



## Gokyo via Everest base Camp | 18 Days

*"Surrounded with a majestic mountains which feels like a row of divine saints on a white robe gives a feel of cosmic energy passing through one's system with a touch of beauty and serenity is something that Everest area offers within"*

### Itinerary:

#### **Day 01 - Arrival to Kathmandu (Tribhuvan International Airport – TIA) (1,350 m/4,450 ft)**

Upon arrival at Tribhuvan International Airport (TIA) and clearing customs and immigration, you will be welcomed by our personal representative at the arrival zone (we assure you that our complete team roster at Discovery World Trekking (DWT) is professionally certified and registered with the government). Our representative will escort you by private transport to our hotel in Kathmandu, centrally and conveniently located in the Thamel area of Kathmandu. Thamel is well known as an exciting tourist hub and has a full range of restaurants and cuisine, gear and souvenir shops, pubs, nightspots and tourist facilities. After resting and refreshing at the hotel, the evening is yours to explore.



#### **DAY 02 - Full Day Tour, Kathmandu Valley Sightseeing**

After breakfast, we will embark on a full day of sightseeing around the scenic Kathmandu Valley. You will be accompanied by our personal DWT guide, an expert on the architecture, culture and history of the valley. The day's sights and activities include visits to the sacred, ancient shrines of Pashupatinath, Boudhanath, and Swayambhunath, all still very active. Pashupatinath is one of the world's most important Shiva shrines and a site of cremation for dignitaries. Boudhanath is one of the largest and grandest *Stupa* in Asia and busy from dawn to dusk with devotees. Swayambhunath, aka The Monkey Temple, is famously perched on a hill overlooking the city. The day's tour includes a visit to the otherworldly Patan Durbar Square. Overnight at Hotel.

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**Day 03 - Flight to Lukla(2850 m/9,350 ft) ¾ hr, trek to Phakding (2,650 m / 8,690 ft) – 3 hrs**

We begin early today with transport to the airport for our scenic domestic flight to the east to the mountain airport of Lukla. We are now in a land populated by the famous Sherpa people. In Lukla we will meet the majority of our crew and take our first treks on the trek. We take it easy today to get accustomed to the altitude with a enjoyable walk to Phakding with time to spare to explore the local monastery. Overnight at Lodge.

**Day 04 - Trek to Namche Bazaar (3440 m/11,285 ft) - 6 hrs**

Today we have our first full day on the trail as we trek north up the DudhKoshi river valley. We pass the Sagarmatha National Park check post and will have our permits registered before continuing on with glimpses of the big peaks along the way, including Everest! We cross a high suspension bridge and then make a challenging climb through dense forest to arrive at Namche Bazaar a town with set in an arena with beautiful peaks looking in. The market area is a lively scene with much to explore as well as a nearby monastery. Overnight in Guesthouse. **(B,L,D)**



**Day 05 - Rest Day to Enjoy and Acclimatize at Namche Bazaar**

Today, we will take a day of rest from our onward and upward journey. This day we will enjoy nature's surroundings of mountain views and majestic landscape. Additionally, we have an optional hike planned for people who wish to explore the Sagarmatha National Park visitor center and a spectacular hike to Khunde and Khumjung, Sherpa settlements an hour from Namche with a yak farm along the way. Additionally, we visit a famous hotel with astonishing views of Everest and more. Overnight in Lodge

**Day 06 - Trek to Dole(4,045 m / 13,270 ft) - 5 Hours**

We trek north from Namche today, following the scenic DudhKosi valley with excellent views of the surrounding landscape and Himalayan peaks. First we climb up to a collection of lodges at Mongla situated on a ridge line with a commanding view. We then head down through splendid forest to Phortse Tenga, closer to the river. From here we continue through more forests as we ascend to the scenic setting of Dole. Overnight at Lodge

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**Day 07-Trek to Machhermo (4,400 m/ 14,450 ft)– 5-6 hrs**

It is a magnificent day of trekking as we continue north up the beautiful valley. The wide open landscape affords great views. We pass meadows where yaks are pastured and trailside shrines and prayer flags. Cho-Oyu, the fifth highest peak in the world will be especially noticeable today. Eventually we reach settlement of Machhermo which has an aid post and a backdrop of a beautiful peak looming above it all. Overnight in Lodge.

