



Everest Base Camp Trek Via Gokyo Lake

Facts

Destination: Nepal

Trip Difficulty: Moderate

Trip Style: Lodge to Lodge Trek

Transport: Aeroplane / Tourist Bus

Food: Breakfast + Lunch + Dinner

Accommodation: Hotel + Teahouses + Lodges

Group Size: 2-20 Pax

Max Elevation: 5,420 meters



Everest Base Camp Trek via Gokyo Lake Itinerary is a unique blend of Himalayan adventure that explores two of the major highlights of the Khumbu region. This epic Himalayan



adventure doesn't only take you on the exploration of the highest base camp in the world, **Everest Base Camp** (<https://www.marveladventure.com/luxury-everest-base-camp-trek>) [5,364 meters/ 17,598 feet], but it also introduces you to the highest freshwater lake system in the entire world, **Gokyo Lakes** (<https://www.marveladventure.com/blog/gokyo-lake-trek>) situated at the altitude between 4,700 meters to 5,000 meters (15,400 feet to 16,400 feet).

After exploring the remote and secluded bits of the Gokyo Valley during the first part of your adventure. You will then traverse across one of the highest Himalayan passes, **Cho La Pass** [5,420 meters/ 17,782 feet], to reach the foot base of the highest snow-clad peak in the world, **Mt. Everest** (<https://www.marveladventure.com/blog/rainbow-valley-everest>) [8,848 meters/ 29,031 feet]. Bit unique from your regular Himalayan adventures, Gokyo Everest Base Camp Trek combines the unique beauty of both the popular Khumbu Valley and the remote **Gokyo Valley** (<https://www.marveladventure.com/gokyo-valley-trek>) in a single itinerary.

If you want to take part in an extensive exploration of two fascinating valleys in the Everest region, traversing across the protected **Sagarmatha National Park** (<https://dnpsc.gov.np/en/conservation-area-detail/72/>) (est 1976), experiencing the unique **culture-traditions** (<https://www.marveladventure.com/people-and-culture-of-the-everest-region>) of the Sherpa communities, and enjoying the epic Himalayan vistas, there isn't a better deal than this.

Highlights



- Exploration of the two of most fascinating valleys in the Everest region, Gokyo Valley and Khumbu Valley



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- The highest base camp adventure in the world, Everest Base Camp (5,364 meters), and the highest freshwater lake system in the world, Gokyo Lakes (4,700 meters- 5,000 meters)
 - Rare species of the Himalayan flora and fauna of the Sagarmatha National Park (est 1976)
 - Picturesque views of the Himalayan peaks like Everest, Lhotse, Nuptse, Cho Oyu, Makalu, Ama Dablam, Thamserku, and other surrounding peaks
 - The biggest monastery in the Khumbu region, Tengboche Monastery
 - The longest glacier, Ngozumpa Glacier, and the largest glacier, Khumbu Glacier, of the Himalayas
 - Opportunity to experience authentic Sherpa communities, their culture, traditions, lifestyle, and hospitality.

Day to Day Itinerary

Day 01: Fly from Kathmandu [1,400 meters/ 4,593 feet] to Lukla [2,800 meters/ 9,186 feet] and trek to Phakding [2,610 meters/ 8,562 feet]

Day 02: Trek to Namche [3,440 meters/ 11,286 feet]

Day 03: Acclimatization Day at Namche

Day 04: Trek from Namche to Dole [4,200 meters/ 13,779 feet]

Day 05: Trek from Dole to Macchermo [4,470 meters/ 14,665]

Day 06: Trek from Machhermo to Gokyo Lake [4,790 meters/ 15,715 feet]

Day 07: Hike to Gokyo-Ri [5,357 meters/ 17,575 feet] and trek to Dragnak [4,700 meters/ 15,419 feet]

Day 08: Trek to Dzongla [4,800 meters/ 15,748 feet] over Cho La Pass [5,420 meters/ 17,782 feet]

Day 09: Trek to Gorakshep [5,180 meters/ 16,994 feet] and Everest Base Camp [5,364

meters/ 17,598 feet]

Day 10: Hike to Kalapatthar [5,545 meters/ 18,192 feet] and trek down to Pheriche [4,200 meters/ 13,779 feet]

Day 11: Trek down to Namche [3,440 meters/ 11,286 feet]

Day 12: Trek back to Lukla [2,800 meters/ 9,186 feet]

Day 13: Fly back to Kathmandu [1,400 meters/ 4,593 feet]

Cost Includes

- Airport pick-up and drop service
- All Domestic flights and airport tax as listed in the itinerary
- Standard meals (breakfast, lunch and dinner) during the trek
- Professional and friendly guide
- A strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- Pasang Lamhu Rural Municipality Permit
- Sagarmatha National Park entry permit
- Comprehensive first aid kit with oximeter
- Government and local taxes

Cost Excludes

- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek



- Tips to guide and porter (Tipping is expected)