



# GOKYO LAKE & EVEREST BASE CAMP ITINERARY

# GOKYO LAKE & EVEREST BASE CAMP ITINERARY

While we try and stick to the tried and tested itinerary below, the mountains and the weather sometimes have other ideas. We will always remain as flexible as possible, which is why we only work with experienced and knowledgeable guides, to make sure we can change any plans if required.

This is a proposed itinerary and where you stay is subject to change based on how far in advance you book your trip. There is limited availability on this trek so we highly recommend booking in advance.

To learn more about the trip [click here](#).

## **DAY 1:** **ARRIVE IN KATHMANDU**

When you arrive at Kathmandu airport you will be greeted by an Adventure Base representative who will take you to your hotel. You spend the day resting and preparing for our adventure with the opportunity to head into the marketing in Kathmandu to experience the city or pick up any last minute bits.

## **DAY 2:** **FLIGHT TO LUKLA (2900M) AND TREK TO PHAKDING (2660M)**

You get up nice and early to try and catch one of the first flights out of Kathmandu to Lukla. You'll experience the exhilarating rush of landing at one of the most iconic airstrips on the planet. Once landed you will then meet your guide and porters for the trip. The day's trek places you at the entrance to the Everest National Park in Monjo (2835m) and the adventure truly begins.

*7km / 250m+ / 450m- / 4 hours*

## **DAY 3:** **TREK TO NAMCHE (3440M)**

After entering the national park you walk alongside the giant Dudi Kosi River before you make your way slowly and steadily uphill to the Sherpa capital city Namche Bazaar, crossing some impressive bridges along the way. Namche is considered the capital of the Sherpa people and its impressive size and infrastructure is quite remarkable..

*11km / 1125m+ / 360m- / 6 hours*

## **DAY 4:**

### **ACCLIMATISATIONS DAY AT NAMCHE BAZAAR (3440M)**

Today you rest in Namche Bazaar. Here you let your body get used to the increase in altitude. Some may take a gentle stroll to the Everest Hotel (3900m) to take in some of the breath taking views of the mountains, while others may wander the energetic streets of Namche to experience the shops and, if you're lucky, the Tibetan Market.

## **DAY 5:**

### **TREK TO DEBOCHE (3820M)**

It's back on the trail as you make your way around the mountainside, sharing the trail with yaks and porters carrying supplies up and down the valley. You pass incredible viewpoints and, from this point on, it feels like you are truly in the Himalayas. You drop down to the Dudi Kosi River again before climbing up to the famous Thyangboche Monastery. There is time to explore this wonder of the Khumbu and to take in the history of the Lamas. Inside are beautiful wall hangings, ornate carvings and a giant Buddha. If the team is fortunate, it may be possible to see the Lamas praying which is a tremendously moving experience. You'll then head down the hill a little to Deboche to spend the night nestled among the rhododendron trees in a quiet setting.

*12km / 1400m+ / 750m- / 6 hours*

## **DAY 6:**

### **TREK TO DINGBOCHE (4410M)**

A day that is dominated by the views of Ama Dablam (the 'Matterhorn of the Himalaya'). You head further into the Khumbu area and reach Dingboche a small Sherpa village, where you settle down for another day of acclimatising. There are a few shops here so it's a chance to stock up on anything you might need.

*10km / 1130m+ / 1450m- / 6 hours*

## **DAY 7:**

### **REST DAY IN DINGBOCHE (4410M)**

This is a well earned rest day in Dingboche. Just like in Namche, it is a chance to let your body catch up. If the weather allows, you can hike up above the village to a small summit that is strewn with prayer flags. Or of course you can simply rest, drinking the famous Nepalese honey, lemon, ginger tea.

## **DAY 8:**

### **TREK TO LOBUCHÉ (4930M)**

You leave Dingboche and contour around the hillside to Dzugla. From Dzugla we climb the hill that puts you among the climber's memorials. This is an area where stones have been piled to remember those who have died in the nearby mountains. It is a haunting and touching place and no-one passes without feeling moved by what they see and feel. A mellow walk takes us into Lobuche and our resting place for the night.

*9km / 750m+ / 100m- / 6 hours*

## **DAY 9:**

### **TREK TO EVEREST BASECAMP & TREK BACK TO GORAK SHEP.**

Leave Lobuche in search of Gorak Shep, the highest settlement on the Everest Base Camp trek. Grab a quick drink here before heading off in search of Everest Base Camp. After a good few hours trekking you eventually grab site of the tents and the base of the Khumbu Glacier, the place from where where Edmund Hillary stated his Everest ascent back in '53. You spend a bit of time here before heading back to Gorak Shep.

*18km / 450m+ / 100m- / 8 hours*

## **DAY 10:**

### **CLIMB KALA PATTHAR (5,540M) & TREK TO PANGBOCHE (3,930M)**

After spending the night at Gorak Shep, you'll climb Kala Pattar (5,540m) to reach the top as the sun rises on the highest mountain in the world. The views are simply stunning. This was the site of Base Camp for the 1953 Everest expedition, and also the world's highest ever cricket match in 2009. We then head off down the mountain all the way to Pengboche.

*26km / 650m+ / 1850m- / 7 hours*

## **DAY 11:**

### **CROSS CHO LA PASS (5,420M) & TREK TO GOKYO (4,750M)**

The 'crux' of the trip. Today you cross over the Cho La Pass. At this point you are likely to have to wear your crampons as you navigate the snow at the top of the pass. If the weather is kind you will get a great view of Everest if you look back. You don't get to see the lakes until the very end of your trek today. Don't worry it's worth the wait though as you enter Gokyo village.

*13km / 830m+ / 900m- / 4-5 hours*

## **DAY 12:**

### **CLIMB GOKYO RI (5,357M) & BACK TO GOKYO (4,750M)**

Today is another mellow day as you get to summit Gokyo Ri another high point on the trip. You get the day to rest up and take in the sights before you start your descent back to Lukla.

*3.2km / 601m+ / 601m- / 2-3 hours*

## **DAY 13:**

### **TREK TO DOLE (4,038M)**

Enjoy the winding trails as you head down the valley towards Dole. Stunning views and more oxygen will put a spring your step as you move.

*12km / 250m+ / 975m- / 4-5 hours*

## **DAY 14:**

### **TREK TO MONJO (2,835M)**

You head back through Namche today where we stop for food and any souvenirs you might decide you want. It's a big milestone coming back through Namchee as you say goodbye to the capital of the Sherpa people.

*16.6km / 1500m+ / 2662m- / 7-8 hours*

## **DAY 15:**

### **TREK TO LUKLA (2,900M)**

Your final day's trekking takes you back to the airport village of Lukla. Enjoy the scenery and the Sherpa people for one last time as you take your final steps on this magical adventure.

*13km / 750m+ / 750m- / 5 hours*

## **DAY 16:**

### **FLY TO KATHMANDU**

Wake up nice and early and fly back to Kathmandu. There's no feeling quite like the one as you take off on that short platform in the twin engine plane. We transfer you back to your hotel in Kathmandu where you can put your feet up and enjoy a lovely warm shower.

## **DAY 17:**

### **FREE DAY IN KATHMANDU**

Enjoy Kathmandu and the facilities at the hotel. This is also a spare day in case you don't leave for the trek on the scheduled day at the beginning of the trip.

## **DAY 18:**

### **INTERNATIONAL DEPARTURE FROM KATHMANDU**

Departure after breakfast.