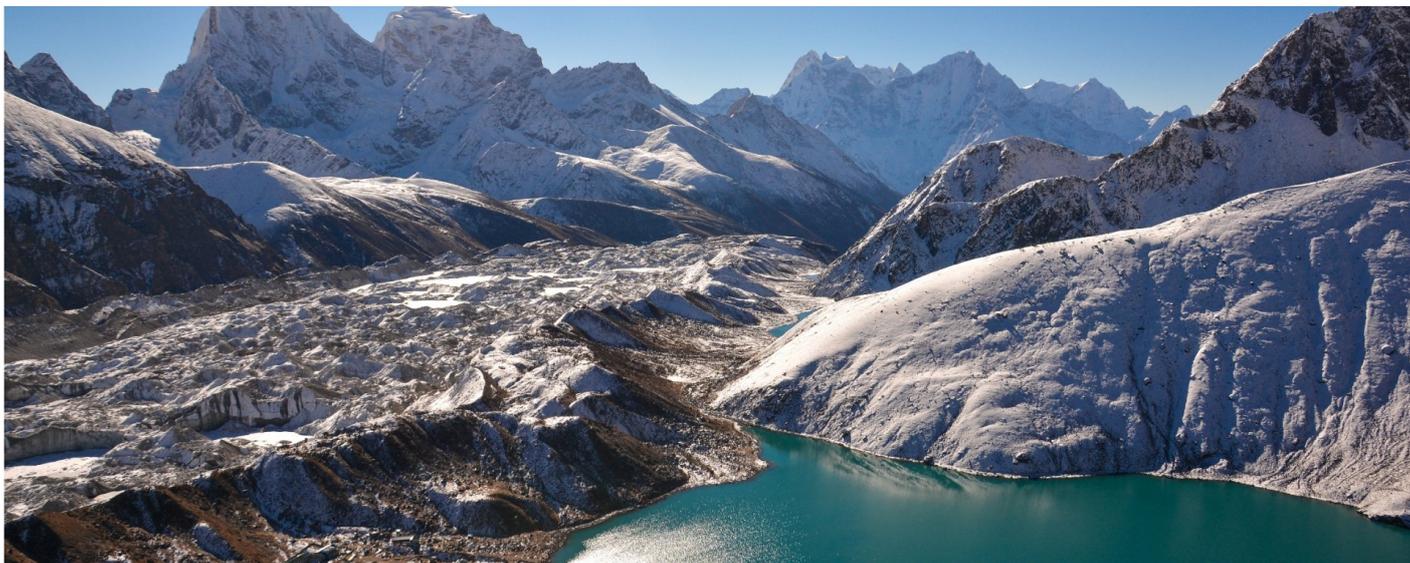


Mount Everest Base Camp and Gokyo Lakes



This trek explores the breath-taking Gokyo valley which is located adjacent of the Khumbu. Gokyo is a land of high altitude lakes and icy glaciers. Here, a hike to the high vantage point of Gokyo Ri (5350-m) will reward you with views of four of the eight highest mountains on earth – all in one panorama! From here, one can see more of Everest (8848-m) and the three other Himalayan giants – Cho Oyu (8153-m), Lhotse(8501-m) and Makalu (8463-m) and some of the great Glaciers, mainly the Ngozumpa Glacier.

The small herding settlement of Gokyo (4750m) lies on the banks of the third lake in a series of small turquoise mountain lakes and on the ridge above Gokyo, the four peaks above 8000m of Cho You, Everest, Lhotse and Makalu expose themselves. In addition to this you can have a look at the tremendous ice ridge between ChoYou and Gyachung (7922m), considered one of the most dramatic panoramas in the Khumbu region. There are many options for additional exploration and high-altitude walking, including the crossing of Cho La, a 5420m-high pass into Khumbu and a hike to Gokyo Ri.

Your return trek will depart from the standard Gokyo trek as you will take the route back to Namche by crossing the Renjo La pass (5340m) instead of back trekking the Gokyo valley trails. This makes the trek a much more exciting and challenging one.

These mountains are magical – and so are your encounters with the Sherpa people, the famous mountain dwellers of this Himalayan wonderland. As in the classic Everest Base Camp trek, the warmth and hospitality extended by the local inhabitants of this region, the Sherpas, will add a further dimension to your experience of trekking in Nepal.

Duration: 30 days

Price: \$2499

Group Size: 2

Grade: Moderate

Destination: Nepal

Activity: Trekking

Equipment Lists:

Recommended equipment list: Trekkers need to provide their own personal clothing and equipment. Some items of equipment are available for hire from us as like Down Jacket

Footwear : Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

Clothing : Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

Other equipment: Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

Other items: Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit.

