



COMMUNITY ACTION TREKS

# Everest base camp & Gokyo

Set your eyes on the highest summit in the world!

NEPAL







GRADE  
DEMANDING

MAX ALTITUDE  
5623m

TREKKING DAYS  
18

TRIP LENGTH  
21 days

MIN PEOPLE  
2

# Everest base camp & Gokyo

Our trip takes in the all the best parts of trip to the Everest region: Kala Patar, Everest Base Camp, the Cho La Pass, the turquoise holy lakes at Gokyo and the sublime view of Everest and a host of other Khumbu peaks from the summit of Gokyo Ri across the Ngozumpa glacier. We spend time acclimatising on our ascent via the Gokyo valley, which is much quieter than our descent which is down the Khumbu valley.

This trip can be run as a tea house trek for a minimum of 2 people. Our itinerary includes a contingency day for bad weather or extra acclimatisation as well as the usual acclimatisation days.



TREKKING WINDOW  
MAR - MAY & OCT - NOV

## PRICE

£1930 per person (land only price - see last page)





Everest Base Camp & Gokyo

# Itinerary

## Day 1

### Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colorful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and pick you to your accommodated hotel and rest of the day you can relax at the hotel or short evening walk around local market on your own as per your wish.

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## Day 2

### Free in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

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## Day 3

### Drive to Ramechhap, Fly to Lukla and trek to Phakding 2600m 3 hours' drive, 16 mins flight, 3 hours walking

Early morning we need to leave Hotel at 3 am to drive to Ramechhap. Then, we fly into Lukla airport, at 2800m. Leaving Lukla, the path winds along the hillside to the east of the Dudh Kosi River, past teahouses and lodges to Phakding.

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## Day 4

### Phakding to Namche Bazaar 3440m 5 hours walking

A steady climb through the fertile Dudh Kosi valley, with its many farms and settlements, to Namche Bazaar 3440m, the most important Sherpa town and a former trading center with Tibet.

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## Day 5

### Namche Bazaar acclimatisation day

Today is an acclimatisation day. Namche Bazaar is well worth exploring, with its Buddhist monastery and distant views of Everest. For better acclimatisation it is recommended that you walk to the Everest View Hotel (½ day walk) or to one of the nearby villages such as Khunde, or Thame.







## Day 6

### Namche Bazaar – Dole 4040m 6 hours walking

This interesting walk to the villages of Khumjung and Khunde has been added into our route to further aid acclimatisation, which will be invaluable later on in the trek before we ascend above 4000m. There are spectacular views of Ama Dablam to be had from Dole. The hill behind Dole is a good vantage point for sunset views of 6685m Kangtega and 6608m Thamserku.

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## Day 7

### Dole - Machermo 4410m 3-4 hours walking

Another short day of walking, though it is necessary to stop here to restrict our rate of ascent. It is very important to ensure that we stick to the guidelines for ascent to enable us to acclimatise properly.

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## Day 8

### Machermo acclimatisation day

We have an acclimatisation day and a local walk on the ridge behind Machermo with fantastic views of the surrounding peaks. This will enable us to gain height during the day, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it. Community Action Nepal, our sister charity, has supported the building of 3 porter shelters on this trek. The first of these is here at Machermo, and today would be a present a good chance to see this shelter for ourselves.

## Day 9

### Machermo - Gokyo Lake 4790m 4hours walking

Our route today takes us further up the Gokyo Valley, to the first of the sacred lakes and past the path we will take later which leads to the ascent route for the Cho La. Continuing on up the valley we come across the second and third sacred lakes, marked by small piles of stones. The village of Gokyo is by the third lake, Dudh Pokhari, and we can see Gokyo Ri to the north of this lake. There are a couple of tea houses here, and CAN's newest porter shelter is being built here. These shelters provide vital shelter for all porters, regardless of the company they are working for. We can appreciate just how important good quality shelter is when we are at 4790m.

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## Day 10

### Contingency / extra acclimatization day

A spare day in case of bad weather or the need for extra acclimatisation. If this day is not needed on the ascent, we can use it to have an extra night at Gokyo for acclimatisation, or at Gorak Shep, devoting a whole day to climbing Kala Pattar. A good thing to do today would be to walk further up the Gokyo Valley to the 5000m "Scoundrels' View" of Everest by the 5th lake at Ngozumpa Tsho.



## Day 11

### Gokyo Ri 5340m – Dragnag 4700m 5 hours walking

We can start today with an ascent of Gokyo Ri if we didn't climb it yesterday.

Depending on your acclimatisation and your confidence on rougher ground, the ascent typically takes around 2 hours, with the descent around half that time. Gokyo Ri offers a fantastic view of Everest and countless Khumbu peaks, and many consider the view from here to surpass the view from Kala Pattar even though Kala Pattar is much nearer to Everest. Returning to Gokyo, we descend the Gokyo valley and across the Ngozumpa Glacier to Dragnag where we overnight (walk around 2 hours). While crossing the glacier the route is not very obvious. Being a glacier, it is important to follow the sherpas carefully along the cairned route.

