Everest Base Camp via Gokyo Lake Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**18 Days**
DIFFICULTY	**Basic**
MAX ALTITUDE	**5545m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,190 per person**

Day-by-day itinerary

Day 1 : Arrive in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, you will be welcomed by your trekking team and transferred to your hotel in Kathmandu. Spend the day relaxing or exploring the lively streets of Thamel, famous for its cafes, trekking shops, and cultural atmosphere. In the evening, attend a detailed trek briefing where your guide will explain the itinerary, equipment, permits, safety procedures, and acclimatization guidelines for the adventure ahead.

Day 2 : Trek and Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final trek preparation and permit arrangements before heading into the mountains. You can organize and check your trekking gear, meet your guide and porter team, and make any last-minute purchases if needed. You may also spend time exploring Kathmandu’s temples, markets, and cultural sites while enjoying the vibrant atmosphere of Nepal’s capital city.

Day 3 : Fly Kathmandu -> Lukla (2,860m), Trek to Phakding (2,610m)

Altitude: 1400m - 2860m - 2610m

Walk: 3-4 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin the adventure with a scenic mountain flight from Kathmandu to Lukla, one of the most thrilling airports in the world. After meeting your porter team, start trekking through pine forests, Sherpa villages, and suspension bridges alongside the Dudh Koshi River. The gentle trail leads to the peaceful riverside village of Phakding.

Day 4 : Trek to Namche Bazaar (3,440m)

Altitude: 2610m - 3440m

Walk: 6-7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today’s trek follows the Dudh Koshi River through forests and suspension bridges, including the famous

Hillary Suspension Bridge. Enter Sagarmatha National Park and gradually ascend toward Namche Bazaar while enjoying the first distant views of Mount Everest. Namche is the vibrant Sherpa capital of the Everest region filled with lodges, bakeries, shops, and mountain culture.

Day 5 : Acclimatization Day in Namche Bazaar

Altitude: 3440m - 3880m - 3440m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This important acclimatization day helps your body adjust to the increasing altitude. You may hike to the Everest View Hotel for panoramic views of Everest, Nuptse, Ama Dablam, and surrounding peaks or explore the traditional Sherpa village of Khumjung and its ancient monastery. The remainder of the day can be spent exploring Namche Bazaar and its cultural attractions.

Day 6 : Trek to Dole (4,040m)

Altitude: 3440m - 4040m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leaving Namche behind, the trail climbs steadily through rhododendron forests, alpine landscapes, and yak pastures with spectacular Himalayan views along the way. The route passes small mountain settlements before reaching the peaceful village of Dole surrounded by beautiful high-altitude scenery.

Day 7 : Trek to Machhermo (4,470m)

Altitude: 4040m - 4470m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Continue trekking through open alpine valleys and rugged mountain terrain while enjoying stunning views of Cho Oyu and surrounding peaks. The air becomes colder and thinner as you approach Machhermo, a quiet Himalayan settlement often used for acclimatization before reaching Gokyo.

Day 8 : Trek to Gokyo (4,790m)

Altitude: 4470m - 4790m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today’s trek leads toward the beautiful Gokyo Valley beside the sacred turquoise glacial lakes of Gokyo. Along the route, enjoy breathtaking views of snow-capped mountains, rocky moraines, and the massive Ngozumpa Glacier, the longest glacier in Nepal. Gokyo offers a peaceful and less crowded Himalayan atmosphere.

Day 9 : Acclimatization Hike to Gokyo Ri (5,360m)

Altitude: 4790m - 5360m - 4790m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

An early morning hike to Gokyo Ri rewards trekkers with one of the finest panoramic views in the Himalayas. From the summit, enjoy breathtaking views of Everest, Lhotse, Makalu, Cho Oyu, and the vast Ngozumpa Glacier stretching across the valley. After enjoying the scenery, descend back to Gokyo for rest and acclimatization.

Day 10 : Cross Cho La Pass (5,420m) to Dzongla (4,830m)

Altitude: 4790m - 5420m - 4830m

Walk: 7-8 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

One of the most challenging and rewarding days of the trek, today involves crossing the high Cho La

Pass through rocky trails, glacier sections, and snow-covered terrain. From the top of the pass, trekkers are rewarded with spectacular mountain and glacier views before descending to the remote village of Dzongla.

