



## 17 DAY EBC VIA GOKYO LAKES

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**Trip Duration:** 17 days

**Trip Difficulty:**

**Destination:** Nepal

**Begins in:** Kathmandu

**Activities:** 

### INCLUDED

- Airport transfers
- 2 nights hotel in Kathmandu before/after trek
- Ground transportation
- Flights to/from Kathmandu - Lukla
- National Park fees
- Expert guides & porters
- Accommodations during trek, double occupancy
- Meals & beverages during trek

### EXCLUDED

- Airfare
- Lunch or dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips



## Ultimate Expeditions®

**The Best Adventures on Earth.**

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

**We Know Travel.** Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

**Why Ultimate Expeditions®?** We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

**Ultimate Expeditions®**

PH: (702) 570-4983

FAX: (702) 570-4986

[Info@UltimateExpeditions.com](mailto:Info@UltimateExpeditions.com)

[www.UltimateExpeditions.com](http://www.UltimateExpeditions.com)

## 17 DAY EBC VIA GOKYO LAKES

### Itinerary

#### DAY 1 Arrive Kathmandu

Our friendly Ultimate Expeditions representative will meet you at the airport and drive you to your hotel in Kathmandu. During this meet and greet your guide will discuss the daily activities of your trip.

#### DAY 2 Flight to Lukla - Trek to Phakding (8,713 ft / 2,656 m)

Enjoy an exciting flight from Kathmandu to Lukla – this flight is roughly 45 minutes and offers great views of the Everest region if you can secure a seat on the left of the plane. After landing on a steep mountainside runway you will meet the expedition crew and once the gear is sorted into loads the trek begins. The trail gradually descends on a well-marked trail to Phak Ding, approximately 4 hours of hiking.

#### DAY 3 Trek to Namche Bazaar (11,318 ft / 3,450 m)

We enter the National Park at Monjo as we continue to our next stop, Namche Bazaar the main trading village in the Khumbu region. The trail crisscrosses the Dudh Kosi (Milk River), these exciting crossings are over suspension bridges that sway high above the valley. The days trek is roughly 4.5 to 6 hours long and once in Namche Bazaar we are free to enjoy a coffee, brownie, chocolate doughnut or some other delightful baked goodie.

#### DAY 4 Namche Bazaar (11,318 ft / 3,450 m) \*Acclimatization Day\*

Today will be spent in Namche Bazaar to acclimatize and prepare our bodies to push higher into the Everest region. The village offers shopping opportunities as well as several lodges. It is a great place to spend a day before heading towards Dole.

#### DAY 5 Trek to Dole (13,398 ft / 4,084 m)

After a nice rest in Namche Bazaar, the days trek will be spent on a series of switchback trails to the Dudh Kosi River at Phortse Bridge. We head towards Mon La pass, where the trail climbs steep through rhododendron and birch forest until finally reaching Dole.

#### DAY 6 Trek to Machermo (14,468 ft / 4,410 m)

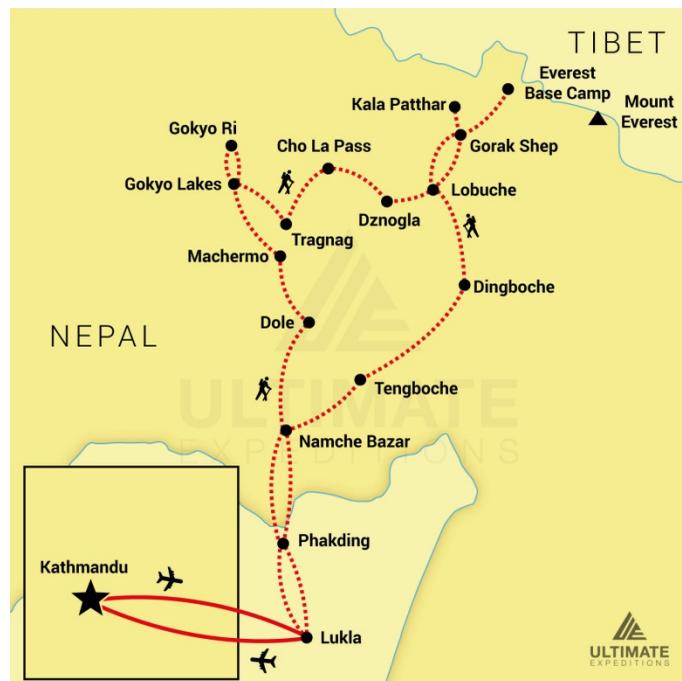
Machermo is a short trek from Dole and the trail climbs steadily hugging the side of the valley. As we trek higher in elevation the alpine scenery becomes dotted with only small clusters of scrub juniper but the route offers beautiful views of Cho Oyu, Kantega and Thamserku.

#### DAY 7 Machermo \*Acclimatization Day\*

We will spend a day in Machermo to acclimatize. There are many opportunities to explore around camp and above the village. Ascend the hill above the settlement to the North or you walk up the valley towards the West following the Machermo river.

#### DAY 8 Trek to Gokyo (15,583 ft / 4,750 m)

A short steep climb starts the days trek which leads from the Machermo Valley thru the terminal moraines of Ngozumpa Glacier. A steep rocky incline leads into the valley by the side of the glacier and passes the first of the holy lakes. Gokyo is surrounded by stone walled yak pastures and offers a stunning backdrop as Cho Oyu and Gyachung Kang's massive summits reflect in the emerald green waters.