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Itinerary:

Day 1: Kathmandu arrival

Langtang Ri Trekking & Expedition representative will greet you in an airport & transfer you to your Hotel, after refreshment you will be picked from hotel lobby to office where you will be formally introduced to your Guide and the activities to be enjoyed over the next few days. We will also ask for your passport photographs and any other details required for your trek permits, at this stage.

Day 2: Kathmandu sightseeing.

After breakfast, we start an interesting tour around Kathmandu. Escorting by an English speaking guide (can be provide any language speaking guide on request) be, try to give them a full taste of our vivid culture image and an enchanting manner of its people. In our sightseeing tour we go to Monkey temple Swayambhunath, Pashupatinath, Bouddhanath and Kathmandu Durbar square.

Bouddhanath: Bouddhanath is a Buddhist religious complex with a history dating back over 500 years. Located on the eastern edge of Kathmandu it is now a site of great pilgrimage for Buddhist followers who circle its massive stupa, spin its many prayer

wheels and visit its beautiful monastery. The main feature of Boudhanath is its huge hemispherical white stupa with central golden tower and the all-seeing eyes of the Buddha. Visitors should circle the stupa in a clockwise direction and spin prayer wheels for good fortune and a good life. Visitors may also enjoy visiting the Thangka painting school within the complex to see highly skilled artists at work on religious mandala paintings.

Pashupatinath: Hindu Temple is a very large and complex and focal point for the Hindu religion. This old and very revered complex of buildings and shrines is dedicated to the Lord Shiva, one of the main deities of Hinduism. While Lord Shiva has multiple forms he is often seen as the destroyer. This has great significance for the Pashupatinath temple as it is the site of many Hindi ritual cremations each day. Pashupatinath is considered by Hindus to be an auspicious site for passing from one stage of life to the next through the purifying and destroying flames of cremation. However, on a happier note, visitors may also get to see the temple in a buoyant festival mode with one of the many Hindu festivals celebrated here through the year.

Swayambhunath: You will first visit the Swayambhunath temple complex that sits atop a high hill overlooking Kathmandu and the entire Kathmandu Valley. Swayambhunath is perhaps the most sacred Buddhist pilgrimage site in Nepal. It consists of a very large white stupa with the all-seeing-eye of Lord Buddha plus many small stupa and beautifully carved stone shrines. This is a wonderful place to catch your breath and start to understand and appreciate the deep importance of Buddhist belief to the people of Nepal and the Himalaya region. Make sure you ring the many bells to awaken the gods and let them know you are in Nepal. Take the time to enjoy the view over Kathmandu and have your guide point the many other highlights of the city. In the far distance to the east you may also be able to see the hills of Nagarkot where your hotel for tonight is located. If you feel energetic you might also like to try some or all of the 350 steps that lead all the way from Kathmandu city up to your Swayambhunath temple vantage point.

Kathmandu Durbar Square: The next stop today is the beautiful Kathmandu Durbar Square, or the royal palace square of the ancient Malla kings of the Kathmandu Valley. This square and all its architectural treasures are a UNESCO World Heritage Site. While some damage to buildings occurred in the 2015 earthquake the site still contains many stunning architectural gems. The original royal palace courtyards are open to visitors and you will marvel at the intricate timber carving and beautifully crafted brickwork of the palace. The open square outside the palace has many beautiful multi-storey pagodas and temples with ornate carving and carpentry artwork that tells some of the story of the ancient kings and their mystical time and beliefs. The square also contains many important Hindu temples and statues such as to Vishnu and Lord Shiva. Durbar Square also contains the unique and intriguing Kumari Chok. This is an ancient and ornate house where resides the Raj Kumari – the Living Goddess. She is a young girl chosen through an ancient and mystical selection process to become the human incarnation of the Hindu mother goddess, Durga. If you are in the courtyard of the home at the right time in the afternoon you may see a brief glimpse of the Goddess at her window.

Day 3: Kathmandu – Bhandar drive

8 hrs drive to Bhandar from Kathmandu

Day 4: Bhandar – Sete

From the Sherpa village of Bhandar, it's a 6 Hour walk to Sete. Littered with prayer walls and small gompas (Buddhist temples.) Descending to the valley floor at the riverside town of Kenja, the trail climbs steeply up a ridge richly forested with oak and rhododendron to Sete (2575m) whose beautiful hilltop monastery is worth a visit.

Day 5: Sete – Junbesi

We climb through fragrant pine and Oak Forest to the Lamjura pass (3500 m) for our first glimpse of Everest. Then it's downhill again to the large Sherpa village of Junbesi. From here there are good views of Gaurishanker, Number Himal and Dudh Kunda.