**Day 08-Trek to Gokyo (4,750m /15,584 ft)– 4 hrs**

The landscape becomes more arid and barren as we rise in elevation. We are reaching the upper part of the DudhKosi valley and we climb past pastureland and eventually find the first of the Gokyo lakes, its shimmering waters reflecting the peak above it. We then follow a marvelous route along the largest glacier of Nepal known as Ngozumpa Glacier. We pass another lake and then reach the third lake and nearby collection of lodges known as Gokyo. The scenery with the lake, peaks and glacier is overwhelmingly beautiful. Overnight at lodge.



**Day 09 -Rest Day to Enjoy and Acclimatize at Gokyo**

We take the day to explore around Gokyo including Gokyo Ri glorious view point (5340m / 17,519 ft) with one of the finest panoramas on earth including astonishing views of Everest and its surrounding peaks. We return to Gokyo for lunch. After lunch then we can explore more of the landscape around Gokyo including the upper lakes and more viewpoints. Overnight at Lodge.

**Day 10 - Trek to Thangnak (4,695m / 15,400ft)5 hrs**

We say goodbye to Gokyo and the beautiful lake and scenery as we trek into more magnificent territory. First, crossing Ngozumpa Glacier, an unforgettable experience with scenery unlike anything on the planet. We then down the valley along the eastern side of the glacial moraine. The scenery is otherworldly. Eventually we arrive at the collection of lodges known as Thangnak in a serene setting that is optimally placed for a crossing of the Cho-La high pass. Overnight at Lodge.



**Day 11– Trek to Dzongla (4,855 m / 15,930 ft) by traversing the Cho La Pass (5420m / 17,783 ft) - 6-7 hrs**

We will have a long and challenging day today as we make our way through remote country and up and over a high pass. The rewards will be magnificent scenery with many peaks and unforgettable views. We start early and make a steady climb. The path is rugged but eventually we meet the prayer flagged lined top and cross over into the next valley and begin a long descent to a collection of lodges in a beautiful open plateau. Overnight at Lodge.



**Day 12- Trek to Lobuche(4,930 m / 16,175 ft)- 4 Hours**

Today we have a relatively easy day after yesterday's long crossing of the pass. The trail descends gently and then makes a pleasant contour. With magnificent views all around, we eventually reach the ImjaKhola valley and head north for a short distance to the settlement of Lobuche. There are many shops and hotels in a magnificent setting. Overnight at Lodge.

**Day 13 - Trek to Everest Base Camp and back to GorakShep(5,185 m / 17,010 ft)- 6-8 Hours**

Today is a long awaited and rewarding day. From Lobuche, we follow the glacial moraine up and the views keep on getting better. Eventually we rise to the lodges of GorakShep our overnight point for today, but other than to leave our gear in our rooms and enjoy a lunch, we continue on to base camp. The terrain on the way to Everest Base Camp is otherworldly. Finally we reach the ultimate destination of this trek and we are as close as possible to the world's highest peak without being a climber. Savor the moment and our congratulations at the effort it took to make it here! We take in the views including the renowned Khumbu Icefall. After some time we head back to GorakShep for the evening. It's been a wonderful day after all! Overnight at Lodge.





**Day 14 –Hike to Kala Patthar viewpoint and then Trek GorakShep toPheriche(4,250m / 13,945 feet) –5 hrs**

We wake up early today and enjoy a hot drink before a pre- dawn climb to the famous Kala Patthar viewpoint at 5550 m(18,208 ft). From Kala Patthar we can witness a marvelous sunrise on Mt. Everest and the surrounding peaks. After savoring the panorama, we trek return to Gorakshep for breakfast and to pick up our gear. We then descend back down the beautiful valley to Pheriche. Overnight at Lodge.



**Day 15 - Trek to Namche(3440 m/11,285 ft) – 6-7 hrs**

After breakfast we have a long day filled with mesmerizing views. We make a return journey to Tengboche and then drop down to cross the DudhKosi and climb and contour for a return to the town of Namche. Overnight at Lodge.

**Day 16 Trek to Lukla (2850 m/9,350 ft) – 6-7 hrs**

This will be our last day on the trekking trails and it will be a long but rewarding day as we make a return down the DudhKosi valley. From this direction the views will be entirely different. Eventually, we reach the large town of Lukla with airport where tomorrow we will have a flight back to Kathmandu. Overnight at Lodge.

