



# Everest Base Camp with Gokyo Lake Trek

Url: <https://www.glorioushimalaya.com/trip/everest-base-camp-with-gokyo-lake-trek/>

## Duration

16

## Max. Altitude

5,545 m

## Difficulty

Challenging

## Group Size

1-10

## Per Person Cost

USD 1375

## Transport

Car, Plane, Van

## Meals

Breakfast, Lunch & Dinner

## Overview

The Everest Base Camp with Gokyo Lake trek is a mesmerizing adventure that takes trekkers on a remarkable journey through the heart of the Himalayas. This trek combines two of Nepal's most iconic destinations, offering a unique and diverse experience. As you ascend the winding trails through lush forests and quaint Sherpa villages, you'll be treated to breathtaking views of the world's highest peaks, including [Mount Everest](#) itself.

The journey to Gokyo Lake is a highlight, with its pristine turquoise waters reflecting the towering giants that surround it. The trek is not only a physical challenge but also a cultural immersion, as you interact with the resilient Sherpa people and visit ancient monasteries along the way. Overall, the [Everest Base Camp](#) with Gokyo Lake trek is an unforgettable adventure that rewards intrepid travelers with both natural beauty and cultural insights.

## Itinerary

### Day 01: Arrival in Kathmandu and transfer to the hotel. (1,400m/4,493 ft)

After you arrive at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be

warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Everest Base Camp with Gokyo Lake Trek.

You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world. Overnight at hotel-inclusive Breakfast.

## **Day 02: Fly to Lukla (2,850m/ 9,350ft) & trek to Phakding (2,652m/8,700ft) - 3/4 hrs trek**

Today is the most exciting day as you are going to begin your real adventure journey onwards.

Mostly, the weather in the mountain regions is pleasant in the morning. Thus, your trekking guide will pick you up from the hotel early in the morning as the mountain flights are operating for the morning to ensure that you will be able to land at Lukla.

A 35-minute thrilling scenic flight to Lukla and a landing on a steep mountain runway bring us to the start of our trek at the village of Lukla [2,846m]. If weather permits during the flight, you will have breathtaking views of the snow-capped Himalayas from the windows of your twin-otter (small plane).

After landing at the small Lukla airport, take a short tea break and meet our porters (if porters are included in your package). Then, commence your trek with a gradual walk through the beautiful alpine forest along the Dudh Koshi River with distant views of Mount Khumbila from Cheplung village. Along the way, you will also cross a suspension bridge that will add some thrill to your journey.

This is your first day in the mountain region, stay overnight at a local tea house in Phakding at an altitude of 2,610m. Have enough rest as you have to walk a long day tomorrow.

**Please note:** *During the peak trekking months (March, April, May and September, October and November) Lukla's flights are operating from Ramechhap airport instead of Kathmandu due to heavy air traffic at Kathmandu Airport.*

*It's about a 5-6 hour drive from Kathmandu to Manthali/Ramechhap airport depending on highway traffic. We should wake up at 1:30 a.m. and drive to Ramechhap airport on a shared tourist vehicle and take a 20-minute flight to Lukla.*

## **Day 03: Trek to Namche Bazaar (3,440m/11,283ft) - 5/6 hrs trek**

After a good breakfast at Phakding, we set out for the mountain junction town of Namche; we cross and re-cross the river on high-airy suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set up to protect and preserve the fragile mountain environment. We then take a steep hike to Namche.

If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Namche is the gateway to the Khumbu. This is where we crash out for the night.

## **Day 04: Acclimatization Day**

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops, and souvenir shops. It is an ideal place to spend a day, acclimatizing to the new altitude before heading off towards Syangboche.

To acclimatize, you visit Khunde Hospital set up by Sir Edmund Hillary, or take a one-hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse, and Everest.

We then go to Khumjung where we visit a school established by Hillary. We begin our hike after enjoying lunch; bypassing the route of Khimde. There are also good views from the National Park Centre and Museum just above the town. After going through our acclimatization drills, we head down to our lodge for some beers & a night of good sleep.

**Meals Included:** Breakfast, Lunch & Dinner

## **Day 05: Trek to Dole (4200m/13,776ft) - 5/6 hrs Trek**

We are now approaching 4000m, and the air gets thinner. Today is a spectacular day in terms of scenery as we follow the main trail north out of Mongla. A short climb to a crest reveals a wonderful view of Everest and Lhotse.

