

# GOKYO CHOLA PASS

(Including Everest Base Camp)



## ITINERARY/ INCLUSIONS/ EXCLUSIONS

### **Day 01:**

Arrive and are met at Tribhuvan International Airport. Transferred to your hotel and briefed on the process for the trip. The remainder of the day is at your leisure. We recommend trying dinner at OR2K Restaurant in the Thamel area.

### **Day 02:**

Kathmandu city sightseeing.

This day includes a guided tour to the Kathmandu Durbar Square (Kathmandu old town and original royal palace), Swoyambhunath which is commonly known as Monkey Temple, the Boudhanath stupa and Pasupatinath temple on the bank of the Bagmati River. The remainder of the day will be at your leisure to explore the streets of Thamel and last minute gear preparation.

### **Day 03:**

Kathmandu – Lukla - Phakding

Prepare for a very early breakfast, and a transfer to the airport for the flight to Lukla 2865m (40 minutes). (Note: Weather at Lukla is unpredictable and good conditions are required. Please be prepared for possible delays or cancellations. We will endeavour to get you on the next available flight if this is the case. After lunch in Lukla you start a casual trek downhill into the Dudh Kosi River Valley towards Phakding, 2650m (3 – 4 hrs)

Overnight lodge stay at Phakding.

### **Day 04:**

Phakding – Namche Bazaar 3434m (5 – 6 hrs)

Trek through blue pine forests, towards the 100m high Hillary suspension bridge. You then have a long climb up to the famous town known as Namche Bazaar. The heart of the Khumbu area.

Here you have an overnight stay. The town is the staging area for the entire valley and has various markets, cafes, bars, a pharmacy and convenience stores. There are ATMs if required.

### **Day 05:**

Acclimatization Day in Namche Bazaar.

An early start to the Everest view point, this is your first real glimpse at Mount Everest. Explore the museum and grab a picture next to the Tenzig Norgay memorial. You then make your way up to the Everest View Hotel. Following this you can either return back down to Namche Bazaar for a free day to rest, relax and explore the village or continue over the valley to Khumjung Village. It is here where the



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Himalayan Trust built their first project in 1961 known as the Hillary School There is a monument of Sir Edmund Hillary at this school.

Overnight stay at Namche Bazaar.

### **Day 06:**

Namche Bazaar – Dole 4200m (4 – 5 hrs)

Today you separate from the traditional everest base camp route and start your journey up the Gokyo Valley. You will stay at the entrance to the valley in a small village called Dole. You can achieve a view of Ama Dablam Peak on this route.

Overnight stay at Dole.

### **Day 07:**

Dole – Machhermo 4470m (4 hrs)

Trek to Machhermo. On this route you have a view up the Gokyo Valley to Cho Oyu which is the sixth highest peak in the world.

Overnight stay at Machhermo.

### **Day 08:**

Machhermo – Gokyo Ri 4750m (4 -5 hrs)

Trek to Gokyo. This area is famous for the Gokyo Lakes. Enjoy the pristine blue and green colours of the lakes. Overnight stay at Gokyo.

### **Day 09:**

Return trip to Gokyo Peak 5463m (4 hrs)

Trek to Gokyo Peak. Overnight stay at Gokyo Ri.

### **Day 10:**

As we make our way closer to the Cho-La Pass we say goodbye to the Gokyo Lakes and trek a small way from Gokyo Ri to Dragnak (3 hrs)

### **Day 11:**

Dragnak – Over the Cho-la Pass (5368m) – To Dzongla 4860m (7 – 8 hrs)

If the weather is clear, we can assure that the Cho-La Pass will be one of the highlights of this trek. The weather in the Himalaya is unpredictable however we know that the conditions are best in the morning. Therefore today may be an early start to make the crossing before mid-day. You will achieve panoramic views east and west over the Himalaya and be exposed to a new valley as you start your walk towards Everest Base Camp.

Overnight stay in Dzongla



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### **Day 12:**

Dzongla – Lobuche 5018m (4 hrs)

Some say that Lobuche is the true entrance to Everest. Today's trek is a relaxing walk from Dzongla, you will meet up with the many others who are walking the traditional route to Everest Base Camp. Use this time in the tea house to play cards and share your trekking stories to date.

