

Everest Base Camp via Gokyo Valley Trek 2023

Fixed Departure date: 17 April to 30 April 2023



Trek Overview

Also known as Everest Circuit trek, this is one of the most adventurous treks in the Everest Himalayas, it follows the route via high pass of Cho La at 5,330m into the Base Camp of Mount Everest. A unique trek that goes through Lukla, Namche bazaar and all the way to Gokyo, Chola Pass, Kalapattar and Everest Base Camp. Leading you to the home of the legendary Sherpa people, based at the foothills of the highest peak in the world, Mt. Everest at 8,848m. This trek follows the highly praised trekking route through the Dudh Koshi to its source the Gokyo Lake which

is to the west of the Everest Base Camp, giving you the benefit to summit Gokyo Peak (5,483m) offering a fantastic panoramic view of Cho Oyo, Everest and Makalu.

As we cross the Cho-La pass, and return back to Lukla following the route through Everest Base Camp, Kalapattar down to Tengboche monastery, Khumjung village, Namche Bazar and Lukla.

Enjoy the breathtaking views of Everest including several other similar peaks and explore the Buddhists monasteries located at the world's highest elevation.

Trip Highlights

- Scenic flight to and from Lukla
- Get acquainted with the mountain people in the heart of Himalayas
- The beautiful Gokyo Valley
- Impressive views of the Khumbu Icefall
- Climbing Gokyo Ri at the elevation of 5,357 m
- Climbing Kala Patthar at the elevation of 5,555 m
- Everest Base Camp and walking on the Khumbu glacier
- Visiting Tengboche Monastery

Short Itinerary

17 April Day 1: Arrival in Kathmandu airport (1350m)

18 April Day 2: Fly to Lukla (2,804m) – 45 minutes (chopper sharing). Trek to Phakding (2,610m) – 3.5 hours walk

19 April Day 3: Trek to Namche Bazaar (3,450m) – 6/7 hours walk

20 April Day 4: Namche Bazaar acclimatization day

21 April Day 05: Trek to Phortse Thangna –(3,680M) 5/6 Hrs

22 April Day 6: Trek to Machhermo (4470m) – 4 hours walk

23 April Day 7: Trek to Gokyo (4,790m) – 4 hours walk

24 April Day 8: Trek to Gokyo Ri (Acclimatization) (5357m) and back to Gokyo – 5 hours walk

25 April Day 9 : Trek to Thangna (4,650m) – 3 hours walk

26 April Day 10: Cross Cho La pass (5,420m) then trek to Dzongla (4,830m) – 7/8 hours walk

27 April Day 11 Trek to Lobuche (4,910m) – 4 hours walk

28 April Day 12: Trek to Everest Base Camp (5,365 m) then back to Gorak Shep(5170m) – 7 hours walk

29 April Day 13 : Hike up to Kala Patthar (5,555m) early in the morning and Fly to Lukla on the Helicopter then fly to Kathmandu Over night stay at kathmandu Hotel

30 April Day 14: Depart For Home

Detailed Itinerary

17 April Day 01

Arrival in Kathmandu airport (1350m)

Our airport representative will be receiving you at Tribhuvan International airport, Kathmandu and s/he will be displaying a Malla Treks signboard outside the airport terminal. You will be then transferred to your respective hotel in our private tourist vehicle. **Marriott**

18 April Day 02

Fly to Lukla(2,804m) – 45minutes (chopper). Trek to Phakding (2,610m) – 3.5 hrs.

An early morning start takes us to the Tribhuvan International Airport in Kathmandu for the 45-minute scenic flight to Tenzing and Hillary Airport at Lukla (2,804m). On arrival at the airport, guide will brief you and introduce our porters before we begin our trek towards Phakding (2,610m).

After landing we have time to explore the village while our Sherpa crew sort and load our trekking equipment. Then we begin our trek by descending towards the Dudh Kosi River where we join the main trail to Namche Bazaar, located just above Chaurikharka (2,713m). The walking is easy and after passing through the small village of Ghat (2,550m) it is a short walk to Phakding. **Overnight at Yeti Mountain Home**

19 April Day 03

Trek to Namche Bazaar (3,450m) – 6/7 hrs.

