Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Everest Base Camp Trek Gokyo Chola Pass

Duration: 18 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu (1,350m) Meet and greet then transfer to the Hotel.

- Time : Null
- Max Altitude : 1300m

Accommodation: Hotel in Kathmandu

Meal: Null

Pick up at Tribhuvan International Airport. Overnight at a hotel in Kathmandu.

Day 2 Kathmandu: Sightseeing and Trek Preparation

- Time : 3-4 hours sightseeing
- Max Altitude : 1400m

Accommodation: Hotel in Kathmandu

Meal: B

We take a short tour of Kathmandu or trekking preparation Day.. We can visit 1-2 UNESCO’s World Heritage Sites located in the Kathmandu Valley. Overnight in Kathmandu.

Day 3 Fly to Lukla (2,860m), trek to Phakding (2,651m): 3 - 4 hours trek

- Time : 4 hours
- Max Altitude : 2651m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Early morning Drive to Tribhuwan International Domestic side or Drive to Manthali airport Ramechhap(New route for Luckla) We begin our thrilling journey with a 35-minute flight to Lukla. We enjoy the spectacular panorama of the Himalayas throughout our flight. After we reach Lukla, we begin our trek. We trek across several cultural villages and monasteries to reach Phakding. Overnight at a lodge in Phakding.

Day 4 Phakding to Namche Bazaar (3,440m): 5 - 6 hours

- Time : 6 hours
- Max Altitude : 3440m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Walking through beautiful lush forests, we trek along Dudh Koshi River and enter Sagarmatha National Park. We cross few suspension bridges on our way to encounter the jaw-dropping view of Everest, Lhotse, and Thamserku on our way to Namche Bazaar. Overnight at a hotel in Namche Bazaar.

Day 5 Acclimatization Day - Namche Bazaar: (3,440m)

- Time : 4-5 hours
- Max Altitude : 3440m

Accommodation: Teahouse & Local Lodge

Meal: BLD

We take a short tour of the Namche Bazaar and learn the Sherpa and Himalayan cultures. Later, we take a short hike to Hotel Everest View and enjoy the stunning view of the Himalayas. Overnight in Namche Bazaar.

Day 6 Namche Bazaar to PhortseThanga (3,680m): 5-6 hours

- Time : 6 hours
- Max Altitude : 3680m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trekking along Dudh Koshi River, we walk past several alpine forests to reach Kyangjuma. We follow the Gokyo trails enjoying the terrific view of Ama Dablam, Khumbila, and the other Himalayas to reach PhortseThanga. Overnight at a lodge.

Day 7 PhortseThanga to Machharmo (4,470m): 4-5 hours

- Time : 5-6 hours
- Max Altitude : 4470m

Accommodation: Teahouse & Local Lodge

Meal: BLD

After breakfast trek to Machhermo. Passing several water streams, forests, rivers, and bridges, we come across few villages on our way to Machhermo. We visit a couple of monasteries in our route. After a short trek, we reach Machhermo. Overnight at a lodge.

Day 8 Machharmo to Gokyo (4,800 m): 4-5 hours

- Time : 5 hours
- Max Altitude : 4800m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Enjoying the stunning view of Dudh Koshi Valley, we trek uphill and reach the moraine of Ngozumpa Glacier. We trek along Longpongo and Dudh Pokhari along some stone houses to finally reach Gokyo Lake. The lake is situated in the peaceful environment. We enjoy the peaceful environment with the breathtaking panorama of the Himalayas. Overnight at a lodge in Gokyo.

Day 9 Gokyo Valley: Acclimatization Day - Optional Hike to Gokyo Ri (5,357 m): 3 - 4 hours

- Time : 4-6 hours
- Max Altitude : 5357m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today, we take a tour of Gokyo Valley. We hike up to the Gokyo Ri viewpoint which hosts the mesmerizing view of Everest, Lhotse, Cho Oyu, and other neighboring Himalayas featuring Ngozumpa Glacier and Gokyo Lake. We return to our lodge for an overnight stay.

Day 10 Gokyo to Thagnak (4,750 m): 4 - 5 hours

- Time : 5 Hours
- Max Altitude : 4750m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Relishing the astonishing view of Lhotse, Nuptse, Makalu, and the other Himalayas, we trek across Ngazumpa Glacier and pass few trails to reach Thagnak. We may come across some Sherpa villages and ancient Buddhist monasteries on our way. Overnight at a lodge in Thagnak.

