

Everest region - Kala Pattar and Gokyo Ri

Overview

You really will feel on top of the world when you walk in the most famous trekking region in the world. The spectacular trek from Lukla to Gokyo will offer you awesome scenery, giant glaciers, teal coloured glacial lakes and from Gokyo Ri, a magnificent panorama of some of the highest mountains in the world including Mt. Everest, Lhotse, Cho Oyu and Makalu peaks. From Gokyo you retrace your steps to Dole before crossing over to the path which takes you past the magnificent Thyanboche Monastery and on up to Kala Pattar at over 5500 metres for 360 degree views of the magnificent Everest range

Trip Details

Kathmandu

A Himalayan Holidays representative will meet and welcome you at Kathmandu Airport and transfer you to your hotel for a two night stay. After checking in at the hotel a pre-trek briefing will be held. The rest of the day is yours to explore the local area.

Day 02 Kathmandu Sightseeing

After breakfast you will be picked up at the hotel to begin an interesting tour around Kathmandu. Your English-speaking guide will escort you to Durbar Square the historic centre of the city and home to the living goddess Kumari. Then on to Swayambhunath or Monkey Temple, situated high on a hill top this stupa is one of the most recognized images of the Kathmandu Valley and affords magnificent views of the city and valley below. From there you travel to Pashupatinath the site of the most important Hindu temple in Nepal and located on the banks of the holy Bagmati River. Here you will see holy men known as Sadhus performing their religious rituals and you may witness funeral pyres burning on the river side ghats.

Day 03 Kathmandu - Lukla - Phakding 2610m (Approx 3 hours trekking)

You will be transferred from your hotel to Kathmandu airport for your 40 minute spectacular flight to Lukla. A few hours of easy walking takes you up to the picturesque village of Phakding at 2,800 metres where you spend your first night at a trekking lodge o/n at lodge

Day 04 Phakding to Namche Bazaar 3480m (Approx 6 -7 hours trekking)

From Phakding you cross the Dudh Kosi river to follow the trail north up the valley where the trail officially enters the Sagarmatha National Park. Here your trekking permits will be checked before continuing on through the National Park. Walk on through Jorsale continue along the trail, cross the Bhoté Kosi River on a high suspension bridge and begin the steady steep climb to Namche Bazaar at 3480 metres o/n at lodge

Day 05 Rest day for acclimatisation

You have a rest day in Namche Bazaar to acclimatize. This town is the hub of Sherpa society and the administrative centre of the Solu Khumbu region. There are many shops selling Tibetan and Nepalese artifacts, restaurants, a bakery, money changer and an internet service. The National Park Headquarters/information centre is worth visiting and if you have forgotten anything there are plenty of shops selling trekking clothing and equipment o/n at lodge

Day 06 Namche - Thami return to Namche 3500m (Approx 7 hours trekking)

An acclimatization walk to the west to visit Thami and the monastery is a good way to spend the second day in the area. If you are lucky enough to chat with the monks or nuns they can tell you the fascinating origin of the monastery while you admire the religious wall paintings and artifacts. You may also like to visit the local primary school and you will definitely want to spin the huge prayer wheels before you cross the river on your return walk back to our lodge o/n at lodge

Day 07 Namche Bazaar to Khumjung 3790m (Approx 2-3 hours trekking)

From Namche you ascend the steep path up above the village where you have a spectacular views of the town, and then on up to Syanboche airstrip. Above the airstrip is the Everest View Hotel, aptly named for its magnificent views. After sitting on the balcony with a drink and soaking in the vista of the "Top of the World", you continue your trek on to Khumjung at 3790 metres. Sir Edmund Hillary established a school and science laboratory in this town, it has several lodges, a bakery and is a pleasant town to spend the night. The Khumjung Gompa possesses what is supposed to be a Yeti skull o/n at lodge

Day 08 Khumjung to Dole 4200m (Approx 4 hours trekking)

Leaving the main trail to Mt. Everest, you head towards Gokyo and climb high on a ridge to 4000m past a large chorten at the village of Mong, birthplace of the famous saint Lama Sange Dorje, from there you descend to the village of Phortse Tenga by the Dudh Kosi river. From Phortse the trail climbs steeply through forests of rhododendrons, the national flower of Nepal, and then juniper and firs as the altitude increases. You pass through Sherpa kharkas (high pasture summer settlements where Sherpas graze their herds of yaks) and the villages of Tongba 3950m and Gyele 3960m to Dole. You should have great views of Khumbila and Tawachee peaks throughout the day.o/n at lodge

Everest region - Kala Pattar and Gokyo Ri

Day 09 Dole to Machhermo 4410m (Approx 3 hours)

While many people feel that they could easily walk on further it is vitally important to acclimatize slowly, so today you have a short and fairly leisurely trek to allow you to acclimatize to the altitude. In the morning there is a steep but beautiful climb again through fir and rhododendron forests and stands of juniper to Lhabarma 4220m and Luza 4360m. Past the yak herder settlements you continue to climb along the side of the valley, high above the river to the camp at Machhermo 4410 m. It was here in 1974 that a yeti supposedly killed three yaks and attacked a Sherpa woman. So watch out for Yeti in this area o/n at lodge

