

# Everest Base Camp via Gokyo Lakes Trek, Nepal

## Everest Base Camp via Gokyo Lakes Trek – 22 Days

**Date:** 21 October – 11 November, 2026

**Price: \$4,565.00 USD**

Per Person/Twin Share

(Price subject to change due to exchange rate fluctuation and minimum group numbers).

\* A single room/tent supplement is available for an additional USD 800.00 (please request at the time of booking).

Other dates: If my guiding trek dates do not suit your preferred schedule, I can arrange a specific one with my exceptional local operators to meet your needs. Please get in touch with me to discuss your desired personalised trekking adventure.

### About Everest Base Camp via Gokyo Lakes Trek

The Everest Base Camp via Gokyo Lakes trek is a breathtaking combination of the classic Everest Base Camp trek with the added highlight of visiting the spectacular Gokyo Lake region of the Himalayas. This extended expedition is undoubtedly one of the most rewarding, fascinating, and scenic treks. A less frequented odyssey than the traditional Everest Base Camp trail and spiced with an extra challenge, it creates an attractive alternative for the adventurous trekker. The picturesque route climbs the valley west of Everest to the village of Gokyo to explore the dazzling Gokyo Lakes on the moraine bed beside the Ngozumpa Glacier, the longest in the Himalayas.

It's taken millions of years and unimaginably powerful forces to create this mountain range; the Himalayas are what happens when continents collide. It's even so vast that it's changed our global climate system—and nowhere is it more spectacular than the Gokyo and Everest regions. The combined trek to the remote village of Gokyo, the summit of Gokyo Ri, and the crossing of the Cho La Pass as a precursor to visiting Everest Base Camp and climbing Kala Patthar is a true Himalayan adventure of a lifetime.

We begin our trek with an unforgettable mountain flight from Kathmandu to Lukla. Walking through delightful Sherpa villages, we visit Namche Bazar, the largest Sherpa town on the trek. With adequate time for essential acclimatization at Namche, we continue higher to Gokyo's mesmerizing alpine lakes to explore the upper valley beneath the huge bulk of the sixth-highest mountain in the world, Cho Oyu. A panorama of stunning views from the top of Gokyo Ri, including the unbelievable view of Everest, the entire Khumbu, and the surrounding peaks and glaciers, is an awe-inspiring experience for the senses.

Our trek continues across the Cho La, a classic pass that links Gokyo with the Khumbu Glacier and the small settlement of Lobuche. We ascend Kala Pattar (5,550m) for the best views of Everest, followed by an exciting trek along the Khumbu Glacier to Everest Base Camp. At the foot of the most acclaimed mountain in the world, you can marvel at the spectacle of the great

Khumbu Icefall cascading from the barricade of the west ridge with an indescribable sense of achievement and joy.

Along the journey, we have time to explore villages and monasteries and sample the Sherpa people's incredible hospitality. This trek is simply unbeatable.

Our return journey will take us to Tengboche monastery, the area's most important centre of Buddhism, or the famous Khumjung village, home of the Edmund Hillary School. We then retrace our path back to Namche Bazar and the town of Monjo before ending our trek at Lukla for another opportunity to experience the exciting mountain flight to Kathmandu.

The Everest Base Camp via Gokyo Lakes trek is a once-in-a-lifetime opportunity to experience the beautiful Nepalese culture and some of the most breathtaking scenery in the world.

## Itinerary

**Day 1:** Arrival at Kathmandu International Airport (1,400m) Transfer to Radisson Hotel – Hotel (D)

**Day 2:** Nepal time zone acclimatisation day in Kathmandu. Trek orientation with Cherie & Nepalese guides. Clothing & equipment check. Half-day Sightseeing of KTM Durbar Square, Swoyambhunath, Boudhanath & Pasupatinath – Hotel (B/B)

**Day 3:** Fly to Lukla (2,840m) & Trek to Phakding (2,610m) 3-4 hours – Teahouse (B/L/D)

**Day 4:** Trek to Namche Bazar (3,440m) 5 -7 hours – Teahouse (B/L/D)

**Day 5:** Acclimatisation Day at Namche Bazar. Trek to Everest View Hotel (3,880m) & Khumjung Village (3,780m) – Return to Namche (3,440m) 4-5 hours -Teahouse (B/L/D)