We follow this main trail for a while longer, passing many traders selling Tibetan handicrafts, to a crossroads high above the Dudh Kosi. The trail to Everest drops down the hill but we turn off here and climb to cross the Mong La before reaching Phortse Tenga.

From Phortse Tenga, the trail climbs steeply to Dole, through rhododendron and birch forest festooned with hanging mosses and lichens. This is natural nature at its best. We crash out at Dole for the night.

**Meals Included:** Breakfast, Lunch & Dinner

## **Day 06: Trek to Machharmo (4470m/ 14,663ft), 4-5 hrs walk.**

From Dole we climb steadily along the side of the valley, where the rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements [yersa], which are used when yaks are taken to these pastures to graze in the summer months. Ahead of us are excellent views of Cho Oyu, while at the rear are the peaks of Kantega and Thamserku.

Today's trek is a somewhat short one and we will arrive at Machermo in time for lunch. Overnight Machhermo at the lodge.

**Meals Included:** Breakfast, Lunch & Dinner

## **Day 07: Trek to Gokyo (4800m/15,744ft) - 3/4 hrs trek**

Heady Gokyo Ri looms above the village on the northern edge of the lake. We leave camp just after first

light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region - some say it is even better than that from Kala Pattar. Overnight at guesthouse.

**Meals Included:** Breakfast, Lunch & Dinner

### **Day 08: Hike to Gokyo Ri (5357m /17575 ft) & Trek to Thangnak (4850m /15912 ft ) - 6/7 hrs trek**

Today, we will start with a steep, tough climb to the 5357 m Gokyo Ri peak which offers majestic views of four of the world's highest peaks - Cho Oyu, Everest, Lhotse and Makalu along with Ngozumpa Glacier. From there we return to Gokyo, collect our belongings and head toward the village of Thangnak by crossing the Ngozumpa Glacier.

The day begins with an immediate ascent to the ridge overlooking Gokyo - enjoy the last view of the village, lake, Gokyo Ri and Cho Oyu before descending the terminal moraine onto the glacier. Crossing this section will be a repeated series of ascents and descents around the crevasses of the glacier until you reach the other side. Overnight stay at a local teahouse in Thangnak.

### **Day 09: Trek to Dzongla Via Chola pass ( 5420m /17782 ft) - 7/8 hrs trek**

Today is the toughest day of the trek as we are going to cross Chola Pass - ( 5420m /17782 ft). We need to start early at 4-6 am compared to other days on the trip. The pass is not itself difficult, but it is steep and involves a glacier traverse on the eastern side. We need to be careful as the trail is steep and the rocks are glazed by ice making this tricky for inexperienced trekkers.

The trail from Phedi climbs through a ravine and a rocky trail as we climb up continuously. While trekking through the side of a frozen lake we reach at the top of the pass decorated with prayer flags. Ama Dablam commands the skyline over a range of mountains on the south even as Cholatse soar on the west and Lobuche East and Baruntse rise sharply to our right.

We need to pass through some crevasses before we reach Dzongla, another beautiful place with a complete view of Cholatse, Ama Dablam, Lobuche Peak and the Pheriche village far below. We will overnight at a very basic local lodge.

### **Day 10: Trek to Lobuche (4910m / 16109 ft) - 2/3 hrs trek**

Today's hike will be a bit shorter. Thus, we would get more time to observe and relax. We will leave Dzongla, following the moraine, and descend along with Chola Lake. Then we follow the Khumbu Glacier.

On our way, we can see the memorial statues of the climbers, who passed away in this region. Unlike the previous day, the hike to Lobuche should be pleasurable, and before reaching Lobuche, we will be

following Imja Khola. And sure enough, we will reach our destination for that day - Lobuche - after trekking for about four hours. By reaching Lobuche, we have rejoined the classic Everest Base Camp trek trail.

### **Day 11: Trek to Gorakshep (5180m/ 16942 ft) hike to Everest Base Camp (5364m/ 17598 ft) - 7/8 hrs trek**

We follow the trail to Everest Base Camp, passing through the once vast Gorak Shep Lake. Continuing straight ahead, we come across the Indian Army Mountaineers' memorials. The path from here can be misleading, so it's essential to follow our local guide. The walk is strenuous due to the thin air at high altitudes. We pass through rocky dunes, moraine, and streams before reaching the Everest Base Camp - 5,364m/ 17,598 ft.

Once we reach the Everest Base Camp, we'll see tents of mountaineers that stand out in bright colors against the monotony of gray surroundings, especially in spring. From the base camp, we can view Nuptse, Khumbuste, and Pumori. After spending some time here, we'll head back to Gorak Shep for a good night's rest.