***Please Note:** We have many more exciting treks and activities to choose from following your Everest Base Camp via Cho La adventure. If you have the time and interest, then join us for a tour of Chitwan and Lumbini, a jungle safari, paragliding, rafting, canyoning, another trek, peak climbing and much more!*

### Day 17 - Fly to Kathmandu

If all goes according to schedule, and we certainly expect it to (please see note below), then we take an early morning flight back to Kathmandu and the rest of the time will be yours to relax and refresh from your days on the trekking trail, and perhaps explore more of the city. Overnight at selected hotel in Kathmandu.



*Please be advised: We recommend adding extra days in your itinerary as a safety margin for your return flight home. The air traffic from Kathmandu to Lukla, and then Lukla to Kathmandu is frequently behind schedule and this may cause onward delays. Sometimes flights get backed up for a days. In these circumstances, we will do our best to allay problems, and re-schedule flights to and from Lukla as available. However, we must caution you about the possibility of postponements of flights and even cancellations. We recommend that you schedule at least an extra 2 days cushion in your itinerary to avoid problems with international flights from Nepal. In the event of delays, we can arrange a helicopter at your request at a cost of around USD 500-1000 per person, depending on demand and capacity. It is also very likely that no delays will be incurred. In any case, we can arrange additional activities with your extra time in Nepal!*

### DAY 18 - Transfer to Kathmandu's Tribhuvan International Airport (TIA) for your international departure

Our personal representative will accompany you by private vehicle to the international airport for your final departure home. We really hope that you've enjoyed the trekking holiday in Nepal's majestic hills with us. Please remember Discover World Trekking fondly and we hope that you will come back soon! Have a pleasant journey home!





**Please Note:** *The Everest Base Camp via Cho La trek includes fixed departure dates from Kathmandu and can be tailored to accommodate your specific requests and schedule. Please review our designated departure dates for this trek and if they do not suit your timeframe, then let us know how we can arrange a trek that is convenient for you.*

*The itinerary listed above is a general guideline; please be advised that it might be necessary to modify it due to external factors beyond our means including and not limited to the following: unstable weather, accessibility and availability of lodging and campsites, unforeseen governmental, trail and ecological conditions and other circumstances beyond our control. Although, it is improbable that changes will occur that would significantly alter the original itinerary, we cannot be held accountable for the results of delays or changes beyond our control. In the event of an Itinerary adjustment or need to redirect to other trails and areas, the Lead Guide will ultimately make the final choice on the best rerouting after consulting with the group members and keeping in mind the interests of the party as a whole. If an alteration is necessary, then we will certainly do everything we can to diminish the effects.*

**We look forward to guiding you on the Everest Base Camp via Cho-La trek and through some of the most dazzling landscape on the planet with unforgettable Himalayan panoramas along the way!**

#### **COST INCLUDES**

1. Private transport to and from our hotel in Kathmandu to Kathmandu's international airport, Tribhuvan International Airport (TIA).
2. Three nights accommodation at a selected in Kathmandu (breakfast included).
3. A personally guided sightseeing tour of Kathmandu Valley by private vehicle and entrance fees to World Heritage Sites.
4. Return Flight (Domestic) from Kathmandu to Lukla (includes tax and government fees).
5. Tea House/lodge accommodation during the trek.
6. All Standard Meals (Breakfast, Lunch and Dinner) during the Trek.
7. Official DWT (Government registered and licensed) Expert Guide with accompanying porters (generally, 1 porter per 2 trekkers) to assist with carrying gear during the trek. (We cover the porters' meals, lodging, salary, transport, insurance, equipment, and other essentials.)
8. Sagarmatha National Park entry fees.
9. Trekker's Information Management System (TIMS) card fee.
10. Medical kit.
11. Sleeping Bag and Down Jacket for the trek.
12. All Government and local taxes.



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13. Discovery World Trekking Certificate of Completion.
14. Farewell Dinner in Kathmandu the eve of your international departure

#### **COST EXCLUDES**

1. International Flight.
2. Major meals (other than breakfast) in Kathmandu.
3. All Personal Expenses such as laundry, telephone calls, bar bills, beverages, snacks.
4. Personal clothing and gear.
5. Travel Insurance.
6. Extra shower fees at lodges along the trail, battery
7. re-charge fees, and incidental expenses along the trail.
8. Tips for Guide and Porters.
9. Cost raised by cancelation and events beyond our control, e.g., landslides necessitating trail diversions, weather delays, political unrest, illness, et cetera.

***Thank you for choosing DWT! We will do everything within our means to take care of you and ensure an enjoyable trip of a lifetime in Nepal!***

Discovery World Trekking