging and taught me so much about the region and culture. Although we ultimately were unable to summit Island peak due to weather conditions (one of the greatest challenges of climbing) we did reach approximately 6,000m, the highest I had ever been. I was immensely satisfied with the climb. Though I have taken a mountaineering course previously and had the opportunity to climb many of the highest peaks in Washington State, I was new to the Himalayan Mountains. My guide taught me several new techniques to enhance safety while climbing and provided a safe, encouraging environment. I would highly recommend this guiding company, as they were reliable, timely, organized and above all fun!

– Natalie Vandeven, USA

## FAQs

- When is this best ?  
Our staffs will be at airport to pick up you and transfer to the Hotel. Introduction with guide and short briefing about the trek. Our guide will suggest you best restaurant for your Dinner.
- What is the success rate for your trips?  
We have 95% success rate for Everest base camp.
- What sort of insurance required? If it is where can I buy? What about if I get sick on the way?  
Yes single supplement services are available. You should have to inform us during booking time. The cost for SS is USD 350 per person
- How can I pack my luggage? How much I can carry in the flight? Where to store the extra things in Kathmandu?

First separate the things that you need during trekking and packed it in your duffle bag. Your duffle bag will carry by your porter. Keep your valuable things in your day bag such as wallet, passport, camera, cell phone, money etc which you will carry during the entire trek. Extra things which are not necessary during trekking will store in your hotel safely at Kathmandu. The maximum weight limit to lukla flight is 15 kg including your hand bag.

- First separate the things that you need during trekking and packed it in your duffle bag. Your duffle bag will carry by your porter. Keep your valuable things in your day bag such as wallet, passport, camera, cell phone, money etc which you will carry during the entire trek. Extra things which are not necessary during trekking will store in your hotel safely at Kathmandu. The maximum weight limit to lukla flight is 15 kg including your hand bag.

If this happen we will try the possible flight of next day also try the chopper flight to Lukla. All the ticket cost will refund if you took a Helicopter flight

- What sort of food can I expect in trekking? Can I get vegetarian food?  
Both vegetarian and non vegetarian food is available, but we highly recommend you to have vegetarian food which is more healthy and hygienic. Various continental items are available and you can choose it from the menu. Consult with your guide before ordering the meal, they will suggest you the best.
- Can I order my food or fixed menu?  
Yes you can order as per your interest, you may not know the quantity of the dishes so better to consult to your guide before make order.
- Can I get hot lunch or packed?  
You can get hot lunch every day.
- What about Drinking water? And where can I get it?  
We will provide water purification chlorine drops to purify your water. Your guide will assist you to fill the water bottle. You have to pay extra if you want to pay hot boiled water.
- Is hot shower available on the way?  
Bucket hot will serve if you want to take shower. You can take shower in Phakding and Namche while going up. We don't recommend you to take shower in high altitude, above Namche bazaar while going up. You should have to pay extra for your shower, which is around \$3 for each shower.
- Do I need to carry toilet paper myself?  
Toilet paper may not be available in every stop, that's why we strongly suggest you to carry your own.
- How many miles have to walk in entire trek?  
You will cover 50 miles / 100km from lukla to lukla
- What about if my pace is slower than other trekkers?  
There will be always some assistant guide with you can walk in your own pace.
- How can I communicate with my friends and family?  
Let us know if you need local sim card for your cell phone when you are in Kathmandu, we will manage it for you. Cell phone covers almost all the way to Base Camp. You can also insert data services in your sim card.
- Can I charge my cell phone and camera on the way?  
Most of the place the power source is solar, so the charging ports are only available on the lobby of the tea house. They will charge you (money) while recharging your devices. Better to consult your guide before charging the devices.

- How much extra money required?

We kindly suggest you to bring around USD 300 as extra money. You need extra money to tips, to buy some souvenirs, to use internet services and also for your shower and charging your devices.

- Are there bank on the way? Or can I use my credit card during trekking?

There is a bank in Namche which you can use. But we suggest you to bring extra money from Kathmandu. Credit is not accepted on the way. For extra services beyond the packages cost you need to pay my cash.

- When and how to tips guide and porter?

You can tips guide and porter at the end of trek in lukla. Collect the amount from all the trekkers, better to tips by the group rather than individually.

- What will be the minimum amount of that guides and porter expected as tips?

You can tips guide minimum USD 150 and porter 100 in total.