



Everest Base Camp via Gokyo Ri

URL: <https://naatatravels.com/trip/everest-base-camp-via-gokyo-ri/>

Duration

12 Days

Per Person Cost

USD 1450

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day : Fly to Lukla and trek to Phakding-40 minute flight

We take an early morning flight to Lukla which is where all Everest treks begin. After we land in Lukla we meet the rest of the team including our porters and get set for the trek. We walk on a trail that gradually descends to Cheplung village from where we can get a brief view of Mt. Khumbila. It is a sacred mountain that has never been climbed. From here on we gradually descend until Phakding.

Time:

3-4 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

2651 meters

Day : Phakding to Namche Bazaar

After having our breakfast we continue our trail which passes through a pine forest and goes through Benkar valley. We cross Dudh Koshi river and after passing through the village of Chumoa and Monjo, we reach the entrance of Everest National Park. The trail then ascends steeply and after ascending for a while we reach Namche Bazaar which is the biggest and most happening town of Everest region. We stay the night in Namche Bazaar.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3438 meters

Day : Namche Bazaar: acclimatization

We spend a day more in Namche Bazaar to acclimatize to the high elevation and the thinning air. We take a tour of the town which has everything in its locker like ATMs, internet cafes, restaurants, government offices etc. We also take a tour of Sagarmatha National park and enjoy the views of Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and many more. We also visit the Hillary School and monastery nearby which houses a yeti scalp. We can also hike to Khumjung village if time permits. We stay the night in Namche Bazaar.

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3438 meters

Day : Namche bazaar to Tengboche

We have an early morning breakfast and start the trek with the well known descend to Dudh Koshi River and the equally impressive ascent through rhododendron forests to Tengboche. We can get clear views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku while descending to Dudh Koshi River. Once we reach Tengboche we visit Tengboche monastery which happens to be the largest monastery in the Everest region. We stay the night in Tengboche. We stay the night in Tengboche.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3870 meters

Day : Tengboche to Dingboche

Today we descend through a forest of birch, conifers and rhododendrons with the views Mt. Everest, Lhotse and Ama Dablam to give us company. The trail then dives into Imja River and takes us to Pangboche. We ascend to upper Pangboche where there is Pangboche Monaster. The trail leads us to Imja Valley, Lobuche River and climbs upto Dingboche. We stay the night in Dingboche.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4360 meters

Day : Trek to Gokyo

The trail we walk today takes us at one of our main destinations, Gokyo (4,790 m). We will camp here for 2 nights since we have a sightseeing and a hiking trip around Gokyo today and tomorrow.

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4790 meters

Day : Trek to Gokyo Ri (5,483 m) and Back to Gokyo

After breakfast, we climb a steep slope to the top of Gokyo Ri which stands at an elevation of 5,483 meters. We are rewarded with amazing views of Gokyo valley, the colossal Ngozuma glacier and panoramic views of the whole Khumbu Himalayan range which includes Everest, Lhotse, Nuptse, Makalu , Vho-Oyu and Gyachung Kang.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5483 meters

Day : Trek from Gokyo to Thagnak

We start the day trekking through the Ngazumpa Glacier and to the mountain on the other side. We make our way across the edge of that mountain and then meander into Thagnak. The short hike today will give us plenty of time to rest and prepare us for long hiking days on high elevation in the days to come

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4750 meters

Day : Thagnak to Cho La pass (5,367m) to Dzongla

Today is going to be one of the toughest days of the trip. We start walking before sunrise to reach the pass by 10 am as we have to duck the bad weather conditions of the midday. We need to be careful as the trail climbs steeply and the rocks coated by ice can get slippery. We trek through the side of a frozen lake and reach the top of the pass which is adorned with prayer flags. The views of Ama Dablam East, Baruntse from the top of the pass is mesmerizing. We descend from the pass and pass through some fissures before reaching Dzongla village. The village provides excellent views of the mountain range and the Pheriche village below. We stay the night in Dzongla.

Time:

7-8 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5367 meters

Day : Trek from Dzongla to Lobuche

Today we have a relatively easy and a short trek ahead. We have got a lot of time to stop, gaze and absorb the beauty that surrounds us. We walk through a grassy trail while enjoying the views of Lobuche Peak at the same time. The trail is windy and goes through a wide river bed before reaching Lobuche. We stay the night in Lobuche.

Time:

2-3 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4940 meters

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal