Discovery World Trekking



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Demo Trip

15 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1
per person

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https://dev.discoveryworldtrekking.com/trips/demo-trip







Everest Base Camp treks are some of the most popular hikes in the world, and they come in different sizes, shapes, and flavors. Everest Base Camp Trek with Gokyo Ri slightly differs from the classic Everest Base Camp trek taking you to the Gokyo region (Gokyo Lakes and Gokyo Ri) before heading to Everest Base Camp. But unlike other Everest Base Camp with Gokyo treks, you need not cross the Chola Pass to reach EBC.

TRIP FACTS

Destination	Everest Base Camp
Grade	Challenging
Accomodation	Lodge to Lodge stays
Best season	Spring (March, April, May) & Autumn (September, October, November)
Activity	Everest Treks
Max. altitude	5,555m (Kala Patthar)
Activity per day	5-7 hours of hike
Meals included	13 lunches, 13 dinners, and 14 breakfasts during the trek
Start / end point	Kathmandu - Kathmandu

PRICE

US$ 1 per person

Trek highlights

- Scenic 40-minute flights from Kathmandu to Lukla and vice-a-versa
- Namche Bazaar, also known as the gateway to Everest, and a trading hub
- Everest Base Camp (5,364m) and fantastic views from EBC
- Sagarmatha National Park (UNESCO World Heritage Site)
- Impressive view of Khumbu Ice Fall
- Amazing views from Gokyo Ri ((5,357m/ 17,575ft)
- Hidden Gokyo valley and Gokyo Lake
- High-altitude flora, fauna, and climate
- Traditional Sherpa villages, ancient monasteries
- Edmund Hillary funded school and hospital
- Prayer wheels, mani stones, colorful flags, thrilling high-suspension bridges
- One of the world's highest-altitude airport
- Stunning views of peaks over 8000m, including Mt. Everest (8,848m)

Comprehensive trek overview

The Gokyo Lakes with Everest Base Camp (EBC) Trek is a rewarding adventure in the Everest region. While many trekkers are familiar with the usual trails in this area, our route diverges from the standard path to Everest Base Camp and takes you to the tranquil and breathtaking Gokyo valley lakes region before rejoining the classic Everest Base Camp trail.

Heading level 1

You will also enjoy the views from the Gokyo Ri viewpoint, which allows you to enjoy the views of some of the tallest mountains on earth: Everest (8,848m/29,028ft), Cho Oyu (8,201m), Mount Lhotse (8,516m), and Mount Makalu (8,463m). Moreover, you will also view Ngozumpa Glacier - the largest Himalayan glacier.

Heading level 2

You will also enjoy the views from the Gokyo Ri viewpoint, which allows you to enjoy the views of some of the tallest mountains on earth: Everest (8,848m/29,028ft), Cho Oyu (8,201m), Mount Lhotse (8,516m), and Mount Makalu (8,463m). Moreover, you will also view Ngozumpa Glacier - the largest Himalayan glacier.

Heading level 3

You will also enjoy the views from the Gokyo Ri viewpoint, which allows you to enjoy the views of some of the tallest mountains on earth: Everest (8,848m/29,028ft), Cho Oyu (8,201m), Mount Lhotse (8,516m), and Mount Makalu (8,463m). Moreover, you will also view Ngozumpa Glacier - the largest Himalayan glacier.

Heading level 4

You will also enjoy the views from the Gokyo Ri viewpoint, which allows you to enjoy the views of some of the tallest mountains on earth: Everest (8,848m/29,028ft), Cho Oyu (8,201m), Mount Lhotse (8,516m), and Mount Makalu (8,463m). Moreover, you will also view Ngozumpa Glacier - the largest Himalayan glacier.

Heading level 5

You will also enjoy the views from the Gokyo Ri viewpoint, which allows you to enjoy the views of some of the tallest mountains on earth: Everest (8,848m/29,028ft), Cho Oyu (8,201m), Mount Lhotse (8,516m), and Mount Makalu (8,463m). Moreover, you will also view Ngozumpa Glacier - the largest Himalayan glacier.