**DAY 9 Ascent of Gokyo Ri (17,988 ft / 5,483 m) and trek to Tragnag (15,387 ft / 4,690 m)**

The days trek starts with a steep climb up Gokyo Ri. This towering peak sits above the village on the northern edge of the lake where panoramic views of Everest, Lhotse and Makalu come into focus. After lunch we begin our trek to Tragnag.

**DAY 10 Trek to Dzongla via the Cho La pass (15,846 ft / 4,830 m)**

The day begins with an early start to cross Cho La pass and the long descent to Dzongla. It's a rocky scramble to the pass, the trail continues up the valley crossing a ridge and a lateral moraine that includes steep glacier traversing. After crossing the pass the trail descends steeply towards Dzongla and offers exceptional views of Kyajo Ri, Tengkangpoche, Numbur, Kangchung, Ama Dablam and Cholatse along the way.

**DAY 11 Trek to Lobuche (16,174 ft / 4,930 m)**

From Dzongla we continue our decent through the grassy landscape to Lobuche.

**DAY 12 Trek to Gorak Shep then Everest Base Camp (17,575 ft / 5,357 m)**

Today's trek starts by following the broad valley which runs parallel to the Khumbu Glacier and a stop for lunch in Gorak Shep before reaching Everest Base Camp itself 17,575 ft (5,364 m). This trek takes roughly 3 hours' time, as it navigates through ice pinnacles and crevasses. On the return, you can take a higher route for spectacular views of the notorious Everest Ice Fall that flows from the Western Cwm. Overnight in Gorak Shep.

**DAY 13 Kala Pattar then Dingboche (14,468 ft / 4,410 m)**

A demanding hike to the top of Kala Pattar 18,221 ft (5,554 m) will begin early. The views from Kala Pattar are breathtaking, here you can gaze upon Everest and look deep into the Khumbu ice field. After photos are taken we will descend to Dingboche where we will spend the night.

**DAY 14 Trek to Namche Bizarre (11,318 ft / 3,450 m)**

From Dingboche we follow along the river to Tengboche before making our way back to Namche Bizarre.

**DAY 15 Trek to Lukla (9,186 ft / 2,800 m)**

The last day of trekking follows the Dudh Koshi River from Namche Bizarre back to Lukla. This is an ideal time to reflect on your trekking experience and celebrate your great achievement.

**DAY 16 Fly to Kathmandu**

After an early breakfast, you will catch a return flight to Kathmandu and stay overnight. You will have free time to roam the streets of Thamel, shop and enjoy the rich culture.

**DAY 17 Depart Kathmandu**

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home or perhaps to your next adventurous destination.

## NEPAL

### Best Time to Visit

It is possible to visit Nepal year round, but spring and autumn are the two most favorable seasons for trekking.

### March, April and May (Spring)

These months are considered to be the best in terms of weather and beauty; they are also the busiest months. Days are warm with an occasional rain shower that invites an array of blooming wildflowers, displaying vibrant colors on a lush backdrop. Hikers say it's the most pleasant time to trek.

### June, July and August (Monsoon)

The monsoon season brings severe rains making the certain routes impassable. Lodges and trekking operations in some areas are closed during this time, but there are options for trekking around Annapurna and Manaslu which receive significantly less precipitation than the more southerly areas.

### Mid-September – November (Autumn)

The weather is dry and skies are generally clear, with mild to warm days and cold nights. Nights can easily drop to below zero freezing temperatures.

### November – February (Winter)

Generally dry with daytime temperatures cooler and very cold nights. The days are typically clear with occasional winter storms. Trekking during this mid-winter season can be more challenging in the high altitudes.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	60	63	70	77	79	80
Average Low (F)	40	44	50	57	63	69

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	79	79	78	74	68	61
Average Low (F)	70	70	67	59	49	42

### Entry Requirements

Most nationalities must hold a valid passport, with at least six months beyond your proposed date of your trip. Citizens of USA, UK, Canada, Australia and other European Union nations must have passports. We recommend obtaining a visa upon arrival at Tribhuvan International Airport.

### Vaccinations

The following vaccines are recommended for travel to Nepal. Hepatitis A& B and Typhoid are recommended for all travelers. Polio - One-time booster. Yellow Fever – is



required when arriving from a yellow-fever-infected area. Measles, mumps, rubella (MMR) - Two doses recommended for everyone born after 1956, if not previously given. Tetanus-Diphtheria - Revaccination recommended every 10 years. Japanese Encephalitis - You may need this vaccine if your trip lasts longer than a month, depending on when and where you are visiting. Rabies - Only necessary if visiting lowland areas, like Chitwan.

Malaria – avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria. Talk to your doctor about how you can prevent malaria while traveling.

### Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

### Currency

The best places to exchange money is in Kathmandu. Local currency is the Nepalese Rupee, however some establishment do accept USD. Better hotels, lodges, and camps will accept credit cards. It is advised to carry local currency when visiting remote areas and villages.

### Government

The politics of Nepal function within a framework of a republic, with a multi-party system.

### Religion

Citizens of Nepal identify themselves with Hinduism 81.3%, Buddhism 9%, Islam 4.4%, Kirat 3.1% and other 2.2%