**Day 6:** Trek to Phortse Thanga (3,680m) 3-4 hours – Teahouse (B/L/D)

**Day 7:** Trek to Dhole (4,200m) 2-3 hours – Teahouse (B/L/D)

**Day 8:** Trek to Machhermo (4,470m) 4-5 hours – Teahouse (B/L/D)

**Day 9:** Trek to Gokyo (4,790m) 4-5 hours – Teahouse (B/L/D)

**Day 10:** Trek to Gokyo Ri (5,483m) – Return to Gokyo (4,790m) 4-5 hours – Teahouse (B/L/D)

**Day 11:** Trek to Dragnag (4,700m) 2-3 hours- Lodge (B/L/D)

**Day 12:** Trek to Cho La Pass (5,420m) – Dzongla (4830m) 7-8 hours – Teahouse (B/L/D)

**Day 13:** Trek to Lobuche (4,910m) 3-4 hours – Teahouse (B/L/D)

**Day 14:** Trek to Gorak Shep (5,140m) 2-3 hours – Trek to Everest Base Camp (5,364m) Return to Gorak Shep (5140m) 5-6 hours – Teahouse (B/L/D)

**Day 15:** Sunrise Climb to Kala Patthar (5,550m) – Return to Gorak Shep (5,140m) – Descend to Pheriche (4,240m) 7-8 hours – Teahouse (B/L/D)

**Day 16:** Trek to Namche Bazar (3,440m) via Tengboche (3,860m) 7 -8 hours – Teahouse (B/L/D)

**Day 17:** Rest day at Namche Bazar (3,440m) – Teahouse (B/L/D)

Day 18: Trek to Phakding (2,610m) 5-6 hours – Teahouse (B/L/D)

**Day 19:** Trek to Lukla (2,840m) 4-5 hours – Teahouse (B/L/D)

**Day 20:** Fly to Kathmandu (1400m) – Transfer to Radisson Hotel – Hotel (B/B)

**Day 21:** Reserve Day (In case of Lukla flight cancellations due to bad weather) – Hotel (B/B)

**Day 22:** Departure to International Airport. End of the trek (B)

B/B = Bed & Breakfast, B = Breakfast, B/L/D = Breakfast/Lunch/Dinner

\* Itinerary subject to change

\* Single room supplement available at an additional cost of USD 800

**\* Detailed trek itinerary and information (clothing & equipment list; medical declaration & clearance; FAQ's) issued upon booking.**

### **Trek Inclusions:**

- Arrival/Departure transfers on both domestic and international flights
- Deluxe Hotel accommodation in Kathmandu (Radisson Hotel) on a twin share basis – bed and breakfast as per the itinerary
- Highest quality Teahouse accommodation with attached bathroom when available on a twin share basis during the trek (single room supplementary charge available if requested)
- Unlimited breakfast, lunch, and dinner from a full teahouse menu of your choice while trekking
- Unlimited hot drinks at each meal (excluding carbonated & alcoholic beverages)
- 4-5L of boiled or filtered drinking water per day while trekking
- Welcome or farewell traditional Nepalese dinner with cultural dance & folk music
- Half-day guided city tour in Kathmandu.
- All domestic flights and airport tax (Kathmandu-Lukla-Kathmandu)
- Transportation to and from the starting and ending points of the trek
- Free use of quality trekking gear – sleeping bag, fleece liner & down jacket (return after trip completion)
- Professional local trekking co-guides & assistant guides well-trained in Wilderness First Aid.
- Porters to carry all personal gear and group equipment
- First Aid Kit (excluding personal prescription medication)
- Gamow Bag/PAC (Portable Altitude Chamber – portable hyperbaric chamber to treat severe altitude illness – AMS, HAPE & HACE).
- Everest National Park Trek Permit, TIMS card & any other required permits or official documentation
- Emergency helicopter rescue Evacuation Coordination Service (You are responsible for Insurance to cover this contingency)

### **Trek Exclusions:**

- International airfares (approximately AUD 1600-1800 return from Melbourne to Kathmandu)
- Travel & emergency helicopter rescue insurance (Please make sure your insurance covers helicopter evacuation services)
- Excess baggage charges of more than 15kg (which includes carry-on bag) for domestic flights
- Visa fees
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain (due to any reason) other than the scheduled itinerary
- Drinks (carbonated and alcoholic)
- Hot shower and battery charges during the trek
- Expenses of a personal nature (laundry & phone calls)

- Lunches and dinners while not trekking (approximately AUD 5-10 per meal in Kathmandu restaurants, AUD 20-30 per meal in Radisson Hotel)
- Tips for Nepalese co-guides & porters
- Pre-Trek Simulated Altitude & Group Training program

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FBI Travel requires a non-refundable booking fee of **AUD 250** per person to confirm your reservation and guarantee a seamless experience. This essential fee solidifies your participation in the tour and allows us to begin the meticulous preparation process that defines the quality and reliability of our services.

From trek bookings, flights, and accommodation to travel insurance and visa assistance, they'll help you with everything you need to make getting there and back easy. Please get in touch with FBI Group Travel Leader Deanne: 03 8573 0900 or email: [groups@fbitravel.com.au](mailto:groups@fbitravel.com.au)