

# Everest Base Camp, two passes and Gokyo Lake

<b>Trip Length</b>	20 days	
<b>Dates</b>	Saturday 16th November - Thursday 5th December 2024	
<b>Date</b>	<b>Outline of Day</b>	<b>Meals</b>
16th Nov	<p>Welcome to Nepal!</p> <p>You will be picked up and transferred to the hotel in the Thamel area via a private minivan. Thamel offers a huge number of shops and restaurants where you can buy any last minute equipment you may need and enjoy the buzz of the city. We will be treated to a welcome dinner, our first opportunity to try some Nepali cuisine, meet the rest of the group and maybe even join in a traditional dancing show at the restaurant.</p>	D
17th Nov	<p>Day in Kathmandu</p> <p>Make the most of your morning in Kathmandu and warm up your legs with a walk to the monkey temple, visit the temples in Durbar Square, or explore the surrounding shops in Thamel. After lunch, we will travel to Ramechhap to prepare for our flight to Lukla early the next morning.</p> <p>Since 2022, flights to Lukla during the peak season are from Ramechhap (for tourists), a four hour drive from Kathmandu.</p>	B, L, D
18th Nov	<p>Fly to Lukla and trek to Phakding (2,650m)</p> <p>An early start to catch our flight to Lukla, the starting point of our Himalayan adventure and a beautiful town nestled into the mountainside. Once we land, we will have a quick tea stop before setting off for Phakding. This will be a fairly short day as we get our legs moving and pass through the checkpoint indicating the entrance to Sagarmatha National Park. We will pass many small villages, traverse hanging bridges and cross paths with plenty of donkeys doing their day's work. Once we reach Phakding, you can put your feet up and relax in the local bakery or keep the boots on and discover the picturesque monastery a short walk away.</p>	B, L, D

Date	Outline of Day	Meals
19th Nov	<p>Trek from Phakding to Namche Bazaar (3,450m)</p> <p>Today we make our way to Namche Bazaar, the sherpa capital and trading centre of the Khumbu region. Firstly, we will traverse through fragrant pine forests alongside the Koshi river and after lunch, we cross the Tenzing bridge, with beautiful views back down the valley. From there, we ascend steadily through more forests for a few hours to reach Namche, our home for the next two nights. This is quite a tough day and towards the end you may feel the first effects of altitude on your speed but we will be spurred on by the buzz in the air surrounding Namche. The trade and tourist capital of the region, you can find everything you need in the breathtaking mountain town: hiking shops, souvenirs, cafes, restaurants, barbers, museums, etc.</p>	B, L, D
20th Nov	<p>Rest day in Namche</p> <p>A chance to acclimatise to the altitude. As we get higher into the mountains we will take the chance to enjoy a day in Namche where it's up to you on what you do. You can take it easy and stay in Namche where you can visit the local cafes or stroll over to the impressive (and free) Sherpa museum. If you're feeling like exploring, join us on a hike to the Everest View Hotel where there is an amazing panoramic view of Everest, Nuptse and Lhotse. After having some tea, we will make our way to the town of Khumjung (3,800m) for lunch and visit the beautiful monastery, home to a mystical yeti skull.</p>	B, L, D
21st Nov	<p>Trek from Namche to Thame (3,790m)</p> <p>Today we continue on our way to Thame, turning off from the main Everest Base Camp route to the lesser trodden trails. A short day, but as we increase our height it's important to ascend slowly to ensure we all acclimatise thoroughly. We will have lunch in the charming village of Thamo along the way. Then we trek along a traversing the path through the wide valley and alongside the Bhote Koshi (river flowing from Tibet). Thame is a very pretty town made up of teahouses and small farms. There is a beautiful monastery high up on the hill which we will visit and be within touching distance of 4000m elevation.</p>	B, L, D

