



COMMUNITY ACTION TREKS

Everest Base Camp via Gokyo

Set your eyes on the highest summit in the world!

NEPAL





GRADE DEMANDING	MAX ALTITUDE 5550m	TREKKING DAYS 16	TRIP LENGTH 21 days	MIN PEOPLE 4
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Everest base camp & Gokyo

Our trip takes in the all the best parts of 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 down the Khumbu valley.

Our itinerary includes a contingency day for bad weather or extra acclimatisation as well as the usual acclimatisation days.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£1930 per person* (land only price - see last page)
*prices subject to change



Everest Base Camp & Gokyo

Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful 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 take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around the local market on your own.

Day 2

Free Day 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.

Day 3

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

This morning, we leave the 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.

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 centre with Tibet.

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 we 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 to our route to further aid acclimatisation, which will be invaluable later 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 Kangtega 6685m and Thamserku 6608m.

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.

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 three porter shelters on this trek. The first of these is here at Machermo, and today presents 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 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 a porter shelter built by CAN. These buildings 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.

Day 10

Contingency / extra acclimatisation 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 full 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 fifth 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. 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 stop overnight. While crossing the glacier the route is not obvious. Being a glacier, it is important to follow the sherpas carefully along the cairned route.

Day 12

Dragnag – Dzongla 4850m via Cho La 5420m

The Cho La is a steep ascent and can appear to be 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 ascent 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 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 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 Lobuche East 6119m and Awi Peak 5245m on our left, and Pokalde 5806m opposite us as we join the main Khumbu valley. We take lunch at Lobuche before continuing 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 the third of the Community Action Nepal porter shelters at Gorak Shep.

Day 14

Gorak Shep - Everest Base Camp – Gorak Shep 5100m (7-8 hours walking)

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 5,623m-Pheriche/Dingboche 4252m (6-7 hours walking)

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 southwest 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/Dingboche.

Day 16

Dingboche – Kangjuma 3520m (5.5 hours walking)

A delightful day of easy walking is ahead of us as we cross 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. A climb up to Thyangboche Monastery in a magical setting commands impressive views of shapely Ama Dablam. Dropping down from Thyangboche we traverse along pine-wooded paths to reach Kangjuma.

Day 17

Kangjuma – Monjo 2850m (5 hours walking)

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.

Day 18

Monjo to Lukla 2800m (4 -5 hours walking)

After our final stroll along the wooded paths, we arrive at Lukla. The overnight stay will be in a local lodge.

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 beautiful views along the way. There should be time to do a little shopping in Kathmandu during the evening, or to relax at 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!

Day 21

Depart Nepal

Transfer to Kathmandu airport.





The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys (by air and road) between Kathmandu and Lukla, including departure taxes for internal flights, where applicable.
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- 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 international flights, particularly 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.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior 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.