Overnight at the height of (5,180m/ 16,942 ft) at a lodge.

### **Day 12: Hike to Kala Patthar ( 5545m/ 18192 ft) & Trek to Pheriche (4371m/ 14340 ft)**

Early in the morning, we climb to Kalapatthar at (5,545m.) and enjoy a spectacular sunrise view. From Kala Patthar, you can have a panoramic view of Mt. Everest and many other mountain peaks. It includes a host of famous ones: Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, and Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku, and many more huge peaks.

After spending some golden moments at Kalapatthar, we trek back to Gorakshep. We take our breakfast at Gorakshep and the hike to Pheriche will take you through rugged terrain, where you'll navigate narrow trails and encounter remote Sherpa villages. Along the way, you'll be immersed in the rich culture of the Khumbu region. Passing by prayer flags, monasteries, and friendly locals, making the return journey an unforgettable experience.

Yaks are normally regarded as four-legged porters in this area. Due to their tough terrain which would be difficult for human porters. The town of Pheriche is also known as a highly windy town. Hereabouts, you can see the perpendicular walls of Cholatse and Tawache.

The Himalayan Rescue Association Aid Post is also located here. And foreign volunteer doctors provide medical treatment to trekkers as well as local people in this area. We stay overnight at a lodge.

### **Day 13: Trek to Namche Bazar (3440m/ 11286 ft) - 7/8 hrs trek**

Today's trek will be another long and challenging day. From Pheriche we head back through Pangboche, then uphill into Tengboche where we stop for tea. From Tengboche, the trail continues downhill for one hour to our lunch spot, beside the river.

After lunch, there is a one hour and thirty-minute ascent, back up to the Ama Dablam View Guesthouse, where we will have a final short break. There is another approximately hour and thirty minutes before we reach Namche Bazaar.

This is a long day as we will only arrive in Namche in the late afternoon. It is now time to take a shower, relax and get some rest! The hike today is approximately 8 hours and will cover 13.7 miles/ 22 km.

### **Day 14: Trek to Lukla (2,850m/ 9,350 ft) - 7 hrs trek**

You make the final walk to Lukla. Once you reach Lukla you celebrate the completion of your once-in-a-lifetime trip with your guide and porters.

These hardy mountain men have been there for you all these days guiding you and helping you carry your heavy load. You can show your gratitude by tipping them. Spend your last evening in Khumbu singing and dancing to Sherpa tunes. Overnight in Lukla.

### **Day 15: Fly back to Kathmandu (1,300m/4,264 ft) - 35 minutes flight**

Most flights from Lukla to Kathmandu are scheduled for early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about thirty-five minutes. We touched down in Kathmandu and transferred to our hotel.

In the evening we will organize a farewell dinner with Nepalese cuisine and a cultural dance show in Kathmandu.

### **Day 16: Departures from Nepal**

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home.

At Glorious Himalaya, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

## **Price Includes**

- All the airport pick-ups and drop-offs by private vehicles.
- 2 nights of 3-star standard hotel accommodation in Kathmandu city inclusive breakfast.
- 13 nights of twin sharing local lodges accommodations while on the trek.
- **Meals** on full board while on the trek. (Breakfast, Lunch, Dinner)
- An experienced and certified trekking guide for the trek.
- Supporting porters to carry your loads during the trek. (1 porter for 2 customers)
- Domestic flights (Kathmandu-Lukla-Kathmandu) including airport taxes.

- All the necessary paper works and trekking permits for the trek.
- Rain protection duffel bag and sleeping bag to use for the trek. (provided on request)
- A comprehensive first aid medical kits and oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after the successful trip completion.
- All government taxes and company service charges.
- In the end, we offer a Nepalese cuisine farewell dinner in Kathmandu with a cultural dance performance.
- Pre-meeting at the Kathmandu before the trek.

## Price Excludes

- International airfares and Nepal entry visa.
- Your extra expenses such as the use of WIFI, hot shower, and battery charging while on the trek.
- Extra hotel nights accommodation in Kathmandu or in Lukla if other than the scheduled itinerary
- Your travel insurance.
- Gratitude to trekking guides and porters.
- Excess baggage of more than 15 kg for Lukla flight.

## Checklist

### Gear Checklist for EBC Trek

#### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

#### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

#### Hands

- 1 pair of lightweight poly-liner gloves.

- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

## **Lower Body**

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.



## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

## **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

## **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

## **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## Contact Us, Head Office

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