Date	Outline of Day	Meals
22nd Nov	<p>Trek from Thame to Lumde (4,360m)</p> <p>After breakfast and morning tea we will carry on our journey to Lumde. A steep and sandy hill straight out of Thame gives way to a gentle ascent through the valley for the rest of the day, crossing 4,000m for the first time as we go. Lumde is a quiet town nestled in a valley linking Nepal to Tibet, the paths were originally used for transporting goods across the border. We hike through small farming villages that have mastered the art of the dry stone wall and have stunning views of the mountains in every direction.</p>	B, L, D
23rd Nov	<p>Contingency day</p> <p>We have decided to add in this day in case of bad weather or if anyone needs another day to acclimatise. We will decide how to use this day depending on weather conditions and how everyone is feeling.</p>	B, L, D
24th Nov	<p>Trek from Lumde to Gokyo via Renjo-La Pass (5360m)</p> <p>An early start today as we head towards our first high mountain pass. On our ascent, two mountain lakes mark the way and we head past their shores and up the trail. The final section of the path to the top of the pass is all stepped and offers a great physical challenge; however, once you reach the top of the pass, the views revealed will make everything worth it. A Fit4 promise from us to you! From the viewpoint you will have an unparalleled view of Everest, Pamouri, Nuptse, Lhotse, Cholatse, Makalu, and Lobuche. This is a view you can get nowhere else in the world and it is truly breathtaking to stand in awe of the giant mountains of Nepal and the beauty of the scene.</p> <p>After taking in the view, we will start making our way down towards Gokyo Lake, with crystal blue waters and Cho Oyu (an 8000m + mountain) as our backdrop for the night. A truly magical place and a day you will not forget in a hurry.</p>	B, L, D



Date	Outline of Day	Meals
25th Nov	<p>Trek from Gokyo to Thangnak (4,000m)</p> <p>This morning you will have a few options, either you can take a well-deserved rest, hike up Gokyo Ri if you are up for a challenge, or stroll along a gentle path to the 5th lake which offers unforgettable views of one of Nepal's giants, Cho Oyu. After lunch and congregating back together in Gokyo, we will cross the Cho Oyu glacier. This is a truly unique experience where you can see first hand the amazing way the glaciers behave and be delighted by the ice and glacial ponds that are occasionally exposed. After stepping off the glacier, we will shortly arrive in the small trekking settlement of Dragnag, nestled at the foot of the Cho La Pass.</p>	B, L, D
26th Nov	<p>Trek from Thangnak to Dzongla via the Cho La pass (5,420m)</p> <p>Today we take on the Chola Pass, our second high mountain pass. We head up the steep valley behind Dragnag before descending slightly towards the bottom of the mighty pass. After a snack and some photos, we will start our ascent. The climb is quite steep in parts but the view and sense of achievement that we have reached our high point at the top makes it all worthwhile. From here, we can see our route down towards Dzongla and the glacier in between. After a short descent on a rocky path we'll put on our crampons for the first time, maybe another first! The glacier is relatively flat and offers no technical difficulty, a great opportunity to try walking in crampons for the first time all whilst crossing this beautiful glacier of sparkling ice. At the toe of the glacier we will return to the normality of walking in our boots and you can also peer into various ice caves and study the ice formation; a special opportunity. From here, Dzongla is around a two hour walk away. After an initially steep descent, the path widens to reveal a picturesque valley walk with views of Cholatse and the mighty Ama Dablam.</p>	B, L, D
27th Nov	<p>Trek from Dzongla to Lobuche (4,940m)</p> <p>A comparatively short day. From the tiny settlement of Dzongla, we will continue down the valley before turning left around the mountainside and traversing our way gently up towards the village of Lobuche. With recent memories of both the Renjo La and Cho La Pass fresh in your mind, today will feel very flat, despite being surrounded by hills and mountains on all sides.</p>	B, L, D

Date	Outline of Day	Meals
28th Nov	<p>Trek from Lobuche to Gorakshep and visit Everest Base Camp (5,364m)</p> <p>The final step in your journey to the foot of the tallest mountain in the world. From Lobuche we continue up the wide valley and will shortly stumble across Gorakshep. An unsuspectingly flat area, which once was a lake and now all that remains is the frozen lakebed on which Gorakshep sits. After some tea, we will follow a rocky path across rivers and moraines, deposited by a once enormous glacier. After a couple of hours the infamous Khumbu icefall connecting Base Camp and the summit ridge will come into view. We will spend an hour or so at base camp to take in the atmosphere and imagine some of the many great stories to have taken place here. After our stop and countless opportunities for photos we will head back down the valley to Gorakshep, our home for the night.</p>	B, L, D
29th Nov	<p>Trek to Kalapathar (5,545m) and then down to Lobuche</p> <p>After visiting Everest Base Camp on the previous day, you may feel inspired to reach new heights and a nearby summit. Kalapathar is a perfect candidate, standing at 5,500m this non-technical peak offers the most incredible panoramic views of Everest, Nuptse, Lhotse and back down the valley to the ever present Ama Dablam. Situated above Gorakshep it only takes a couple of hours to trek from our tea house and with an early start, sunrise at the summit is not an experience you'd want to miss. After picking up our bags from the lodge, we will start making our way down to Lobuche.</p>	B, L, D
30th Nov	<p>Trek from Lobuche to Pangboche (3,985m)</p> <p>After a big last few days, today will be a bit more relaxed as we continue our journey back to Lukla. We head down the EBC trail alongside the glacier. As we come to the end of the glacier, we will walk through the memorial place for many local and international mountaineers, a beautiful yet solemn reminder of the danger of summiting the world's highest mountains. We continue to traverse the hillside on a delightful path compared to the previously rocky trails. The views of the magnificent Ama Dablam get ever better as we get closer to its dominating presence, from here it's clear to see why it is nicknamed 'mother's necklace'. At its foot, Pangboche offers the chance to visit another monastery, where you can find a pair of preserved yeti hands, intricate paintings and traditional spirit masks used during annual celebrations. You can also visit the bakery for cinnamon rolls, apple pie and great coffee.</p>	B, L, D