Overnight stay in Lobuche.

### **Day 13:**

Lobuche – Gorak Shep 5160m – Base Camp 5365m

Our trek follows the Khumbu Glacier to Kala Pattar, then onto Gorak Shep. A very early start to reach Everest Base Camp, the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier.

Overnight lodge stay in Gorak Shep.

### **Day 14:**

Gorak Shep – Pheriche 4283m (6 – 7 hrs)

4:00 am Start, before breakfast. A must do 2 hr climb to Kala Pattar (5545m) for the most up-close and stunning sunrise views of Mt. Everest and Pumori.

Return back to the lodge for breakfast, a short rest, then trek back to Pheriche. En route you will pass memorial stones of past climbers who have lost their life on summit expeditions, including Rob Hall from New Zealand.

Overnight lodge stay in Pheriche.

### **Day 15:**

Pheriche – Tengboche 3860m (4-5 hrs)

Today's trek takes you back down to more vegetated land, expect to walk under rhododendron covered tracks, the day finishes with a small climb up to Tengboche. At Tengboche, spend the time to experience one of the largest monasteries at this altitude. Enter into the monastery and engage in Tibetan Buddhist history, you may get a chance to witness monks carry out their daily rituals.

Overnight stay in Tengboche.

### **Day 16:**

Tengboche – Manju 2800m (5-6 hrs)

Start the day descending down to the Dudh Kosi River, after a brief tea break you will be climbing up to Namche Bazaar. Once the terrain flattens out you will be walking along very well-maintained pathways



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and be able to take in breath-taking views of the valley. Note, after Namche Bazaar you will descend again, over the Hillary Bridge until rest at Manju (2800m).

### **Day 17:**

Manju – Lukla

Trek back through the Dudh Kosi River Valley, exiting the Sagarmatha National Park, and ascending back up to Lukla. Your last feat is to pass back through the Pass back through the gateway dedicated to Pasang Lhamu Sherpa, the first woman to climb Mt Everest. Rest up at the tea house and celebrate with a decent meal, coffee, hot shower or beer.

Overnight stay in Lukla.

### **Day 18:**

Lukla – Kathmandu

Fly back to Kathmandu, transfer to the hotel in Thamel and reflect on the last few days within the Himalaya. Try a dinner at the Roadhouse Café or K2 Steakhouse.

### **Day 19:**

Departure to your next destination. If required we can provide airport transfers to the International Airport.



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### Cost Includes

- ✓ Airport – Hotel - Airport pick up & drop off.
- ✓ 3 nights' accommodation in 3 star hotel in Kathmandu's tourist centre.
- ✓ All Tea House (lodge) accommodation during the trek.
- ✓ All breakfast, lunch and dinner meals during the trek.
- ✓ Domestic flights from Kathmandu to Lukla to Kathmandu, including airport tax.
- ✓ Everest trekking map
- ✓ An experienced Government Licensed Holder guide and porter(s) to carry your luggage during the trek.
- ✓ All guide and porter(s) accommodation, meals, drinks, insurance, salary, equipment, transportation, local tax during the trek.
- ✓ Group medical supplies (first aid kit will be available).
- ✓ All necessary Government required paperwork and National Park Entry Permits and TIMS Card, etc.
- ✓ Travel & Rescue arrangement.
- ✓ All Government Taxes and Vat.

### Cost Excludes

- × Lunch and Dinner in Kathmandu
- × All meals other than breakfast, lunch & dinner during the trek.
- × All drinks – tea, coffee, other hot, water, soft drinks, alcoholic.
- × Hot shower
- × Your travel insurance.
- × International airfares to and from Kathmandu.
- × Nepal Entry Visa – obtained easily upon your arrival at Kathmandu Airport.
- × Personal shopping, laundry, etc
- × Personal trekking equipment.
- × Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory tipping is approximately 10% of the trek cost combined. Feel free to ask us further questions on this)
- × All other tour, sightseeing and other activities outside of the main trek.



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