



Detailed Itinerary of Everest Basecamp Gokyo Trek

Day 1

Fly to Lukla & Trek to Phakding (2652 m); 3 hours

- Altitude – 2652 meters
- Special – Scenic view
- Time – 3 hours
- Activity – Flying in plane and trekking

Scenic flight of about 20 minutes among the towering mountains will make a memorable start to the trip. Chilly mountain air at Lukla will welcome you and put you in a mood for adventure for the Everest Base Camp Gokyo Trekking.

After breakfast at local restaurant we will start our trekking to the hidden lakes of Gokyo. We stop at Phakding on the first day. It is 3 hours of mostly downhill walk to Phakding village, a small village on the side of the Dudh koshi river.

Day 2

Trek from Phakding to Namche Bazaar (3440 m); 8 hours

- Altitude – 3440 meters
- Special – View of mountain ranges
- Time – 8 hours
- Activity – Trekking through river valley and pine jungle

Today is a long & beautiful day of trekking. Walking on the river side through the river valley and pine jungle makes trekking interesting. We will see two major Snowcapped mountains, Mt. Thamsherku from Monjo and Mt. Khogde from Namche village.

Hike is gradual until the highest bridge at Larche Dovan and after that the path to Namche village gets steeper. It takes approx. 9 hours to get to Namche from Phakding.

Day 3

Rest day at Namche Bazaar for acclimatization and stroll uphill to Everest View Hotel (3880m).

- Altitude – 3880 meters
- Special – Everest view hotel
- Time – 4/7 hours
- Activity –hike

Meaning of acclimatization is to hike higher up and sleep in the lower altitude. We trek up to Everest view hotel and sleep down at Namche. After breakfast the day trip begins with short visit to national park museum, followed by a hike up to Everest view hotel.

After the hike there are multiple options to continue trekking to Khumjung and Khunde



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village. Khumjung monastery has Yeti Scalp up for display, which attracts curious visitors. Today's hike to Everest view hotel will be about 4 hours and if you include Khumjung and Khunde village it might elongate to 7 hours.

Feel free to discuss the various options with your guide and decide how much you wish to walk today.

Day 4

Namche to Tengboche (3780m); 6 hours

- Altitude – 3780 meters
- Special – Tengboche and mountains
- Time – 6 hours
- Activity – Trekking

Today we follow the Everest trekking trail and meet other people doing either the EBC trek, EBC three passes trek, or any of the peak climbing in the region. The walk from Namche bazaar to Tengboche is easy and flat for the first 3 hours and after varying downhill and uphill.

Before lunch the EBC-Chola pass trekking trail descends to the lunch spot and after lunch at the riverside, trekking trail climbs up to Tenboche.

Tengboche has a monastery which is famous among people who trek in the Everest region, and who do the Everest expedition. Climbers worship at this monastery before they head up to the base camp of mt Everest.

Day 5

Trek from Tengboche to Dingboche (4350m); 6 hours

- Altitude – 4350 meters
- Special – View of tall mountain ranges
- Time – 6 hours
- Activity – Trekking

Today's trekking is in the high altitude, as Tengboche is at altitude of 3780 meters and once we reach the last village Pangboche, the altitude rises above 4000 meters. Trekking in Nepal and the EBC will be ticked off from your bucket list along with the mysterious view of mt Amadablam, that is watching over you during almost the whole trek.

We will cross the tree line today. After lunch, Everest will be hiding behind mt. Lhotse for the rest of the day's trek.

Day 6

Acclimatization Day at Dingboche village

- Altitude – 5080 meters
- Special – Nangkarsyang peak



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- Time – 4 hours
- Activity – small hike

For Gokyo Chola pass trekking acclimatization, trekkers hike to the nearest peak at altitude of 5080 meters, about 4 hours. This peak is called Nangkarsyang peak, right at side of Dingboche village and trek down to Dingboche village for the lunch.

In comparison to Chola pass climb or Gokyo ri trek; this climb is nothing but it will make sure you will climb the Gokyo ri with healthy body and fresh mind. Chola pass is an adventure trekking holidays in Nepal, so the acclimatization hike of today is important.

