



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**
SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Gokyo Lakes & Mount Everest Base Camp Trek

Duration: 17 days
Difficulty: Medium to hard

DoT No. 1888/071
PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen
Group size: Private Trek

Quick Trip Facts

Altitude: 5554m
Season: Spring/Fall/winter
Accommodation: Teahouse

Overview

The Gokyo Lakes, Cho La & Mount Everest Base Camp Trek with Incredible Himalayan Sherpa Adventures leads you to the magnificent Gokyo valley and its stunning high altitude lakes, the Cho La pass and, of course, the famous Everest Base Camp. It is a challenging trek that offers it all – mountains, culture and history.

The trek starts from Lukla, following the flight from Kathmandu. Like most treks in the region, Lukla serves as the gateway. We then make our way up to Namche Bazaar where we leave the Everest trail and head for Dole and Machermo instead. Magnificent views of Ama Dablam, Cholatse in the East and eventually Cho Oyu to the North open up as we approach Gokyo. But we then only get to the real highlights of this trek: The Gokyo lakes, the highest freshwater lake system in the world and of course Gokyo RI, a rocky hill that allows for an unforgettable panorama including views of Mount Everest. We will also get a close look at the enormous glacier running down from the flanks of Cho Oyu and the surrounding mountains. We cross this glacier and then tackle the Cho La pass (5,420m). From the top, you'll have some remarkable views of Cholatse and Lobuche East and West. We then descend heading for Lobuche and ultimately Gorak Shep from where we can reach Everest base camp and (if you still feel up for it) Kala Pathar (5,554m). This is another rocky hill on a ridge running down from Pumori which offers a magnificent panorama of Everest, Lhotse, Cho Oyu, Pumori, Nuptse and many more famous mountains as well as the Khumbu glacier. We then slowly descend back towards Namche Bazaar and Lukla.

Incredible Himalayan Sherpa Adventure provides you with an experienced, local guide that not only leads you on the trail but introduces you to the rich Sherpa culture. This tour captures the highlights of the Khumbu region. Of course, because of the altitude and the terrain (especially at the Cho La), this trek can be challenging. But the unique views and serenity next to the unspoiled lakes will be worth it.

Incredible Himalayan Sherpa Adventure Pvt. Ltd

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All our treks can be booked as private trips - no large, impersonal groups but small, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Gokyo, the Cho La pass and Mount Everest.

Highlights:

- A. Admire Mount Everest & some of the highest mountains in the world
- B. Explore the Gokyo lakes, the highest fresh water lake system in the world
- C. Cross the famous Cho La pass

Suggested Itinerary:

Day 01: Arrive Kathmandu (1350m/4429 ft.)

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

Day 02: Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03: Scenic flight to Lukla + trek to Phakding (2610m/8563 ft.), 4-5hr walk

We fly to Lukla. From here we walk northwards up the valley of the Dudh Koshi (Milk River). We descend from the small plateau, down into the forested valley. After a pleasant hike (3-4hr) we reach our destination Phakding (2,652m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 04: Ascent to Namche Bazaar(3440m/11286ft.), 4-5hr walk

From here we follow the Dudh Kosi northwards. The trail will take us through magnificent forests of rhododendron, giant fir and magnolia. From Jorsale (2,805m), we cross the west fork of the river, the Bhoté Kosi, and start the steep climb to Namche Bazaar. The trail offers us stunning views of nearby 6000m peaks. After about 5hrs we reach the Sherpa village and gateway to Everest Base Camp, Namche Bazaar (3440m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

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Day 05: Acclimatization walk to Kunde, Everest View, & Khumjung

We leave Namche and ascent to the Everest View Hotel. The hotel terrace offers splendid views of Everest and Ama Dablam. We continue the walk to the villages of Kunde and Khumjung, where we visit the Edmund Hillary hospital. Afterwards we return to Namche where we have a relaxed afternoon.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06; Trip to Dole (4,110 m/13,152 ft.),5-6hr walk

