



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

11 days Everest Gokyo Ri Trek

OVERVIEW

The major highlight of our trek to Gokyo Ri (5357m) and back, is the ascent of this magnificent hill (all five thousanders are called 'hills' in Nepal), from where you can see some of the most spectacular mountain views. The trek starts and ends in Lukla and the trail never strays away from forests of pines and rhododendrons, overlooked by mighty snow giants in the background.

The actual trek begins in Lukla, where you fly into from Kathmandu. The Kathmandu-Lukla flight is an adventure in itself because the tiny airstrip of Lukla, where you'll land in order to start this trek, sits atop a steep hillside which seems to emerge from a group of low-drifting clouds. Just when you think that you'll crash into it, the wheels will hit the ground! After surviving the flight you'll be more than prepared for your trek to Gokyo Ri.

The people of Gokyo Valley call it "The Valley of Death" and rightly so – several trekkers have tried to ascend Gokyo Ri fast, ignored the rules of AMS and paid the price with their lives. Our itinerary gives you two nights in Namche Bazaar for acclimatization, so you'll not be trying to do this trek fast! This minimises your chances of getting AMS and maximizes your chances of making it safely to the top of Gokyo Ri.

Once you make it to the summit of the Gokyo Ri, you'll see some of the most spectacular snow giants above and around you.

Some of these snow-capped peaks are Mt. Everest (8,848m), Mt. Nuptse (7,864m), Mt. Amadablam (6,814m), Thamaserku (6,618m), Island Peak (6,189m), Mt. Makalu (8,463m), Mt. Lhotse (8,501), Mt. Lhotse Shar (8,393m), Mt. Pumo Ri (7,165m), Gokyo Peak (5463m), Cholatse (6,440m) and Tawoche Peak (6,542m).

ITINERARY

▪ Day 1

Arrival at the Tribhuvan International Airport. Transfer to Hotel.

After your arrival in Kathmandu our representatives at the airport will transfer you to your hotel and help you in checking in.

▪ Day 2

Flight to Lukla (2,840m) and Trek to Phakding. 0/N in Phakding (2,652m).

The flight from Kathmandu to Lukla is 40 minutes of pure mountain experience until we reach the Tenzing-Hillary Airport. Our trek begins in Lukla as we descend towards the Dudh Kodhi River before following the trail leading to Namche Bazaar.

▪ Day 3

Phakding to Namche Bazaar. 0/N in Namche Bazaar (3,446m).

The trek to Namche Bazar is a steep climb through forests of rhododendron around the Sagarmatha National Park. After crossing several suspension bridges and four hours of walking we reach the Sherpa market of Namche Bazaar.

▪ Day 4

Rest day in Namche Bazaar. 0/N in Namche Bazaar (3,446m).

Two days of rest in Namche Bazaar helps us in acclimatization and prepares us for our journey ahead. Namche, the trading capital of the Khumbu region was once the trading grounds of Tibetan Salt. Even today we can see Tibetans selling rugs, clothing, salt and dried meat in the region. Namche is believed to be one of the best places on earth to see the sun rise and set.

▪ Day 5

Namche Bazaar to Dole. 0/N in Dole (4,084m).

On the journey from Namche Bazaar to Dole we get to see plenty of rhodendrons, pheasants mountain goats and musk deers. The uphill trail to Dole consists of long granite staircases built into cliffs. A panoramic view of several peaks, especially Ama Dablam are the main highlight of the day.

▪ Day 6

Dole to Machhermo. 0/N in Machhermo (4,465m).

The trail climbs via Lhabarma (4,220m) to Luza (4360m) from Dole. The trail is steep sometimes and leads us to Machhermo after a climb along the side of the valley high above the river. The first Yeti sightings in the Khumbu region was reported in Machhermo in 1974.

▪ Day 7

Machhermo to Gokyo. 0/N in Gokyo (4,791m).

The Cho Oyu (8,1513) peak is best seen from Machhermo and the valley of Kantega below. The trail passes through Pangram (4,390m) and past the Ngozumpa and Longponga glaciers before we finally reach Gokyo at 4,750m.

- Day 8

Gokyo to Gokyo Ri (5,483m) and return to Gokyo. 0/N at Gokyo.

The Gokyo Ri is a small hill rising from the North of a glacier and requires a 3 hour ascend. Once atop the Gokyo Ri, we can see more of Everest magnificently framed by the Makalu, Nuptse and Changtse.

- Day 9

Gokyo to Dole. 0/N in Dole (4,084m).

The trail from Gokyo to Dole is a series of steep climbs as we descend down the valley to reach Machhermo. After lunch at Machhermo we make our way to Dole and once again are mesmerized by it's scenic beauty.

Option: –

If you wish to climb up the Renjo Pass (5,360m) and stay in Marulung (4,210m).

- Day 10

Dole to Namche Bazaar. 0/N in Namche Bazaar (3,446m).

The trail now descends to Namche Bazaar which offers superb views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde peaks. On reaching Shanasa after two hours of pleasant walking and an hours rest we continue our journey to Namche.

- Day 11

Namche Bazaar to Lukla. 0/N in Lukla (2,827m).

On our way back, we cross suspension bridges over the Dudh Koshi River, make our way through steep descends and walk past numerous tea houses before finally arriving at Lukla.

- Day 12

Lukla-Kathmandu

Again, 40 minutes of pure mountain experience on our flight to Kathmandu marks the end of our journey.

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from International and Domestic airport to your hotel.
- One night stay at the Hotel in Kathmandu with breakfast include
- All government taxes and Everest National Park entry fees.
- TIMS CARD (Trekking Information Management System).
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- 10 days porter wages and his insurances/meals/accommodation/equipments
- 11 days guide wages and his insurances/meals/accommodation/equipments
- Local taxes in Everest
- 10 nights best Lodge accommodation during the trek on tea house services.
- Rescue arrangement in emergency situation & worst weather condition
- necessary ground transportation depending upon your request (via tourist bus or private vehicle).
- Flight tickets: Kathmandu – Lukla – Kathmandu for guide.
- Guest flight ticket: Kathmandu – Lukla – Kathmandu.
- Trekking poles, sleeping bag, down jacket/duffle bag (we

provide these if necessary).

- All necessary Domestic airport taxes.
- Trekking maps.
- Rubbish disposal.
- PNT service charge and government taxes.

Medical support: An emergency first aid kit is carried by the support staff at all times.

Accommodation and meals: During tea house treks our guests pay for their food (breakfast/lunch/dinner) at the lodge while we provide guides/accommodation/necessary permit and transportation. It can be USD \$25 per person each day for food (Lunch/dinner/breakfast)

Water: Mineral waters are available at all stops during tea house treks. You can also use tap water if you choose to use water purification tablets.

EXCLUDES

- All meals in Kathmandu and on trek.
- extra nights hotel stay in Kathmandu.
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, such as ground transportation & Heli rescue/medical/hospitalization.medical etc).
- Your International flight ticket airfare
- energetic chocolate/energy drinks/alcohol/mineral water/cigarettes/packing food snacks etc
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal expenses and any other unforeseen expenses, such as Laundry/WIFI on trek/phone call
- Personal trekking equipment.
- Nepal entry visa fees which can get up on your arrival

- in Kathmandu airport
- Services not mentioned herein

Travel Insurance: –

Travel Insurance is mandatory for all clients who choose to trek or climb with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

- Spring : March – May
- Summer: June – August
- Autumn: September – November
- Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Once you inquire about any trekking itinerary we'll email you regarding the best season for that particular trek.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots

- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are needed during the Climbing period:

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(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tex Jackets)