



Nepalgram Adventure

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Day 1

Arrive Kathmandu transfer to hotel overnight in Kathmandu; BB

As your flight schedule, our airport representative will come to pick you up with your name and our company logo board, transfer you to a hotel in Kathmandu half an hour drive by private vehicle. No more activities that day, rest and relax, overnight in Kathmandu.

Day 2

Kathmandu equipment / permit preparation and Kathmandu valley sightseeing, overnight in Kathmandu; BB

Check your equipment, helping our guide and do sightseeing in Kathmandu. Kathmandu is the colorful of Nepal, a fascinating blend of rational architecture and symbols of the twentieth century. It's artistic and cultural heritages are evident where ornately carried balconies mingle with beautiful shrines and temples. If you have time, we recommend that you check out Durbar square, home to the palace of Kumari Devi, considered to be a living goddess. It is also worth the climb to visit Swayambhunath the monkey temple. Explore the network of street Markets and ally Bazaars and witness the burning Ghats at PashupatiNath. For those with a few extra days in Kathmandu, the neighboring towns of Patan and Bhaktapur are well worth a visit too. Evening welcome dinner with group meeting, overnight in Kathmandu.

Day 3

Fly to Lukla, trek to Phakding 3.30 hours, overnight at Lodge/Hotel (B/L/D).

Early morning, (40 minutes) flight from Kathmandu to Lukla (2840m). Meet our trekking crews'. After finishing breakfast, proceed from Lukla to Khumbu, head north, past a Chorten with praying wheels and join the main trail at Choptung (2696m) in less than one hour. The proceed from there head north crossing the Thado Khola (2554m) with the awesome trekking peak Kusum Khanguru (6483m) at it's head. To reach Phakding (2640m), 1.30 hours from Choptung or almost 3.30 hours from Lukla.

Day 4

Trek to Namche 5/6 hours, overnight at Lodge/Hotel (B/L/D).

To cross the west bank (right) of the Dudh koshi river, Continue through blue pine and rhododendron forests, pass a settlement if Metal worker (Tok Tok), village of Banker (2905m) with a small lodge, see a view of mt. Thamserku (6856m) 1 hr. In the short while cross to the east (left) bank and climb up through Chumowa, cross the Khansar Khola to reach Mondzo (2835m). Enter sagarmatha national park here. 45 minutes from Banker. Descend in a cleft to the west (right) bank of Dudh Kosi on a suspension bridge to reach Jorsule (2774m) 30 minutes. This is the last village before Namche. We take Lunch here & proceed to cross Dudh Kosi (Bhote Kosi) again to the left side & again to cross the main Dudh Kosi, climb up till to Namche Bazaar (3440m), proceed in pine



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forest. Can see, first view of Mt. Everest between Lhotse & Nuptse reach 2 and half hours from Jorsule.

Day 5

Rest day in Namche for Acclimatization, overnight at Lodge/Hotel (B/L/D).

Today is a rest day, however, we should do some activities such as to climb Syangboche airport, visit Sherpa home in khumjung/Khunde or view from Everest view point Hotel 2hr. Namche bazaar has many officials or offices, including army base camp and bank. Namche used to be a trading center, where grain from the south was exchanged for salt from Tibet and it remains now a trading center. Every Saturday is market day. It is the headquarters of Sagarmatha National park & Sagarmatha pollution controlled Project. Here is Sherpa Museum & monasteries too.

Day 6

Trek to Dole 6 hours, overnight at Lodge/Hotel (B/L/D).

Trek to Dole (4260 meters) 6 hours. Today, the trail climbs steeply out of the valley through rhododendron forest, juniper and large conifers start to appear as the elevation increases making the trekking beautiful in spring. The trail passes through Yak Kharkas and summer settlements. The views of Khumbi La and Tawache are magnificent throughout the day. Overnight at Guesthouse with breakfast, lunch and dinner included with hot drinks.

Day 7

Trek to Machherma 5 hours, overnight at Lodge/Hotel (B/L/D).

Trek to Machherma (4470 meters) 5 hours. The trail climbs a ridge for an excellent view both down the valley to Kengtega and up towards Cho Oyu and descends to a river and again climbs steep to the terminal moraine of the Ngozumpa glacier. We will reach Machherma by early noon. Overnight at Guesthouse with breakfast, lunch and dinner included with hot drinks.

Day 8

Trek to Gokyo 4 hours, overnight at Lodge/Hotel (B/L/D).

Today the trek takes us to one of our final destinations, Gokyo (4790m). We will make this camp our base for 3 nights as we will have a couple of sightseeing trips around Gokyo. Overnight at Guesthouse, breakfast, lunch and dinner included with hot drinks.

Day 9

Acclimatization day in Gokyo, overnight at Lodge/Hotel (B/L/D).

Trek Gokyo Ri (5483 meters) and then Back to Gokyo 5 hours. Today, early in the morning we climbed up to the top of Gokyo Ri at an elevation of 5483 meters, ample rewards for one attempt on this trip. There are stunning views of the super Gokyo valley, the massive Ngozumpa Glacier and an incredible panoramic view of the whole



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Khumbu Himalayas, such as giants as Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang can be seen. Those who explore the glacier and Gokyo peak are rewarded. This day we have for acclimatization and after noon back to the camp. Overnight at Guesthouse, with breakfast, lunch and dinner included with hot drinks.

Day 10

Trek to Thangna 4 hours, overnight at Lodge/Hotel (B/L/D).

Trek to Thangna (4500 meters) 3 hours. Trekking to the foot of Cho La pass for our overnight stay at Guesthouse, breakfast, lunch and dinner included with hot drinks.

Day 11

Trek to Cholatse Base Camp (5355m), overnight tented camp (B/L/D).

Day 12

Trek to Cholatse Base Camp (5355m), overnight tented camp (B/L/D).

Day 13

Rest day in Base Camp.

Base Camp to Camp I.

Day 14

Camp I to Camp II.

Day 15

Push Summit Cholatse and return to Camp I or Base Camp.

Day 16

Trek to Photse 5/6 hours, overnight at Lodge/Hotel (B/L/D).

After a hot camp breakfast we walk down to photse 4/5 hours trekking, overnight in a hotel/lodge.

Day 17

Trek to Namche Bazaar (3446m, overnight at Lodge/Hotel (B/L/D).

Trek down to Dudhkoshi river crossing steeply and climb to Durbin Danda. Continues trek to Khumjung village, visit Hilary school and trek down to Namche Bazar 4/5 hours treks, overnight in Hotel.

Day 18

Trek to Lukla, overnight at Lodge/Hotel (B/L/D).

Trek to Lukla (3404 meters) 6 hours. Finally we return to Lukla where the trek began, which seems like a lifetime ago. Enjoying time to reflect on the trek as a group and the



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personal achievement of all those who took part. Overnight at the Guesthouse with breakfast, lunch and dinner included with hot drinks.)

Day 19

Kathmandu (BB).

Flight back to Kathmandu and sightseeing in Kathmandu valley Overnight at hotel.

Day 20

Last minute, transfer to airport for your onward journey or next trip (B)



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