

Nepal

Gokyo Lakes and Everest base camp – 19 days

WSAN04

Trip Duration: 19 days in total

Grade: Demanding

Activity: 14 day Trek

Accommodation: 14 night's Trekking Guesthouse, 4 nights three/four star hotels in Kathmandu

Maximum Altitude: 5555 meters

Daily Walking Hours: Approximately 4 to 7.

Season: . February, March, April, May, October, November, December

Group Size: Min One – max 20

Trip cost based on group size 7-10: \$2815.00

Single supplement applies

CONTACT WILD SPIRIT FOR TREK NOTES AND FULLY COMPREHENSIVE ITINERY

Summary

This is one of the most adventurous treks in the Everest Himalayas, it follows the route via high pass of Cho La at 5330meters into the Base Camp of Mount Everest. A unique trek that goes through Lukla, Namche bazaar and all the way to Gokyo, Chola Pass, Kalapattar and Everest Base Camp.

This adventure of trekking starts with a flight into the tiny airstrip of Lukla. Spend several days trekking through the homelands of the Sherpa people, among their villages and Buddhist monasteries, with views of Everest and neighboring Ama Dablam, considered by many to be among the most beautiful mountains in Nepal. Stroll around Namche Bazaar, the bustling market town in the heart of Sherpa country and soak up the magnificent mountain scenery. Without doubt, the highlights of the trek are the awe-inspiring views of some of the biggest mountains in the world which unfold the further you venture into the Khumbu valley; not forgetting, of course, the personal sense of achievement in reaching the Everest Base Camp. Trekking in the Khumbu Valley and Gokyo Ri takes you to the most dramatic and interesting parts of the Everest region, and rewards you with dramatic landscapes, beautiful views of the Gokyo Lakes, spectacular mountain views with four mountains above 8000metres - Cho Oyu, Everest, Lhotse and Makalu, and the tremendous view of Ngozumpa glacier.

16 Days Itinerary

Day 01- Arrival in Kathmandu airport (1345meters).

Day 02- Pre-trip Meeting and Sightseeing around Kathmandu Valley

Day 03- Fly to Lukla (2804 meters) trek to Phakding (2610 meters) 3 hours.

Day 04- Trek to Namche Bazaar (3441 meters) 5.30 hours.

Day 05- Namche Bazaar Acclimatization day

Day 06- Trek to Phorste Thanga (3680meters) 5 hours

Day 07- Trek to Machherma (4470 meters).

5 hours.

Day 08- Trek to Gokyo (4790 meters) 5.30 hours.

Day 09- Trek Gokyo Ri (5483 meters) and then Back to Gokyo. 5 hours.

Day 10- Trek to Thangna (4500 meters) 4 hours

Day 11- Cross Cho La pass (5300 meters) then trek to Dzongla (4710 meters) 7 hours.

Day 12- Trek to Lobuche (4910 meters). 4 hours.

Day 13- Trek to Everest Base Camp (5365 meters) then back to Gorak Shep (5180 meters). 8 hours.

Day 14- Hike up to Kalapattar (5555 meters) early in the morning and trek down to Periche (41200 meters). 7 hours.

Day 15- Trek to Namche Bazaar (3441 meters) 5.30 hours.

Day 16- Trek to Lukla (3404 meters) 6 hours

Day 17- Morning flight back to Kathmandu.

Day 18- Leisure day in Kathmandu.

Day 19- Transfer for your final flight departure.

***NOTE:** On adventure trek of this type, weather, local politics, transport or a multitude of other factors beyond our control can result in a change of itinerary. It is, however, very unlikely that the itinerary would be substantially altered; if alterations are necessary the leader will decide what is the best alternative, taking into consideration the best interests of the whole group. Where a change does occur, we do everything we can to minimize its effect, but we cannot be responsible for the results of changes or delays.*

Trip Highlights

-Sightseeing in Bhaktapur Durbar Square, Swayambhunath (the Monkey Temple), Pashupatinath (a major Hindu shrine) and the giant Buddhist Stupa at Bodhnath.

-Scenic flight to and from Lukla.

-Step inside and experience life as the “mountain people” live, in the heart of Himalaya.

-Visiting Gokyo Lake and valley.

-Crossing over the Chola Pass at 5300 meters.

- Impressive views of Khumbu Ice fall.
- Climbing up to Gokyo peak and Kalapattar.
- Everest Base Camp and walking on the Khumbu glacier.

INCLUSIONS

1. Airport / Hotel / Airport pick up & drop by tourist vehicle.
2. Standard twin sharing accommodation in three/four star hotel in Kathmandu including breakfast. (4 nights)
3. Guided city tour in Kathmandu by tourist vehicle.
4. All your standard Meals during the trek (18 Breakfasts, 14 lunches, 14 Dinners).
5. Twin sharing Lodges/Guesthouses accommodation during the trek (14 night's Trekking Guesthouse).
6. Local licensed English speaking Guides.
7. The required number of local staff and Porters to carry your luggage during the trek.
8. Food, accommodation, salary, insurance, equipment and medicine for all staff.
9. Everest National Park permits.
10. Down Jacket and sleeping bag by Wild Spirit (which needs to be returned after the trek.)
11. Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airport.
12. Surface transfer from and to Kathmandu.
13. Free Wild Spirit duffel/kit bag and T-shirt (Yours to keep)
14. Group first air medical kit supply.
15. All our government taxes.
16. Official expense.
17. Pre-departure Information, with all you need to know for your trek.

EXCLUSIONS

1. Lunch and dinner whilst in Kathmandu (*allow about \$5 to \$8 per meal*).
2. Your travel insurance (compulsory).
3. International airfare and airport departure tax.
4. Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
5. Alcoholic, hot and cold drinks
6. Personal trekking Equipment.
7. Tips for trekking staff and driver. (Tipping is expected).
8. Sightseeing/Monument entrance fees.
9. Any others expenses which are not mentioned on Price Includes section.

TRIP EXTENSIONS:

Option one 01: Two nights/Three days Jungle Safari of Chitwan

Why not extend your adventure in Nepal by sampling the wildlife viewing in the heart of the National Chitwan National Park?

For our safari activities, we stay at the best accommodation inside the national park. Elephants take you on safari through the towering grasslands in search of horned rhinoceros, gaur, deer, monkeys, crocodiles and many different types of birds.

For wildlife enthusiasts nature walks, bird watching, jungle treks, land rover drives, wildlife viewing and photography allow you to experience the wildlife on an intimate basis.

Option 02: One day Trisuli River Rafting

Why not extend your adventure in Nepal by sampling the excitement of river rafting along the Trisuli River?

River rafting is one of the most exciting ways of exploring Nepal's ancient cultures and unspoilt landscapes. Only by rafting can you travel leisurely through the varied terrain exploring scenery inaccessible to all but the river runner.

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