Day 11 : Trek to Lobuche (4,910m)

Altitude: 4830m - 4910m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail descends from Dzongla and follows the moraine of the Khumbu Glacier toward Lobuche. Along the way, you will pass memorials dedicated to climbers who lost their lives on Everest, offering a powerful reminder of the mountain's challenges and history.

Day 12 : Trek to Gorak Shep (5,164m), Visit Everest Base Camp (5,364m)

Altitude: 4910m - 5164m - 5364m - 5164m

Walk: 7-8 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek alongside the Khumbu Glacier to Gorak Shep, the last settlement before Everest Base Camp. After a short rest, continue toward the legendary Everest Base Camp where climbers prepare for summit expeditions. Witness the dramatic Khumbu Icefall and incredible Himalayan surroundings before returning to Gorak Shep.

Day 13 : Hike Kala Patthar (5,545m) for Sunrise, Descend to Pheriche (4,240m)

Altitude: 5164m - 5545m - 4240m

Walk: 7-8 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Wake early for a sunrise hike to Kala Patthar, one of the best viewpoints in the Everest region. From the summit, enjoy unforgettable panoramic views of Everest and surrounding Himalayan peaks glowing in the morning light. After the hike, descend through alpine trails toward the peaceful village of Pheriche.

Day 14 : Trek to Namche Bazaar (3,440m)

Altitude: 4240m - 3440m

Walk: 6-7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin descending through forests, rivers, and traditional Sherpa villages while retracing your route back toward Namche Bazaar. The lower altitude brings warmer temperatures and easier breathing as you enjoy the final days in the Himalayas.

Day 15 : Trek to Lukla (2,860m)

Altitude: 3440m - 2860m

Walk: 6-7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Complete the final trekking day by descending through forests, suspension bridges, and mountain villages back to Lukla. Celebrate the successful completion of your Everest Base Camp and Gokyo adventure with your trekking team.

Day 16 : Fly Lukla -> Kathmandu (1,400m)

Altitude: 2860m - 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration - 35 minutes flight

Take an early morning scenic flight back to Kathmandu while enjoying spectacular aerial views of the Himalayas. Upon arrival, transfer to your hotel and spend the remainder of the day relaxing, exploring

the city, or shopping for souvenirs.

Day 17 : Contingency / Rest Day in Kathmandu

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

This extra day is reserved in case of weather-related flight delays from Lukla. If flights operate as scheduled, you may enjoy sightseeing around Kathmandu Valley, visit cultural heritage sites, or simply relax before your international departure.

Day 18 : Final Departure

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today marks the end of your unforgettable Himalayan adventure. According to your flight schedule, you will be transferred to Tribhuvan International Airport for your onward journey home or next destination.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrive in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Trek and Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly Kathmandu -> Lukla, Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 4 · Trek to Namche Bazaar · 2,610 m · day 15°C / night 3°C
- Day 5 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 6 · Trek to Dole · 3,440 m · day 11°C / night -2°C
- Day 7 · Trek to Machhermo · 4,040 m · day 8°C / night -6°C
- Day 8 · Trek to Gokyo · 4,470 m · day 5°C / night -9°C
- Day 9 · Acclimatization Hike to Gokyo Ri · 4,790 m · day 4°C / night -11°C
- Day 10 · Cross Cho La Pass to Dzongla · 4,790 m · day 4°C / night -11°C
- Day 11 · Trek to Lobuche · 4,830 m · day 4°C / night -11°C
- Day 12 · Trek to Gorak Shep, Visit Everest Base Camp · 4,910 m · day 3°C / night -12°C
- Day 13 · Hike Kala Patthar for Sunrise, Descend to Pheriche · 5,164 m · day 2°C / night -13°C
- Day 14 · Trek to Namche Bazaar · 4,240 m · day 7°C / night -7°C
- Day 15 · Trek to Lukla · 3,440 m · day 11°C / night -2°C
- Day 16 · Fly Lukla -> Kathmandu · 2,860 m · day 13°C / night 2°C
- Day 17 · Contingency / Rest Day in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 18 · Final Departure · 1,400 m · day 21°C / night 11°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Sagarmatha National Park Entry Permits. (Permit required for the Everest region)
- Local Government Entry Permits. (Khumbu Pasang Lhamu Rural Munacipality)
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-base-camp-via-gokyo-lake-trek/
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