

Gokyo with Everest Base Camp and Island Peak



Trip Overview

The expedition begins in Kathmandu with preparations, trekking permit acquisition, and briefings. Participants fly or drive to Lukla, then trek through the Khumbu region with stops at Phakding, Namche, Dole, Machhermo, and Gokyo. Acclimatization days at Namche, Chhukung, and Gokyo Lakes allow gradual adjustment to altitude while exploring Sherpa villages and Himalayan landscapes.

Crossing the Ngozumpa Glacier and Kongma La Pass provides exposure to high alpine terrain. Trekking to Everest Base Camp offers the iconic Khumbu Icefall experience, while the Island Peak climb introduces technical mountaineering challenges including snow slopes, crevasses, and fixed rope sections. Summit views reward climbers with sweeping Himalayan panoramas.

The return journey retraces the trekking route through Pangboche, Namche, and Lukla, followed by a scenic flight back to Kathmandu. Contingency and rest days are included to ensure safe completion and flexibility for weather or physical conditions.

Total Trip Days: 22 DAYS

Region: Everest/ Khumbu Region

Max Altitude: 5545 meters

Difficulty: Moderate to Fairly Challenging

Trip Highlights

- Island Peak Summit (6,189 m): Non-technical climb with snow slopes, glacier travel, and crampon use
- Gokyo Lakes: Scenic trek past emerald glacial lakes with Cho Oyu and Gyachung Kang views
- Everest Base Camp (5,364 m): Iconic Khumbu Icefall and Everest landscape experience
- Chhukung & Kongma La Pass (5,535 m): High-altitude pass with panoramic Himalayan vistas
- Khumbu Culture: Visits to Namche, Tengboche, Pangboche, and Sherpa villages
- Panoramic Views: Continuous views of Everest, Lhotse, Nuptse, Ama Dablam, and surrounding peaks
- Acclimatization & Contingency Days: Prepared for altitude and summit attempts
- Scenic Flights & Trekking Routes: Dramatic flights to Lukla and trekking through Dudh Kosi valley and Ngozumpa Glacier
- Full Support & Safety: Guides, porters, and instructors ensure secure trekking and climbing

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:

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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:

Lobuche: Trek to Everest Base Camp and Back to Lobuche [trek; 18 Km, 7-8 Hrs. / 4910 Meters, 16109 Ft.]

Day 12:

Today's trek takes us from Lobuche to Chhukung via the challenging Kongma La Pass (5535m), the highest of the three major passes in the Everest region. The route involves a steep ascent over rocky and occasionally snowy terrain, but rewards us with breathtaking views of Lhotse, Makalu, Ama Dablam, and the surrounding glacier-filled valleys. After crossing the pass, we descend into the beautiful Imja Valley and continue to Chhukung, a small yet scenic village nestled beneath soaring Himalayan peaks.

Day 13:

Today is an important acclimatization day in Chhukung to help our bodies adjust to the increasing altitude before heading further. We take a side hike toward Chhukung Ri (5546m) or Imja Tse base area, which offers stunning close-up views of Ama Dablam, Lhotse, Island Peak, and the Imja Glacier. Though challenging, this gradual ascent and descent provides excellent physical preparation while rewarding us with some of the most dramatic alpine scenery in the Khumbu. Return to Chhukung for a restful evening and overnight stay.

Day 14:

Today's trek from Chhukung to Island Peak Base Camp follows a relatively gentle and gradual trail across glacial moraines and open alpine terrain. Upon arrival at Base Camp, we set up our tented camp and prepare meals for the team and support staff. After settling in, we begin a pre-climb training session that includes instructions on using fixed ropes, ascending and descending techniques, and safe glacier travel. We'll also discuss the climbing strategy, route conditions, and safety protocols. In the afternoon, after lunch and equipment checks, we make a short acclimatization hike toward High Camp before returning to Base Camp for the night.

Day 15:

Base camp to High camp (5600m) around 200m flat ground walk, after that all the way is steep way around 400m – 500m ascend approx. 2 – 3 hours. High camp is all Rocky and scree, but there is place for camp the tents. Normally there will be no snow on this region as well. From high camp to Crampon Points (5700m) it will take around 3 – 4 hours. Till we reach Crampons Point the route is moraine, scree and rocky terrain. Then ascend up to the summit. & will descend all the way back to Chukung.

Day 16:

Extra/contingency day is added in the itinerary as a precaution to make sure we have enough days on our disposal, just in case if we couldn't summit due to some physical, technical, or weather related issues on the earlier day.

Day 17:

Retrace our way back from Chukung to Pangboche village (3960m) around 4/5 hours walk.

Day 18:

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.

Day 19:

Namche: Trek Chukung to Namche [trek; 5-6 Hrs/ 3440 Meters, 11286 Ft.]

Day 20:

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 21:

This is a contingency day in Kathmandu, kept as a buffer in case of flight delays or cancellations on the Lukla to Kathmandu route. Flights to high mountain regions are highly dependent on weather conditions and may be disrupted due to unfavorable conditions. Having a contingency day helps

ensure that you don't miss your international departure. If not required for flight adjustments, this day can be used for personal activities such as shopping or exploring the cultural and historical sites around the Kathmandu Valley.

Day 22:

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

22 Days

GOKYO, EBC & ISLAND PEAK



ALTITUDE CHART