Date	Outline of Day	Meals
1st Dec	<p>Trek from Pangboche to Namche (3,450m)</p> <p>We continue our journey downhill, embracing the lower altitude whilst surrounded by ever more plant life. The undulating path from Pangboche to Namche is truly stunning with ever changing views high above the blue river and regular stupas which we pass clockwise for good fortune. We will reach Tengboche in the morning where you can visit Tengboche monastery, the largest in the Khumbu region and with breathtaking views of Everest. We end up back in Namche where you can buy souvenirs, visit the museums or even enjoy a Guinness in the Irish pub.</p>	B, L, D
2nd Dec	<p>Trek from Namche to Lukla (2,860m)</p> <p>A long day back to Lukla, maybe you will feel nostalgic as we aim for the start point of this epic hike. We will pass back through the pine forests, over the hanging Tenzing bridge which never fails to amaze, back through the small farming villages and numerous tea houses. Pass the enormous boulders inscribed with Buddhist prayers, the spinning prayer wheels and colourful flags lining the way. The path will be quieter as we approach the end of the season which promises clear blue skies but declining temperatures. We'll stop for lunch in Phakding where we recommend the veggie sizzler, a real treat after the last few weeks of trekking. Fuelled up we continue to Lukla where you can give yourself a huge pat on the back for completing this memorable trek.</p>	B, L, D
3rd Dec	<p>Return from Lukla to Kathmandu</p> <p>Great news, as we return to Kathmandu in December, just after the peak trekking season, we can fly directly to Kathmandu. This is likely to be between 8-10am so we will be back in the hotel by midday. Then you will have time for some souvenir shopping, sightseeing or maybe even a massage before our celebration meal.</p>	B,D

Date	Outline of Day	Meals
4th Dec	<p>Contingency day</p> <p>We have this contingency day built into this itinerary incase of bad weather which causes delay in flying back from Lukla. However, all being well, this day will be spent in Kathmandu at your leisure. Think hot showers, massages, endless restaurants and great bakeries to choose from, visiting impressive temples or doing some Christmas shopping. It's up to you!</p>	B
5th Dec	<p>Farewell and end of our trip</p> <p>Our trip is coming to an end. After a final breakfast in the hotel, we will say farewell and part ways. If you are heading to the airport, a private transfer will be provided or perhaps you are planning further travels in Nepal. Let us know if you need some advice on where to go next.</p>	B



## Cost

£2,700 pp

## Includes:

- Accommodation - hotels in Kathmandu before and after the trek. Tea houses during the trek (shared twin rooms, single supplement available)
- Meals - Hot breakfast, lunch, dinner during the trek, pack lunch provided for Ranjo La and Chola pass
- Welcome dinner in Kathmandu
- 3L boiled drinking water per day
- All airport transfers
- Round trip flight between Kathmandu - Lukla
- Sagarmatha National Park Fee, TIMS permits & all required permits and official documentation
- UK expedition leader\*
- English speaking and experienced Sherpa Guides (1:4 ratio) (Govt. Trained)
- Porter to carry your things on the trek (up to 10kg)
- Personal insurance for Nepalese staff
- Expedition duffle bag
- Pre trip meeting (online or in London at least 6 weeks prior to trip departure)
- Training tips
- 10% off all of UK trips

\*UK expedition leader if more than 4 trekkers booked

## Excludes:

- International flights
- Nepal entry visa fees
- Personal equipment
- Travel insurance and vaccinations
- Soft drinks and snacks during the trek, charges for wifi or charging devices in the teahouses
- Tips for guides and porters