Apart from the acclimatization, Dingboche hiking has a great view of mt amadablam and this is one of the highlight of Everest base camp trekking. If you cannot make all the way to the top, do not worry for us (Everest chola pass trekking) this is not all, we have a lot see from base camp of Everest, Chola pass top and from the top of Gokyo Ri. Overnight we will sleep at the same tea house of Dingboche.

Day 7

Trek from Dingboche to Lobuche

- Altitude – 4940 meters
- Special – Lobuche village
- Time – 4/5 hours
- Activity – Trekking

Lobuche is 4 to 5 hours away from Dingboche village. This village located in the pristine and spiritual location of Everest is one of the major attractions of Everest base camp trekking or cho la pass trekking. Thukla is the village in between Lobuche and dingboche, apart from Thukla there is nothing to eat and sleep. Trekking in Everest is excited in these villages rather than fancy Namche, if you are wanderer.

Watching sunset and sunrise at mt Nuptse, the golden color of the mountain is awesome part of Lobuche village. Before getting to Lobuche we will get to a memorial place, all the memorials belong to those who died in Everest.

View of Pheriche valley is overwhelming from the top of Thuk la pass. Amadablam looks amazing from here. Have your natural toilet break behind the rock at this stunning view point of Everest trail.

As you are doing adventure trip, do walk to the glacier view point while you are at lobuche. On 10 minutes' walk from the local guest house you are sleeping, you can see the ridge towards Everest, which is the glacier view point.

Keep a note that we do not see Everest from Lobuche, it was disappearing from the day we reached dingboche from Tengboche monastery. But wait till tomorrow; we will see Everest from the half way to Gorakhsep village.

Day 8



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Trek to Goraksep check in hotel and trek to Everest Base Camp. Overnight at Ghoraksep

- Altitude – 5550 meters
- Special – View of various mountain ranges
- Time – 8 hours
- Activity – Trekking

Most of our goal in visit Nepal is mt Everest Base camp, this goal is going to get ticked off today. We start from lobuche village after early breakfast. Get ready with all the necessary gear, morning here will be colder and sunny day are too bright; do not forget sunscreen and sunglasses during the trekking.

After half way to Goraksep village we will see mt Everest and once we get close to the village we we can see EBC (Everest Base Camp). Everest base camp trip is in the bucket list of millions of people around the world, thus huge number of people is not a thing to amaze on. Everest hiking is your goal so is others, if you want to skip this crowd, do visit in the low season when it is cold or partly cloudy.

Everest base camp Gokyo trekking splits from tomorrow and you will split with Everest base camp hike and you will skip the crowd from day 09.

Day 9

Sunrise hike to Kalapatthar and Trek to Dzongla.

- Altitude – 4830 meters
- Special – view of ebc, khumbu ice fall, khumbu glacier and gorakshep village
- Time – 8/9 hours
- Activity – Trekking

In very early morning we will hike up to Kalapatthar, Kalapatthar is one of the major attractions of Everest trek.

It takes 2.5 hours to get to the top of Kalapathar for the magnificent view of Everest base camp, Khumbu ice fall, Khumbu Glacier, Mahalangur himalaya Range and Gorakshep Village. As we trek higher the view of the mountains (mt pumori) gets closer. If you talk with any of the people who has done Everest trekking in their Nepal trip, you might have heard of admiring words of Kalapatthar top.

We encourage you to trek to the top of Kalapatthar.

It takes 1 hour to trek down to Gorakshep for breakfast. After breakfast at Goraksep we will start our trekking to cho la pas and Gokyo valley. Trekking to Dzongla is 5 hours hike after breakfast. Chola Lake and the beautiful valley of Khumbu looks awesome. Do not forget to use buff and wind stoppers as it is going to be cold windy during the trekking.

Day 10

Treking over the Cho La pass and sleep at Thangnak village (also called Dragnag



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village)

- Altitude – 5420/4700 meters
- Special – Chola pass
- Time – 6/10 hours
- Activity – Trekking

Zongla village to Tangnak takes 6-10 hours depending upon how long it takes over the Chola pass. Trekking trail is uphill before the chola pass and then downhill. Your adventure trip in Gokyo trek begins here.

In Gokyo adventure holiday do not compromise with your health, so eat plenty, drink more and wear warm. Everest base camp Gokyo trekking might feel like too much but once you get to the other side of Chola pass; you will witness how great the view is and how cool you did.