Day 10 Machhermo to Gokyo 4720m (Approx 3-4 hours)

Due to the high altitude, the trekking today may be described as moderate to difficult and the going is slow (in fact, we recommended that you walk slowly, enjoy the view and take lots of photos). The valley opens wide as the trail passes through Pangkha. and Mt. Cho Oyu at 8153 dominates the skyline to the north as you 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. After passing the largest of the lakes Dudh Pokhari, you reach Gokyo at 4750m. Gokyo is a typical kharka settlement of stone houses and stone walled pastures. After lunch you may rest or explore the surroundings o/n at lodge

Day 11 Rest and Explore around

A free day to explore the area around Gokyo or rest. For enthusiasts who still have the energy, a rigorous hike up to the peak of Gokyo Ri at 5360m provides spectacular views of the Everest trinity, Nuptse 7879m, Lhotse 8511m, and Everest 8848m, as well as Makalu 8463m looming to the east, Cho Oyu 8153m to the north and the smaller but closer peaks of Cholatse and Tawachee to the south. There is a wonderful view of Gokyo and Dudh Pokhari spread out below you. A short walk from behind the lodge will take you to the edge of the Ngozumpa Glacier the largest in Nepal and there are several short walks around the teal coloured glacial lake o/n at lodge

Day 12 Gokyo to Dole 4200m (Approx 5 hours)

You return down the same path you travelled before but due to your acclimatization and the decreasing altitude, the pace is much faster and you should be easily able to trek to Dole in 1 day. You may be lucky enough to see the Golden Eagles who frequent this area and often soar close to the track. BLD

Day 13 Dole to Pangboche 3930m (Approx 6 hours)

From Dole you continue to descend to Phortse Tenge then you cross the Dudh Kosi river and walk up to Phortse before ascending further to Pangboche. Your path takes you along an exposed trail from where you can see the Thyangboche monastery in the distance across the river. In this area there are many Himalayan Thar and Nepal's national bird the brilliantly coloured "impeyan pheasant" is also found in this area o/n at lodge

Day 14 Pangboche to Pheriche 4240m (Approx 4 hours)

After the morning's walk you arrive at the small settlement of Pheriche in the valley. Amongst the lodges is the Himalayan Rescue Association (H.R.A.) first aid/medical centre. You may wish to visit the medical centre for one of the interesting lectures on Altitude Mountain Sickness (A.M.S.) or enjoy a walk in the flat valley in the afternoon.

Day 15 Pheriche to Lobuje 4930m (Approx 4 hours)

The first part of this day is quite flat as you walk along the valley before climbing up to Phalang Karpo and then on at Dughla at 4620. From Dughla you continue along the main Everest trail up the terminal moraine of the Khumbu Glacier past a row of stone monuments in memory of Sherpas and climbers who died on expeditions to Everest. The scenery is spectacular and most people are easily able to manage the increase in altitude due to the acclimatization at Gokyo. You follow the path next to the valley stream along to Lobuje where those who still have the energy may wish to climb up another trail behind the lodges to sit at 5000m and enjoy the views of the Khumbu Glacier, Nuptse and your destination for the next day Kala Pattar o/n at lodge

Day 16 Excursion to Kala Pattar 5545m Return to Lobuje (Approx 8-9 hours)

A very early start takes you on the trail along boulder fields and glacial debris to the edge of the Khumbu Glacier and you then continue up to Gorak Shep at 5160 m which is nestled below the coned summit of Mt. Pumori 7161m. and the sheer west face of Nuptse. This is a good place for breakfast and a rest before making a steep ascent to the top of the small peak Kala Pattar meaning "black rock" at 5545m.. On the way up you will probably be able to look down on the expedition camps at Everest Base Camp below. On a clear day you will be able to see the Khumbu Glacier and the ice fall, you may even see climbers walking on the glacier. When you reach Kala Pattar the view is magnificent enough to make you forget any difficulty of the climb. Everest, Nuptse, Ama Dablan, Kantega, Tamserku, Tawatse and Pumo Ri all present themselves in a 360 degree panorama. You will want to try to capture this awesome scenery both with your mind and your camera so take the time and enjoy being "on top of the world". After soaking up this incredible experience you walk back down to Gorak Shep and have another break and something to eat and drink. Heading back down over the rocky moraine you have a chance to savour the last views of the glacier as you retrace your steps back to Lobuje. This is a long day involving about 6/7 hours trekking, and some people take the option to shorten by staying at Gorak Shep but it is generally agreed that it is more pleasant to return to Lobuje due to the better facilities and lower altitude. o/n at lodge

An additional day can be added here for those who wish to walk to Everest Base Camp the next day

Everest region - Kala Pattar and Gokyo Ri

Day 17 Lobuje to Dingboche 4360m (Approx 5 – 6 hours)