We have a long day ahead with a prolonged up and down over progressively smaller paths. We first follow the Everest trail and then make a sharp left turn to a side valley. After a steep section, we reach the small village of Dole (4200m). From here you will see many Kharkas, summer 'settlements' used by the Sherpas to graze their yaks.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07; Trek continues to Machermo (4,470 m/14,663 ft.), 4-5hr walk

Today we have a relatively short section ahead in order to moderate the ascent rate. We pass a few small settlements and you'll notice the landscape become increasingly barren. However great views to snow-capped peaks to the east and west open up. We soon reach Chortens and fluttering prayer flags on the outskirts of Machhermo (4,470m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Trek to Gokyo Lakes (Gokyo Lake (4800 m/15,744 ft.)),5-6hr walk

After leaving Machermo, a tremendous range of peaks to the north is revealed with Cho Oyu (8200m) and Gyachung Kang at the heart of it. We continue through Pangar and Na and then climb more steeply through boulder fields. Soon our journey brings us to the impressive and untouched Gokyo Lake.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09; Climbing Gokyo RI(5360m), walk 6-7hr walk round

We leave the teahouse early in the morning (this time without the heavy backpack) and complete a steep ascent to Gokyo RI (5360m), a small hill to the north-west of the village offering a fantastic panorama. From the top of the hill we'll have some incredible views of Everest, Lhotse, Makalu,

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Cholatse, the Ngozumpa Glacier, Taboche, and of course Cho Oyu.
[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 10; Dzong La (4830m/15939 ft.) via Cho-La Pass (5367 m/17,604 ft.), 7-8hr walk

The big day, we pass the high altitude Cho La (5330m). The first section is a moderate ascent from Tangnak. We pass a flat section and then face another steep scramble all the way up to the pass. Loose rock and changing weather conditions can make this a tricky ascent. The descent will be smoother and after a short section on snow, we'll descent on more gentle slopes to Dzong La (4830m) which sits right in front of Cholatse, which we already admired from the other side.

[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 11; Trek to Everest Base Camp & overnight at Gorak Shep, 6-7hr walk

Another big day has arrived. We follow the Khumbu Glacier northwards to Gorak Shep (5,184m). From here we continue to Everest Base Camp. From EBC we get fantastic close-up views of the famous Khumbu Ice Fall, Nuptse and the mountains separating Nepal from Tibet, including Pumori. Afterwards we return to Gorakshep.

[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 12; Climbing Kala Pattar (5545m) for views of Everest; descent to Pheriche

Another challenging, yet rewarding day awaits. We climb up Kala Pattar, 'Black Rock', at 5,545m which gives us a great view of Everest. Afterwards we return to Gorak Shep, have a warm drink and continue back to Pheriche.

[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse.

Day 13; Descent to Namche Bazaar (3440m/11286 ft.), 7-8hr walk

We descend the Pheriche Valley with spectacular views of Ama Dablam. Our trail joins the main Imja Khola Valley, which we follow down to Pangboche with superb views looking back to the great ridge of Lhotse-Nuptse. From here we walk down to the rushing Imja Khola we then walk through rhododendron forests to Tengboche (3,860m). The spot is mind blowing for the views of from here we have a fantastic panorama of Everest, Nuptse, Lhotse, and Ama Dablam. We continue descend through the forest to the river at Phunki Tenga. Crossing a bridge, we then climb up to Namche

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with great views of Ama Dablam. For the return trip, we return to Lukla via Namche. Alternatively, if you would like to experience peak climbing then **Island Peak Climbing** with only a few additional days necessary.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 14/15/16; Descent to Phakding (2610m/8563 ft.), Lukla 2840m/9317.585 ft.) & Kathmandu (1350m/4429 ft.), 5-6hr walk +7hr+flight to KTM

We retrace our steps from day 03&04. Although the path is all downhill, the unrelenting slope places a strain on the knees and trekking poles will come in handy. We take frequent stops where we can have a relaxes tea. Alternatively, you can extend the trip and continue to the **Rolwaling Tashi Laptse Pass Trek (5780m)** or if you would like to experience peak climbing then **Pharchamo (6187m) Peak Climbing** with only a few additional days necessary.

