



Trip Itinerary

DETAILED ITINERARY:

DAY 1: ARRIVE KATHMANDU

Our driver will meet you at the airport and transfer you to your hotel. Later you will meet your guide for your pre-trek briefing.

DAY 2: FLIGHT TO LUKLA - TREK TO PHAKDING

Elevation: 2800 – 2656m

The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting your crew, you will start your trek by heading up the Dudh Koshi Valley on a well-marked trail to Phakding.

DAY 3: TREK TO NAMCHE BAZAAR

Elevation: 2656m – 3450m

From Phakding, you cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park. You then take a steep hike to Namche. If the weather is clear, you get the first glimpse of Mount Everest. Namche Bazaar is the main trading village in the Khumbu and you can enjoy an Illy coffee and amazing chocolate brownies here!

DAY 4: ACCLIMATISATION IN NAMCHE

Elevation: 3450m – 3880m – 3450m

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today you will trek up to the Everest View Hotel at 3880m for your first view of Ama Dablam and Mount Everest and also to help with your acclimatisation.

DAY 5: TREK TO DOLE

Elevation: 3450m – 4084m

Today is a spectacular day in terms of scenery as you follow the main trail north out of Namche. A short climb to a ridge gives you wonderful views of Everest and Lhotse. You then follow the main trail for a while longer to a crossroads high above the Dudh Koshi. The trail to Everest drops down the hill but you turn off here and climb to cross the Mon La before reaching Phortse Tenga. From Phortse Tenga, the trail climbs steeply to Dole, through rhododendron and birch forest.

DAY 6: TREK TO MACHERMO

Elevation: 4084m - 4410m

From Dole you 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 (yorsa), which are used when yaks are taken to these pastures to graze in the summer months. Excellent views of Cho Oyu can be seen from here, as well as Kantega and Thamserku. Today's trek is a short one and you will arrive at Machermo in time for lunch.

DAY 7: ACCLIMATISATION IN MACHERMO

Elevation: 4410m

You are now approaching 4500m, so you will stay at Machermo for an extra day to acclimatise. There are plenty of possibilities for exploration around the camp and just above the village there is an excellent view encompassing Cho Oyu (8210m) and the mountains which flank the Ngozumpa Glacier.



DAY 8: TREK TO GOKYO

Elevation: 4410m – 4750m

Rested, you head for the lakes at Gokyo. You follow a very scenic path to Pangka and then descend slightly, following one of the rivers which flow down the west side of the Ngozumpa Glacier. You climb a steep rocky incline into the valley by the side of the glacier, passing the first of the holy lakes. You soon arrive at the second of the lakes, crossing the path which heads across the glacier to Cho La - our route to Lobuche and Everest, later in the trek. The third lake is known as Dudh Pokhari and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is breath-taking with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters.

DAY 9: ASCENT OF GOKYO RI & TREK TO TRAGNAG

Elevation: 4750m – 5483m – 4690m

Gokyo Ri looms above the village on the northern edge of the lake and you leave camp just after first light, following a steep path up the hillside. As you climb, the summits of Everest, Lhotse and Makalu slowly come into sight and the view from the summit of Gokyo Ri itself is one of the finest to be had in the Everest region - some say it is even better than that from Kala Pattar. After lunch you leave Gokyo to cross the Ngozumpa Glacier. You descend to the second lake and drop down onto the glacier. The route across the glacier is marked by cairns and is generally quite well defined. You climb off the glacier and follow a shallow valley to Tragnag.

DAY 10: TREK TO DZONGLA VIA CHO LA PASS

Elevation: 4690m – 5340m - 4830m

An early start today to cross Cho La Pass and make the long descent to Dzongla. Continuing up the valley, you cross a ridge and an old lateral moraine, before beginning the rocky scramble to the pass. From the pass there are excellent views, across to the Rolwaling Valley in the west and Ama Dablam to the south east.

The descent from the pass involves crossing a small glacier (often snow covered) which is fairly straightforward. There are more excellent views of Ama Dablam and Cholatse as you descend.

DAY 11: TREK TO LOBUCHE

Elevation: 4830m – 4928m

The way to Lobuche contours the grassy slopes above a lake, the Tshola Tsho, to join up with the main Everest trail from Pheriche and Tengboche. The trail flattens out and follows the valley on the west side of the Khumbu Glacier to Lobuche.

DAY 12: TREK TO GORAK SHEP/EVEREST BASE CAMP

Elevation: 4928m – 5364m

To reach your next stop, Everest Base Camp, you follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. You stop for lunch at Gorak Shep before finally making your way to base camp itself (5364m). This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, you can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col. Overnight at Gorak Shep.

DAY 13: KALA PATAR THEN DINGBOCHE

Elevation: 5364m – 5554m - 4410m

A very early start is required to reach the top of Kala Pattar (5554m) for one of the best viewpoints in the Himalaya. From here you can see the face of Everest and deep into the Khumbu icefield. After lunch you then descend to Dingboche for the night.

DAY 14: TREK TO NAMCHE

Elevation: 4410m – 3450m

From Dingboche you drop down again to follow the river and climb up through birch and rhododendron forest back to Tengboche. From Tengboche you descend over the Dudh Koshi before making your way back to Namche.

DAY 15: TREK TO LUKLA

Elevation: 3450m – 2800m

Your final day's trekking follows the Dudh Koshi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where you can sample some chang, try Sherpa dancing



and look back on a memorable trekking experience.

DAY 16: FLY TO KATHMANDU

After an early breakfast, you will head to the airstrip for your return journey to Kathmandu. Later, you have free time to explore. You stay overnight in a hotel in Kathmandu.

DAY 17: DEPART KATHMANDU

Our driver will take you to the airport for your flight home.

SUMMARY

The Gokyo route to Everest base camp is the favourite base camp trek with all the team at Kandoo. Avoiding the crowds on the main route and including the ascent of Gokyo Ri and the crossing of the Cho La pass both of which are really fantastic.

The trek starts with a rollercoaster flight into Lukla: make sure you sit on the left for your first great views of the Everest region. The landing at Lukla can be a white knuckle affair but the pilots are incredibly skilful dropping the plane down onto a short steep runway.

Once your crew is assembled you start your trek passing through Sherpa villages with well cultivated fields. The trail is generally downhill for the first day but day two starts with a long hard climb to Namche, a surprisingly large town where you can enjoy an Illy coffee and even a chocolate brownie!

After Namche you divert from the classic route heading up the Dudh Koshi valley through Dole and Machermo before finally reaching Gokyo. There are 5 lakes here all of which are iridescent turquoise. Besides the lakes themselves the highlight of Gokyo is the ascent of Gokyo Ri, just behind the village which provides unbelievable views of Cho Oyu and Everest.

From here the trek takes you down to Tragnag before crossing the Cho La pass, one of the three great passes in the Khumbu region. Dropping

down from the pass you rejoin the main base camp route walking up to Gorak Shep.

You will visit base camp itself in the afternoon leaving the early morning session next day to climb Kala Pattar (5554m) for a breath-taking view of the highest mountain on Earth. Having climbed Kala Pattar you descend again to Dingboche and over the next two days retrace your steps to Lukla, an ideal place to relax and celebrate.