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## Day 12

### Dragnag – Dzongla 4850m via Cho La 5420m

The Cho La is a steep ascent, and can appear to be rather intimidating when you are at the foot of the pass. The pass can change in nature quite a lot – sometimes it is too snowy to cross, sometimes icy and sometimes without any snow or ice. If the descent is icy an ice axe is a helpful tool. If there is too much snow to cross the pass, or if people are finding the going rather tough there is the option of retracing our steps back down the Gokyo valley and ascending the Khumbu valley from Phortse. There is limited accommodation at Dzongla, so it might be necessary to continue on to Lobuche. This additional trek can take 2- 3 hours. Today is a long and tiring day, but the length of the day is very dependent on the strength of the group.

## Day 13

### Dzongla – Gorak Shep 5100m 8 hours walking

From Dzongla we skirt round on the path above Dughla, with 6119m Lobuche East and 5245m Awi Peak on our left, and 5806m Pokalde opposite us as we join the main Khumbu valley. We take lunch at Lobuche before continuing on to Gorak Shep. The trail gets rougher as we traverse the Khumbu glacier debris where an adjoining glacier flows down from Changri La. This could be an ideal opportunity to explore third of the Community Action Nepal porter shelters at Gorak Shep.

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## Day 14

### Gorak Shep - Everest Base Camp – Gorak Shep (7-8 hours)

Today we visit the modern-day Everest Base Camp location. The Khumbu ice fall dominates above the part of the glacier that expeditions use for their Base Camps, and trekkers in the spring may well see the climbing expeditions camped here.







## Day 15

### Gorak Shep-Kala Pattar-Pheriche/Dengboche

Today will be an exciting day. In the rarefied air, we will need frequent stops but if we are lucky with the weather there will be stunning views to feast our eyes upon. We aim to reach the summit of Kala Pattar (5,623m), a steep, but not difficult climb. From its summit we may enjoy uninterrupted views of Everest's black south west face, seemingly dwarfed by its neighbouring giant Nuptse. Khumbu's tortured ice field stretches away to the south in an unbroken panorama of snowcapped mountains. We return to Pheriche/Dengboche.

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## Day 16

### Dingboche - Kangjuma

A delightful day of easy walking is ahead of us as we cross first yak meadows and descend into the alpine zone. We continue our descent of the Khumbu passing through Deboche (3757m) and Pangboche with its 300 year old monastery containing wall paintings and Tibetan manuscripts. It is a climb up to Thyangboche Monastery in a magical setting that commands impressive views of shapely Ama Dablam. Dropping down from Thyangboche we traverse along pine-wooded paths to reach Kangjuma.

## Day 17

### Kangjuma – Monjo

From the lovely spot at Kangjuma we return along the easy Balcony Path to Namche Bazaar. From here the deep valley of the Dudh Khosi drops away as we retrace our steps to Monjo.

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## Day 18

### Monjo to Lukla 2800m 4 /5 hours walking

After our final stroll along the wooded paths we arrive at Lukla. You may have time to visit the IPPG office to watch the BBC documentary film on porters' rights. The overnight stay will be in a local lodge.

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## Day 19

### Fly from Lukla to Ramechhap 16 mins flight, Drive to Kathmandu 4 hours drive

Weather permitting we will fly to ramechhap, and drive to Kathmandu with a beautiful view. There should be time to do a little shopping in Kathmandu during evening, or to relax by the hotel.



## Day 20

### Free day in Kathmandu

There is time today to shop for crafts or explore the city.  
Kathmandu is a great place to buy presents!

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## Day 21

### Depart Nepal

Transfer to Kathmandu airport.

#### **NB: Christmas treks**

Christmas is usually the coldest trekking season, and for this reason Everest Base Camp treks which run over the Christmas/New Year period are normally run as tea house treks instead of camping treks.







#### The price includes:

- Transfers between Kathmandu airport and hotel accommodation
- Accommodation for 4 nights in Kathmandu in rooms with shower and wc and inclusive of breakfast
- Return flights between Kathmandu and Lukla, including departure taxes for internal flights where applicable
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags), services of porters (15 kg load per participant); Sirdar (head guide) and kitchen staff; trekking permit

#### The price does not include:

- Not included:
- International flights
- Nepalese visa - (please refer to our website for latest prices)
- Meals other than breakfast in Kathmandu and Pokhara
- Travel insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money)

#### Land only prices

The cost of flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost, and quote separately for the cheapest flights we can find at the time of your booking. We will, however, require full payment for the flights prior to booking them. If you prefer to search for alternative flights yourself, we can sell you the trek at the land-only price.

#### Options

- Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation.
- Extension packages can also be organized in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions dossier for more details. Extensions should be arranged to booking international flights.

# Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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#### Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.