We continue trekking along the banks of the Dudh Kosi, crossing the majestic river many times on exciting suspension bridges laden with prayer flags. After entering the Sagarmatha National Park, the trail climbs steeply with breathtaking views. Namche Bazaar (considered the Gateway to Everest) is home to many quality restaurants, hotels, lodges, shops, money exchange services, internet cafes and bakeries. Namche is the biggest town along the Everest trail. **Overnight at Yeti Mountain Home**

20 April Day 04

Namche Bazaar acclimatization day.

We spend a day in Namche Bazaar in order to acclimatize and adjust to the thinning air. We will trek a short distance to a museum that is celebrated for its exhibits of the traditional customs of the Sherpa people. From this point, we can see rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks. **Overnight at Yeti Mountain Home**

21 April Day 05

Trek to Phorste Thanga (3,680 m) – 5/HRS hours

The trail climbs steeply out of valley through rhododendron forest. Juniper and large conifers start to appear as the elevation increases making the trekking very pristine in

spring. The trail passes through Yak Kharkas and summer settlements. The views of Khumbi La and Taboche are magnificent throughout the day.

22 April Day 06

Trek to Machhermo (4470m) – 4/5 hrs.

This is a short day but due to high altitude your pace may decrease. But the spectacular views of taboche and cholatse looks stunning. **Overnight at mountain Lodge**

23 April Day 07

Trek to Gokyo (4,790m) – 5/6hrs.

The trek today takes us at one of our main destinations, Gokyo (4,790m). We will make this camp our base for 2 nights as we will have couple of sightseeing and hiking trips around Gokyo. **Overnight at Namaste Lodge**

24 April Day 08

Trek to Gokyo Ri (5357m) and back to Gokyo – 5 hrs.

Early in the morning we have a steep climb up to the top of Gokyo Ri at an elevation of 5,357 m. You get stunning views of the Gokyo valley, the massive Ngozumpa glacier and an incredible panoramic view of the whole Khumbu Himalayas, including the giants Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. This day we have for acclimatization and after noon back to the camp. **Overnight at Namaste Lodge**

25 April Day 09

Trek to Thangna (4,650m) – 3 hrs.

Trek to the foot of Cho La pass. Accommodation in Thangna will be very basic and in a dormitory based room because of its remoteness. **Overnight at mountain Lodge**

26 April Day 10

Cross Cho La pass (5,420m) then trek to Dzongla (4,830m) – 7/8 hrs.

We start before sunrise at 4 or 5am to reach the pass by 9 – 10am to dodge bad weather conditions of the noontime. We cross over at an altitude of 5,300m where we could be exposed to strong winds if we crossing too late. We start to climb steeply that is regularly used and easy to follow. However, the problem may arise

due to the altitude and snow. It often causes terrible problems to cross the pass if it is covered by snow. As you reach the top, you are rewarded by the magnificent views, then we descend to the Dzongla at noon. Accommodation in Dzongla will be very basic and in dormitory style room because of its remoteness. **Overnight at mountain Lodge**

27 April Day 11

Trek to Lobuche (4,910m) – 4 hrs.

A rather easier and shorter trekking route will take us to Lobuche after 4 hours of trekking. **Overnight at Oxygen altitude**

28 April Day 12

Trek to Everest Base Camp (5,365 m) then back to Gorak Shep(5170m) – 7 hrs.

This is difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5,365m the closest you can get to Mt. Everest without mountaineering equipment. The view of the Khumbu Icefall from Base Camp is spectacular. We return back to Gorak shep for the night. **Overnight at Everest Inn Hotel**

29 April Day 13

Hike up to Kala Patthar (5,555m) early in the morning fly to Lukla on the helicopter and again fly to kathmandu on the sharing helicopter, Over night stay at the Fairfield by Marriott Kathmandu

This will be one of the most difficult yet rewarding days of the trek. Early in the morning we climb up to Kala Patthar, a small peak (by the Himalayan standards) at 5,555m. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 29,029ft (8,848m), towers directly ahead and on all sides loom the other giants, Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep, a tiny hamlet at 5,180m then fly out to Lukla to kathmandu on the Helicopter .

30 April Day 14

Depart For Home

After breakfast, transfer from the hotel to airport and depart Kathmandu on your homeward-bound flight. Or if you'd prefer to spend more time in Nepal. We would love to accompany you on another trip through Nepal in the future.