[Included meals: Breakfast+Lunch+Dinner & Bed and Breakfast in Ktm]

Overnight at teahouse & hotel in Ktm

Day 17; Departure from Kathmandu

Time to say goodbye: A representative of IHSA will drop off you at the airport by private vehicle

[Included: Breakfast]

Supplementary time

The flight from Kathmandu to Lukla significantly reduces the journey time compared to the trek via Jiri (which we also offer). The flight is the shortest and most popular way of gaining access to the region but the mountain weather is notoriously unpredictable and sometimes even during the best part of the season, flights are delayed or postponed for one or more days. We can also arrange for a Helicopter charter from Kathmandu to Lukla instead but this adds significant extra cost. We highly recommend that you take potential delays into account and allow for an extra day in Kathmandu. You can use your extra time here in Nepal by doing many exciting activities like rafting, jungle safari, Bunje jumping, Mountain flights or simply enjoy the bustling streets of Kathmandu.

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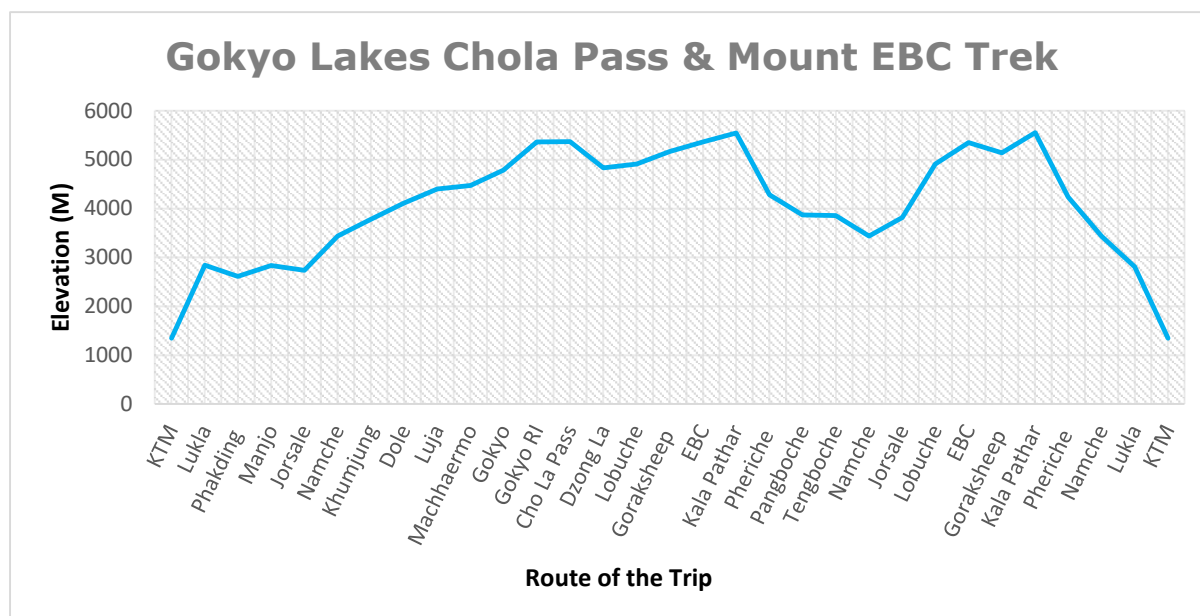
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Difficulty: Medium to hard

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 17 days Gokyo Lakes Cho La Pass & Feet of the planet's tallest Peak
- + Guide and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

Price: USD1365 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + KTM Sightseeing with guide. For details see below.

Price: USD 1475 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details.

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Difficulty: Medium to hard

Trek Duration:

Standard itinerary – 17 days. Can be shortened or extended depending on time and Fitness

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu [upgrade possible]
- + Sightseeing in KTM by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + KTM-Lukla flight & return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS
- + First Aid kit
- + Guides' and porters' medical & accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

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Additional Options:

+ Hotel upgrade in Ktm: [65 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and would like climb **Island Peak** or **Mera Peak**, this can also be arranged.

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

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Your luggage; Your backpack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 - 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal - especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient

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quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip . . .

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