Trail before the pass has nice view of the White Mountain valley all the way to Pheriche and dingboche village. After the pass the view is beautiful with silence and spiritual peace. From the top of Cho la pass you will see mt makalu. Please descend slowly on the other end of Chola pass, it might be tricky.

Day 11

Trek to Gokyo 4700 meters

- Altitude -4700 meters
- Special – Gokyo village
- Time – 2/3 hours
- Activity – Trekking

After breakfast at Thangnak we will trek to Gokyo, it takes 2-3 hours to get to Gokyo village. While trekking to Gokyo we will pass by the glacier. This glacial walk is not hard and technical but lots of rock and sand will make the trek an adventure travel in your Nepal visit.

Gokyo is famous destination for Gokyo lakes. It has 6 different lakes in Gokyo valley. One of the famous place of Nepal is Gokyo lakes, here 6 lakes of Gokyo are in cascade patterns where one feeds another. People doing adventure holidays trek here where some fly to Gokyo by helicopter and enjoy the view of mountain reflecting on the lake. Gokyo valley trek is famous for being accessible by skipping any of the high passes and Everest base camp. Most of the trekking company in Nepal offers both Gokyo valley trek and Everest base camp trip with Cho la pass.

Once we get to Gokyo, the village on the side of the 3rd lake. This 3rd lake is the biggest lake among 6 lakes of Gokyo lakes. If you want to rest it is up-to you but, trekking guide can take you for the sunset hike to Gokyo ri or side trip to fifth lake, fourth lake or walk around the Gokyo village and third lake itself.

Day 12



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Hike up to Gokyo ri and Trekking down to Dole (4050 meters) ; 4 hours

- Altitude – 4050 meters
- Special – Gokyo ri
- Time – 4 hours
- Activity – Trekking through rhododendron forest and seeing icy waterfall

Early in the morning we hike to the top of Gokyo ri for sunrise. The sun rising from in the middle of many mountains looks unreal magnificent from Gokyo ri. It takes 2.5 hours to get to the top and 1.5 hours to get down.

We hike passing Machhermo village. Machermo at the height of 4000meters above the sea level has nice view of mountains like Mt. Choyu, Thamsherku, Kusum Kamngeru and many other. Machermo village is in the valley, protected from the cold winds of the mountains, so view of listed mountains are observed from one of the ridges (deurali). It will be 5 hours walk from Dole to Machermo and the walk is gradual uphill.

After breakfast at Gokyo we start descending to Dole village. Dole is a small village on the side of Gokyo River; it takes about 4 hours to get to Dole village from Gokyo. Dole has guest houses for accommodation and every guest house has their own restaurant.

Walking through the forest of Rhododendron and seeing icy waterfall are attractions of the day.

Day 13

Trek from Dole to Namche bazaar 3440 meters; 7 hours

- Altitude – 3440 meters
- Special – Namche bazaar
- Time – 7 hours
- Activity – trekking

Gokyo valley trek meets Everest base camp hiking trail at Kyanjuma. From this meeting point of ebc and Gokyo trek we follow the same trail that we took to trek up toward mt Everest base camp. MT Everest base camp trekking and Gokyo cho la pass trekking has lot of things in common.

But if you are looking for adventure tours, the right option for trekking holidays would be cho la pass trek. Relax at Namche tonight; a cup of Everest Beer at world's highest Irish pub would be a great way to treat yourself, if you do not have sore throat.

Day 14

Trek back to Lukla; 9 hours

- Altitude – 2860 meters
- Special – View of landscapes and mountains
- Time – 9 hours
- Activity – Trekking



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We start early hike today. Namche to lukla is a 9 hours trekking and it is the last day of your trekking. We are happy to be a part of your trekking in Nepal, today is the end of Everest base camp Gokyo trekking.

Day 15

Fly back from Lukla to Kathmandu

- Altitude – 1380 meters
- Special – Scenic view from plane
- Time – 30 minutes flight
- Activity – Flying in plane

After breakfast at Lukla we will check in to the lukla airport. Flight by a small plane out of Lukla has scenic view but schedule is never as planned, because of the weather in the mountain.

On arrival at the domestic terminal of Kathmandu, we will drive you to your hotel.



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