



**PEACE NEPAL TREKS**

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

# Gokyo - Cho La Pass - Everest Base Camp Trek

## OVERVIEW

From mountains and vistas to rich cultural experiences, the trek to Everest Base Camp via Gokyo and Cho La pass has it all. Although there's nothing really at the Base Camp, the views from Kala Pattar and Gokyo Ri make this trek worthwhile.

The trek begins in Lukla, like all other standard Everest treks. From Lukla you'll trek along a trail into the Dudh Koshi valley, through several dozen villages, yak pastures, rhododendron forests, suspension bridges and more suspension bridges. On your way to Everest, you'll stop at Namche Bazaar, a famous town where backpackers and climbers flock to in droves during peak trekking seasons, especially in October. Usually most trekkers reach Namche Bazaar on the second day of their trek. The hike to Namche, however, is quite challenging and is a test of stamina, since the trail is long and gets quite steep in the final stretch.

After spending two nights in Namche for acclimatization, you'll walk for two more days before reaching Gokyo, one of the most dramatic and interesting valleys in the Everest region. Once in Gokyo, you can also climb Gokyo Ri (5360m) for a panoramic view of all of the region's eight thousanders including Everest, Lhotse, Makalu and Cho Oyu. The trail then takes you to the Cho La pass (5,420m), one of the most trekked passes of the region. Crossing Cho La is difficult because

there is snow and ice covering the small rocks on the steep slopes on the Gokyo side. Although crossing this pass needs a lot of care, you won't be needing a crampon.

After crossing over Cho La Pass, the trail heads up to Gorak Shep (5,165m) and finally Kala Pattar (5,550m). Gorak Shep, is the Base Camp of the historical 1953' Everest Expedition and the site where Peace Nepal Treks had successfully organised the 2009' Everest Cricket Match. You'll get two days around Gorak Shep, the base camp and Kala Pattar. There's nothing interesting about the base camp and Everest cannot be seen clearly from there. The best views of Everest can be seen from the summit of Kala Pattar – a hill that looks like a small brown “bump” on the landscape when compared to the dominating snow giants above it. From Gorak Shep you'll retrace back to Namche and then to Lukla and take a “hair-raising” flight to get back to Kathmandu.

## **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. O/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 acclimatisation 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 rhododendrons, 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 is 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. O/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

**Rest day in Gokyo (4,791m).**

Gokyo is a small village at the foot of the magnificent Gokyo Ri, a 3 hour ascent from it's base. The view from the top of this small snow covered hill is breathtaking and captures a stunning Everest between the Changtse and Nuptse.

- Day 9

**Trek to Thangna (4,650m).**

After spending some time around Gokyo Ri in the morning, we head back to Thangna after a hearty breakfast. We cross the Ngozumpa glacier on our way.

- Day 10

**Trek to Chola pass (5,368m) and overnight in Jongla.**

Today we trek to Chola Pass (5,420m) which is a comparatively difficult climb due to steep slopes and glacial traverses. We stay for the night in Jongla.

- Day 11

**Trek to Lobuche (4,930m).**

Lobuche is a pleasant walk from Jongla and offers superb

views of the Everest, Kala Pathar and Pumori peaks.

▪ Day 12

**Trek to Gorak Shep (5,165m). Optional Kala Pathar (5,545m) ascent 2 hours.**

Gorak Shep, is the Base Camp of the historical 1953' Everest Expedition and the site where Peace Nepal Treks had successfully organised the 2009' Everest Cricket Match. We also have the option of climbing the famous Kala Pathar peak (5,545m) in the evening.

▪ Day 13

**Trek back to Pheriche (4,240m)**

From Gorak Shep we return to Lobuche and continue heading down the Khumbu valley until we reach Pheriche. Near the Khumbu glacier we come across memorials for climbers who died while attempting to conquer Mount Everest.

▪ Day 14

**Trek back to Tengboche (3,867m)**

Once again we follow the Everest trail through Tengboche and reach the Tengboche monastery.

▪ Day 15

**Trek back to Namche Bazaar (3,440m)**

The trail now descends to Namche Bazaar which offers superb views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde peaks. We stay overnight at Namche, a perfect place to celebrate the success of our two week trek.

▪ Day 16

## **Namche Bazaar to Lukla. O/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 17

#### **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).
- 16 days porter wages and his insurances/meals/accommodation/equipments
- 17 days guide wages and his insurances/meals/accommodation/equipments
- Local taxes in Everest
- 16 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**

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- 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: –**

(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)