Day 11 Thagnak to Cho La pass (5,420m) to Dzongla: 7 - 8 hours

- Time : 7-9 hours
- Max Altitude : 5420m

Accommodation: Basic Tea-house

Meal: BLD

We'll have a hard day of trekking today. We trek along steep Cho La pass filled with Buddhist prayer flags and some Mani stones to reach Dzongla. On our way, we enjoy the magnificent view of Ama Dablam which is also a sacred mountain. Overnight at a lodge in Dzongla.

Day 12 Dzongla to Lobuche (4940 m): 2 - 3 hours

- Time : 3 hours
- Max Altitude : 4940m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today, we'll trek relatively shorter than the previous days. With the delightful view of Lobuche Peak, we march toward Lobuche village passing along some steep trails. Overnight at lodge in Lobuche.

Day 13 Lobuche to Gorak Shep (5,180 m), visit Everest Base Camp (5,364 m) 6-7 hours

- Time : 7 hours
- Max Altitude : 5180m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Passing through rocky ridges, streams, and moraines, we leave Lobuche for Gorak Shep. We may experience some altitude sickness today. After we reach Gorak Shep, we rest for an hour or two before visiting the Everest Base Camp. Passing Gorak Shep Lake, we reach Everest Base Camp. The base camp of world's highest peak hosts the brilliant view of the Everest, Makalu, Lhotse, Cho Oyu, Pumori, and other many snow-capped mountains. After exploring the base camp, we return to Gorak Shep. Overnight at a lodge in Gorak Shep.

Day 14 Gorak Shep to Kalapatthar (5,545m) to Pheriche (4,288m) 7-8 hours

- Time : 8 hours
- Max Altitude : 5545m

Accommodation: Teahouse & Local Lodge

Meal: BLD

We take a sunrise hike to Kalapatthar which is popularly known as the best viewpoint to view Mt. Everest along with Khumbutse, Changtse, and Nuptse. After relishing glorious panorama, we trek downhill to Pheriche. Overnight at a lodge in Pheriche.

Day 15 Pheriche to Namche Bazaar: 6 - 7 hours

- Time : 7 hours
- Max Altitude : 3900 m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trekking through dense rhododendron and juniper forests, we march towards Namche Bazaar. We explore some Buddhist monasteries on our way and get to learn about Buddhism. We cross a bridge decorated with Buddhist prayer flags over Dudh Koshi River to reach Namche Bazaar. Overnight at a hotel.

Day 16 Namche Bazaar to Lukla (2,860m): 6 - 7 hours

- Time : 7 hours
- Max Altitude : 2880m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today is the last day of our trek. Crossing several suspension bridges over Dudh Koshi River, we pass a couple of trails and ridges to reach Lukla. Overnight at a hotel in Lukla.

Day 17 Fly to Kathmandu 35 minutes

- Time : 35min
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: B+D

We relish the panoramic view of the Himalayas for the last time on our flight back to the capital. After we reach Kathmandu, we'll have farewell dinner at a restaurant. Overnight in a hotel in Kathmandu.

Day 18 Final departure

- Time : Null
- Max Altitude : Null

Accommodation: Null

Meal: B

As per flight schedule we will transfer to the airport or extend the trip.

Cost Include

- All airport transfers
- Accommodation in Kathmandu
- Farewell Dinner
- Tea-house Lodge during the Trekking
- Experience, Government Licensed English-speaking Guide
- Beautiful Finisher Medals for every trekkers
- Porters : 2 Member one porter
- Domestic Airfare/ Ktm-Luckla-Ktm. Airport Tax
- All your standard Meals (breakfast, lunch and dinner) during the trekking.
- All Trekking permits and Necessary documents
- Sleeping bag, Down Jacket(If Necessary) & Duffle bag by company
- Staff insurance, medication and equipment,
- First Aid Kit and Special Care
- Rescue arrangements for our clients
- All Govt. and Local Taxes
- Trekking Certificate from Destination Unlimited Treks

Equipment List & Gear Guide

Hello Worlds

Cost Exclude

- International airfares
- Travel/trekking insurance
- Kathmandu sightseeing Entrance fees
- Nepal entry visa fees.
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and Hot Drinks
- Lunch and dinner during your stay in Kathmandu.
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Tips, Hot Showers
- Which is not mentions in Cost Included Section.
- Region Tax

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