You return along the same path to Dughla then and take an easy flat trail to with a small descent to Dingboche. where the decrease in altitude makes it easy walking. Dingboche is the highest settlement in the Khumbu area of Sherpas and is mainly a summer village with stone walled fields protecting crops from the wind and yaks graze here in the summer months. There are many large lodges here and it is a very pleasant place to spend the afternoon relaxing or strolling around the village. o/n at lodge

Day 18 Rest Day

A day to simply rest, enjoy the village or if you wish take an excursion to Chhukung for spectacular views of the surrounding glaciers and awesome snow capped peaks. This day could be taken at any time through the trek if needed and the itinerary then adapted accordingly

19 Dingboche – Thyangboche 3876m (approx 4 hours)

From Dingboche you follow the trail down through alpine pastures through the kharkas of Orsho and Shomare and turn off before Pangboche to take the path to Thyanboche. The route descends past some magnificently carved mani stones to the Imja Khola which you cross via a steel suspension bridge high above the river. From there you have a gentle climb to the tiny village of Debache past mani walls deep in a rhododendron forest and from Debache there is a short steep climb through forest to Thyangboche. Because of the ban on hunting at Thyangboche there is much wildlife in this area and another chance to see the imeyan pheasant amongst many other birds such as the Himalayan monal, snow pigeons and red billed choughs. A visit to the monastery is a must, there is an Eco information centre where you can see a short video on the impact of tourism in the area and the history of the monastery the monks are friendly and welcoming and you may even see a "Pujo" a blessing by the monks for those intending to climb Mt. Everest o/n at lodge

Day 20 Thyanboche to Namche Bazaar 3480m (approx 4 hours)

On most days there is the opportunity to witness the early morning ceremony of the monks and the sound of the monks chanting, cymbals clashing and horns trumpeting is an unforgettable experience for those interested and makes a wonderful start to the day before your trek to Namche Bazaar. Thyangboche is also a wonderful photo opportunity, the monastery looks spectacular in either the mist, illuminated at night or in the morning sun and the singular beauty of Ama Dablam standing isolated from all other mountains provides a spectacular backdrop. From there the trail drops sharply down to the Dudh Kosi and the village of Phunki, where you cross the river, and up towards Namche Bazaar, winding high above the river with views north towards Everest, Lhotse and Nuptse. Once again you can wander around the town or if you prefer just go and enjoy a delicious pastry and coffee in the bakery o/n at lodge

Day 21 Namche Bazaar to Phakding (approx 4-5 hours)

Retrace your steps down along the gorge of the Dudh Kosi through Jorsale and the beautiful National Park to stay at Phakding once more o/n at lodge.

Day 22 Phakding to Lukla (approx 3 hours)

A mostly uphill walk on your return to Lukla to catch your flight back to Kathmandu but you can have a leisurely start and still reach there before lunch. In the afternoon you might like to explore the town of Lukla or visit the local "Thangka Painting School" and witness the students learning the art of these intricate and beautiful religious paintings. For many groups this may be the point where you say goodbye to some of your trekking crew so hopefully you will enjoy a good farewell dinner together, and your crew might even prepare a farewell treat for you where you will be invited to join in the singing and the dancing too o/n at lodge

Day 23 Fly to Kathmandu

Fly to Kathmandu, you will be met at the airport and transferred to your hotel, the remainder of day is yours to spend as you wish o/n hotel

Day 24 Explore Kathmandu

Explore Kathmandu. There is opportunity to arrange further sightseeing if you wish, perhaps to Patan, the second largest city in the Kathmandu Valley. Patan's Durbar Square has the best display of Newari architecture in Nepal, or Bhaktapur, the medieval city which is sometimes described as a living museum. You may like to explore the many shops and market in Kathmandu's tourist area of Thamel for some unique handicraft as a souvenir of your wonderful experience in Nepal.

Day 25 Morning transfer to the airport for your international departure B.

Cost Includes :

All land and domestic air transfer as per itinerary
Arrival and departure transfers
Twin share accommodation in Kathmandu 3 star accommodation
1/2 day sightseeing in Kathmandu on day 2
All meals while on the trek and accommodation in lodges

Everest region - Kala Pattar and Gokyo Ri

Fully escorted trek with English speaking guide and 1 porter between each 2 person
Trekking permit and National Park Fees

Not Included :

International Airfare and taxes
Visas
Airport Departure taxes/Excess baggage charges
Morning and afternoon tea, snacks
Items of personal nature ie. Soft/hard drinks, tips etc.
Travel Insurance (this is a mandatory condition of booking)
Medical evacuation in case of emergency
Optional sightseeing in Kathmandu on day 24
Personal spending money

IMPORTANT NOTE:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it! Weather conditions and the health of trekkers can all contribute to changes. The guides and their Sherpa assistants will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

Experience Required:

This Trek is suitable for keen walkers who are able to walk for 6 – 7 hours in a day, with a light rucksack. Some of the days are quite long, and the walking feels more strenuous at altitude. Generally the trail is a good track, but occasionally it will be uneven and rocky.

Food & Accommodation :

You are accommodated in lodges whilst on trek. You are free to choose how much and what you want to eat from menus at the lodge which provide good simple food appropriate for the type of physical activity you are undertaking.