Day 6: Junbesi – Nuntala

From here we walk up the Solung ridge, from where Everest is again visible and then descend to Ringmo Khola, ringed with apple orchards. The trail crosses the Traksindo La (3071m) before descending once again through the forest to Nuntala.

Day 7: Nuntala – Khari Khola

From Nuntala the descent continues to Dudh Koshi (Milk River) the largest river on the trek. Then ascend through several Sherpa and Rai villages terraced fields and forest to the spread out village of Khari Khola.

Day 8: Khari Khola – Puiyan

The path ascends through Sherpa villages and a forest inhabited by monkeys, and then winds steeply up and down through the Dudh Koshi canyon to Puiyan.

Day 9: Puiyan – Phakding

The trail climbs for about an hour after Puiyan to a ridge at 2800m, then up to another ridge, passing the path to Lukla airport, after which we climb on to Phakding.

Day 10: Phakding to Namche Bazaar

Today begins on level ground, relative to the environment in which you are! You will cross the river on a high suspension bridge and begin to climb up to Monjo (2800m) and on to the gateway to the Sagarmatha National Park Entrance in place to protect and preserve this beautiful environment. There is a good rest stop on the way up where you will see people gathered, admiring the first real chance to see Everest in the distance. On the way up today you will be rewarded with views of Kusum Kangaru, Thamserku, Konde-Ri and Tawache Peak before eventually arriving at Namche after about 5 hours.

Day 11: Acclimatisation in and around Namche Bazaar

The main aim today is to allow your body to acclimatise, it is important to drink lots of water and take some gentle exercise. Namche is a growing town tucked into a neat little valley, there is lots going on in the centre with market days on Friday and Saturday. There are some interesting museums and shops. There is also internet and a sauna! You could venture further afield, take a visit to Khumjung where the Hillary school sits and Khunde nearby, on the way back to Namche you could visit the Shyangboche airstrip, (3790m) the highest in the world nearby is the Everest View Hotel for stunning views.

Day 12: Namche – Thame

Perhaps one of the most fascinating days of the trek, we travel to the village of Thame (12,464?).

Day 13: Thame – Khumjung

Waking early we will climb the Thame monastery and further explore local Buddhism including 40 year-old Gumpa and learn about its inner workings and the lives of its monks. We will return the same way close top Namche and then we will Climb to Syangboche, then trek to two serene Sherpa villages, Khumjung and Khunde 3890 m where Sir Edmund Hillary established his first hospital and Khumjung 3790 m where he established a school, both in the early sixties. The Khumjung Gumpa possess what is supposed to be a Yeti skull.

Day 14: Khumjung – Dole

Leaving the main trail to Mt. Everest, we will follow high on a ridge to 4000m past a large chorten at the village of Mong, said to be the birthplace of the saint Lama Sange Dorje, the reincarnate lama of Rongbuk Monastery in Tibet who introduced Buddhism to Khumbu. From there we descend to the village of Phortse Tenga by the Dudh Kosi (river). From Phortse the trail climbs steeply through forests of rhododendrons and then stands of juniper and large conifers as the altitude increases.

Day 15: Dole – Machhermo

In the morning we will follow a steep but beautiful climb through conifer and rhododendron forests and stands of juniper to Lhabarma 4220m and Luza 4360m. There are kharkas wherever there is a flat spot and the slightest hint of water. We continue to climb along the side of the valley, high above the river to the camp at Machhermo 4410 m.

Day 16: Machhermo – Gokyo

We will climb a ridge from where the valley opens wide as the trail passes through Pangkha. Mt. Cho Oyo 8153 m dominates the skyline to the north as we climb the moraine on the left flank of the Ngozumpa Glacier. The climb is steep to the first of the four lakes that lie in the Gokyo area but the trail levels off towards the second lake, Longponga at 4690m. We finally ascend a path past the largest of the lakes Dudh Pokhari to Gokyo at 4750m. Gokyo is a typical Kharka stone houses and stonewalled pastures.

Day 17: Acclimatisation and explore around Gokyo

A free day to explore the area around Gokyo or rest.

Day 18: Gokyo – Dragnag

A long day and the most difficult part of this trek. We will cross the southern end of the Ngozumpa Glacier, pass by the stone huts of Thagna Kharka then climb steadily up a narrow and steep valley which opens up to a wide shallow valley leading to our camp at Kharka Chhyugima 5170m.

Day 19: Dragnag – Dzonglha

We descend from the pass, cross a small glacier, negotiate the ice fall at the end of it and descend via Leisyasa to our camp at Dzonglha Kharka 4730 m, a high altitude summer pasture directly beneath the north wall of Cholatse Peak 6440 m.

Day 20: Dzonglha – Lobuche

Today we will hike on a trail above Tsholo Lake and join the main Everest trail at Dughla on the terminal moraine of the Khumbu Glacier. From Dughla we climb up the moraine past a row of stone monuments in memory of Sherpas who died on expeditions to Everest and on to our camp at Lobuche 4930m.

