Address: Boudha, 06 Kathmandu Nepal
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Everest Base Camp and Gokyo Lakes Trek - 18 Days

Everest Base Camp and Gokyo Lakes trek is a combined journey that offers perhaps the best views of every mountain in the Everest region, scenic Himalayan flora and fauna, pristine lakes of Gokyo, and the ethnic lifestyle of the people in the Everest area. Standing at the Everest Base Camp (5356m), Kala Patthar (5545m), Cho La (5420m), and Gokyo Ri (5467m), trekkers will get the best views of the mountains, valleys, lakes, glaciers, and many more.

While trekking, we will begin our journey flying Lukla from Kathmandu, and on the same day, we will reach Phakding. We then continue our journey to Namche Bazaar on a subsequent day. A day will be spent for acclimatization at Namche Bazaar. On that day, we shall take a short acclimatization hike to Everest View Hotel or the villages nearby. This will help us to be adjusted in the less oxygenated lands.

We then continue our journey to Tengboche the next day. Here we shall go to visit the Tengboche monastery, get some meditations, and be refreshed by viewing the astonishing view of Ama Dablam and surrounding peaks. On the following day, we reach Dingboche. Another acclimatization day will be there at Dingboche. On this day as well, we shall take a short uphill hike for acclimatization purposes.

In the next two days of trekking, we reach Gorekshep, the last human settlement before Everest Base Camp and Kala Patthar. On the same day of reaching Gorekshep, we visit Everest Base Camp and back to Gorekshep for an overnight stay. The next morning, we ascend Kala Patthar for getting sunrise views. After that, we descend to Gorekshep and move towards Dzongla.

The next day, we pass Chola and reach Gokyo valley, the valley of five pristine lakes. One more day will be spent in Gokyo valley; for ascending Gokyo Ri or we can take an optional hike to the 4th and 5th lakes. We then begin our downward hike towards Dole, Namche, and ultimately to Lukla spending three more days. In this way, we conclude our journey to EBC and Gokyo Lakes Trek.

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PRICE INCLUDES

Transport

- Private vehicle: Hotel and airport transfers
- Flight: Kathmandu to Lukla and Lukla to Kathmandu flight

Accommodation

- 3 nights' accommodation (twin sharing) in Kathmandu
- 14 nights' accommodation (twin sharing) during the trek in local standard teahouses

Food

- Breakfast (B), Lunch (L), and Dinner (D) during the trek
- Breakfasts while in Kathmandu
- Farewell dinner in Kathmandu
- Seasonal fruits on the trek

Staff

- English speaking Trekking Guide/leader: One guide for each group.
- One assistant guide for every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance.
- Porters (ratio of 1:2 clients) including their accommodation, transportation, food, salary, transportation, insurance

Permits and Taxes

- Sagarmatha National Park Permit
- Local village Development charge
- TIMS permit (if applicable)
- All applicable taxes are to be paid to the Nepalese government

Others

- A Duffel bag for each trekker (to keep personal belongings to be carried by porter)
- A Complimentary Everest Base Camp Trekking Map, an Altitude Adventure t-shirt, and a cap for each traveler
- First aid medicine box carried at all times by a guide

PRICE EXCLUDES

- International airfares, Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain

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(due to any cause) than the programmed itinerary

- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Beverages (water, tea/coffee, alcoholic drinks & cold drinks)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips/gratuities for the staff