

Gokyo Lake and Everest Base Camp Trek



Trip Overview

The Gokyo and Everest Base Camp Trek is a high-altitude adventure that combines the classic Everest Base Camp route with the stunning beauty of the Gokyo Valley and Gokyo Lakes, offering the most scenic and comprehensive trekking experience in the Everest region.

This circuit begins with a flight to Lukla and follows the traditional path to Namche Bazaar, where the route diverges toward the remote Gokyo Valley. After visiting the mesmerizing Gokyo Lakes and summiting Gokyo Ri (5,357 m) for world-class Himalayan views, trekkers cross the challenging Cho La Pass (5,420 m) to rejoin the EBC trail. From here, the trek continues through Lobuche to Everest Base Camp (5,364 m) and Kala Patthar (5,545 m) for iconic views of Mount Everest.

This trek is ideal for experienced hikers looking for both a challenge and variety—glaciers, lakes, mountain passes, and iconic cultural villages. It also offers more acclimatization days and quieter trails compared to the standard EBC trek.

Total Trip Days: 16 DAYS

Region: Everest/ Khumbu Region

Max Altitude: 5545 meters

Activity: Trekking

Difficulty: 5545 meters

Trip Highlights

- Combine two major trekking destinations: Gokyo Valley and Everest Base Camp
- Climb both Gokyo Ri (5,357 m) and Kala Patthar (5,545 m) for unmatched Himalayan panoramas
- Cross the adventurous and icy Cho La Pass (5,420 m) linking Gokyo to the EBC trail
- Visit the mesmerizing Gokyo Lakes and see the massive Ngozumpa Glacier
- Explore iconic Sherpa settlements including Namche Bazaar, Gorak Shep, and Lobuche
- Visit Everest Base Camp (5,364 m) and view the Khumbu Icefall up close
- Rich blend of scenic diversity, altitude challenge, and cultural immersion

Itinerary

Day 1:

At an arrival at the international airport we will be picked up and then transferred to the hotel. Check in at the hotel and stay Overnight.

Day 2:

Set off from Kathmandu in the early morning to catch the flight to Lukla. After short flight to Lukla we will trek down to Phakding. We fly from

Kathmandu to Lukla a small airstrip high above the Dudh Kosi valley. After meeting our trekking crew and sorting out our gear we then begin the trek by descending to Chaunrikharka and heading up the Dudh Kosi valley to Phakding. Overnight stay will be at the Lodge in Phakding.

Day 3:

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond the Monjo lies the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then ascend up to Namche and along the way when the weather is clear we catch a first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu and has a busy Saturday market – a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Overnight will be at the lodge in Namche.

Day 4:

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu. It has an abundance of lodges, tea shops and souvenir shops. It is an ideal place to spend a rest day, acclimatizing to the new altitude before heading off towards Gokyo. Options for acclimatization walks include a visit to Khunde Hospital that was set-up by Sir Edmund Hillary. Around an hour walk up to the Everest View Hotel above Namche. From there we can watch the sunset over Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the National Park Centre and Museum just above the village. Overnight will be at the lodge in Namche.

Day 5:

The fourth day is a spectacular day in terms of scenery as we follow the main trail north out of Namche. A short climb to a crest reveals a wonderful view towards Everest and Lhotse. We follow this main trail for a while by passing many traders selling Tibetan handicrafts to a crossroads high above the Dudh Kosi. The trail to Everest drops down the hill but we turn off here and climb to cross the Mon La before reaching Phortse Tenga. From Phortse Tenga, the trail climbs steeply to Dole, through rhododendron and birch forest festooned with hanging mosses and lichens. Overnight stay will be at Lodge in Dole.

Day 6:

From Dole then we climb steadily along the side of the valley where the rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements that are used when Yaks are

taken to these pastures to graze in the summer months. Ahead of us are excellent views of Cho Oyu, while at the rear are the peaks of Kantega and Thamserku. We will arrive at Machermo in time for lunch. Overnight stay will be at Lodge in Machermo.

Day 7:

We head for the lakes at Gokyo and then we follow a very scenic path to Pangka and then descend slightly, following one of the rivers which flow down the west side of the Ngozumpa Glacier. We climb a steep rocky incline into the valley by the side of the glacier, passing the first of the holy lakes. We soon arrive at the second of the lakes, crossing the path which heads across the glacier to Cho La – our route to Lobuche and Everest, later in the trek. The third lake is known as Dudh Pokhari and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is breathtaking with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters. Overnight night stay will be at Lodge in Gokyo.

Day 8:

Fit and acclimatized we then leave to Gokyo to cross the Ngozumpa Glacier. We descend to the second lake and dropdown onto the glacier. The route across the glacier is marked by cairns and is generally quite well defined. We climb off the glacier by a small dwelling known as Dragnag and follow a shallow valley to our camp by a small Kharka. Overnight stay will be at Lodge.

Day 9:

We have to cross Cho La pass and make the long descent to Lobuche. Continuing up the valley we cross a ridge and an old lateral moraine before beginning the rocky scramble to the pass. From the pass there are excellent views, across to the Rolwaling Valley in the west and Ama Dablam to the south east. The descent from the pass involves the crossing of a small glacier which is fairly straightforward. There are more excellent views of Ama Dablam and the forbidding north face of Cholatse as we descend to the pastures below. Overnight stay will be at Lodge in Dzongla on full board.

Day 10:

We have to cross Cho La pass and make the long descent to Lobuche. Continuing up the valley we cross a ridge and an old lateral moraine before beginning the rocky scramble to the pass. From the pass there are excellent views, across to the Rolwaling Valley in the west and Ama Dablam to the south east. The descent from the pass involves the crossing of a small glacier which is fairly straightforward. There are more excellent views of

Ama Dablam and the forbidding north face of Cholatse as we descend to the pastures below. Overnight stay will be at Lodge in Dzongla on full board.

Day 11:

For the trek to Everest Base Camp, a very early start is required. It takes several hours on a trail across the Khumbu Glacier which weaves its way along translucent ice pinnacles and past seemingly bottomless crevasses. At Base Camp (5364 meters, 17598 Ft.) there will hopefully be an expedition 'in residence' and there are great views up into the Khumbu Icefall where there is often some climbing activity. On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the south Col. We then return to Gorak Shep. It is downhill most of the way today, past Lobuche to Duglha and Pheriche. The Himalayan Rescue Association has trekkers' aid post here which is interesting to visit.

Day 12:

We continue to follow the river and after crossing it we then climb up through birch and rhododendron forest to Tengboche and its famous monastery. There are magnificent views from here and Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants which can be seen. From Tengboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back to Namche. Overnight stay will be at Lodge in Namche on full board.

Day 13:

Our final day's trekking follows the Dudh Kosi back down to Lukla. Overnight stay will be at the Lodge in Lukla on full board.

Day 14:

After completion of our Everest Base Camp trek we will then head to Kathmandu. We will take a short flight back to Kathmandu and stay overnight. You can use the free time on this day on your disposal for personal activities.

Day 15:

It is a contingency day in Kathmandu as a precaution to the Lukla Kathmandu sector flight. As the flight to High Mountain regions are highly dependent on weather conditions there might cancellation in flights due to bad weather. So contingency day helps us to ensure we don't miss the international flight. This day can be used for personal activities, shopping and also some sightseeing around the monument sites of Kathmandu valley.

Day 16:

Our airport representative will help you with checkout procedure and then escort you to the airport for final departure from Nepal for your onward journey.

Route Map

16 Days

GOKYO & EBC TREK



ALTITUDE CHART