Day 21: Lobuche – Everest Base Camp– Gorakshep

You will ascend gently to begin with today through lovely pasture lands; you will then follow the rocky moraine path with views of the Khumbu Glacier. Gorakshep is on a flat field below Kala Pattar (5545m) and My Pumori (7145m), it is the original Everest Base

Camp. A good spot for lunch after 2/3 hours walk, following lunch you can continue up to the present Base Camp.

Day 22: Gorakshep – Kala Pattar - Lobuche

From here we make a steep ascent to the top of a small peak, Kala Pattar 5545m meaning “black rock”. From here the views is magnificent enough to make us forget the difficulty of the climb. Everest, Nuptse, Ama Dablam, Kantega, Tamserku, Tawatse and Pumo Ri all present themselves in a 360 degree panorama.

Day 23: Lobuche – Dingboche

Return trek to Lobuche and a short descend to Thukla and an easy flat trail to and a small descend to Dingboche. This is the highest big settlement in the Khumbu area of Sherpas.

Day 24: Dingboche - Chhukung

There are many interesting excursions possible using Chhukung as a base each one revealing ever more spectacular views of the nearby high peaks. For the more energetic the climb to Chhukung Ri 5546m is very rewarding with spectacular views of the south faces of Nuptse and Lhotse and a great view of Kkongma La across the Nuptse Glacier. An alternative excursion is to Pareshaya Gyab, the base camp for assaults on Imja Tse formerly known as Island Peak.

Day 25: Chhukung – Thyangboche

From Chhukung we descend the valley of the Imja Khola, trek through the village of Dingboche with its stone walled potato fields, down alpine pastures through the kharkas of Tsura, Orsho and Shomare to the village of Pangboche. Leaving Pangboche the route descends past some magnificently carved many stones to the Imja Khola which we cross via a steel suspension bridge high above the river at a spot where it rushes through a narrow cleft. From there we have a gentle climb to the tiny village of Debache past many walls deep in a rhododendron forest. From Debache we have a short steep climb to Thyangboche through a forest of birches conifers and rhododendrons.

Day 26: Tengboche to Namche Bazaar

Mostly down hill today it will take you 4 to 5 hours, there is a steep climb for about an hour before you encounter the scenic walk back into Namche. From Khumjung you can pass through Khunde where you may enjoy a visit to the little monastery if you haven't already.

Day 27: Namche Bazaar to Lukla

A four hour walk today descending steeply for the first half then on to Phakding, where you will spend the night. This is your final day trekking; it will take you around 3 hours to Lukla more from Phakding. This evening you will have a farewell ceremony with your guides and porters where you will be able to sample some Chang and try some Sherpa dancing.

Day 28: Lukla to Kathmandu

You will be on an early flight back this morning, on arrival in Kathmandu you will be met and taken to your hotel.

Day 29: Day free in Kathmandu

Enjoy a day exploring some of the quieter streets of Kathmandu, stocking up on souvenirs and presents for those back home. This evening you have a farewell dinner, you will be picked up in good time.

Day 30: Final Departure

You will be met at your hotel and taken to the airport in good time to meet your flight home.

Cost Include:

- Airport Pick up & Drop Transportation by private vehicle
- Twin /Double bed sharing accommodation in 2-3 stars with breakfast
- Sightseeing in Kathmandu. Escorted with English speaking guide. Private transportation. Entrance fees
- Kathamandu / Jiri private transportation
- Lukla / Kathamandu flight for Clients and guide
- Accommodation in Normal tea house during trek
- Meals (Breakfast with 2 cup of Tea & coffee, lunch, dinner) during trek
- Sleeping bags
- Everest trekking map for group
- All necessary paper work & permits
- TIMS & National Park entrance fee
- A First Aid and Eco trained & government licensed English speaking guide
- One porter between each two members during trek
- Accommodation, meals, salary, equipment, transportation & Insurance of trekking staff
- FIRST AID KIT & Travel & rescue arrangement
- All government taxes
- Farewell dinner

Cost exclude:

- International Airfare
- Nepal Visa Fee (USD 40 for 30 Day)
- Excess baggage charges
- Lunch/Dinner in Kathmandu
- Drinking water ,Hot Shower ,Tea coffee in lunch & Dinner time & electricity bills during trek
- Medical evacuation in case of emergency
- Personal gear & clothing - these may be available for hire
- Tips, any expenses of personal nature, client's insurance
- Soft/hard drinks
- Expenses incurred due to mishaps, landslide, strikes, political unrest etc. In such case extra will be charged as per actual
- Anything not specified in the Cost Include section