Heading level 6

You will also enjoy the views from the Gokyo Ri viewpoint, which allows you to enjoy the views of some of the tallest mountains on earth: Everest (8,848m/29,028ft), Cho Oyu (8,201m), Mount Lhotse (8,516m), and Mount Makalu (8,463m). Moreover, you will also view Ngozumpa Glacier - the largest Himalayan glacier.

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This unique and exhilarating experience showcases the best aspects of trekking in Nepal, especially in the Khumbu region, as you traverse more peaceful, less-trodden trails. This remarkable trek offers a perfect blend of adventure and beauty, making it an excellent choice among trekking enthusiasts. This trek is less challenging than our other treks, which proceed to the Everest Base Camp - without crossing Chola Pass.

The trek starts with a 40-minute flight from Kathmandu to Lukla. After landing in Lukla, you will head to Phakding on a scenic path that follows the banks of the Dudhkoshi River. After trekking for about three hours, you will reach Phakding, where you will spend the night. The following day, you will leave Phakding and reach Namche Bazaar, often known as the gateway to Everest. You will spend one more day at Namche for acclimatization. During acclimatization, you can visit several important places, including Khunde Hospital, established by Edmund Hillary, Tenzing Norgay memorial, and Everest National Park Center.

After resting for a day at Namche, you will head to Dole which lies west of Namche. The path progresses through forested areas with wild lives like musk deer, Himalayan Thar, and Himalayan pheasant. From Dole, the trek continues to Machhermo, known for providing stunning views of Taboche, Cholatse, and Kajyori.

On the sixth day, you will reach Gokyo valley, where you will spend an entire day acclimatizing and exploring the incredible landscapes, such as Goko Lakes and Gokyo Ri viewpoint. From the Gokyo Ri viewpoint, you can enjoy the views of some of the world’s tallest mountains, including Everest (8,848m), Lhotse(8,516m), Makalu (8,481m), and Cho Oyu (8,188m).

After a day's rest at Gokyo, you will return to Phortse Village and to Pheriche, joining the classic Everest Base Camp route.

A day of trek from Pheriche takes you to Lobuche via Dengboche Village. On the way, you will pass a memorial dedicated to those who could not succeed in this harsh terrain. Lobuche used to serve as a summer yak-grazing post in the past. The Everest Base Camp (EBC) is not far from Lobuche, so the next day you will reach EBC. However, before reaching Everest Base Camp, we will take you to Gorak Shep, where we will leave our belongings before ascending to Everest Base Camp.

The views from EBC are mind-blowing as you witness the incredible landscapes from the base camp of the world's tallest mountains, including Everest, Lhotse, and Ama Dablam. You might feel overwhelmed when you reach the Everest Base Camp, which is quite normal considering the challenges you undergo to reach EBC. After enjoying the views from EBC, you will descend to Gorak Shep, where you will spend the night.

The following morning, we will take you to Kala Patthar so that you can enjoy the dawn break from beyond the world's highest mountains, including Mt. Everest. Then you will return to Gorak Shep, have breakfast and then return to Pheriche.

From Pheriche, you will continue descending as you head back to Lukla. After a night at Pheriche, the next day, you will reach Namche Bazaar, and from Namche, one more day of the trek will take you to Lukla. You will spend the last night in the trek region at Lukla. The following morning you will fly back to Kathmandu. We hope you enjoyed your trip thoroughly and created some of the most memorable moments in your life.

What is included in this trek package?

Food

- Government licensed English speaking Discovery World Trekking experienced and qualified trek leader.
- English speaking Discovery World Trekking experienced and qualified trek leader.
- Item 2 English speaking Discovery World Trekking

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- English speaking Discovery World Trekkin
- English speaking Discovery World Trekkin

Other Expensive

- Personal expenses such as shopping, snacks, hot drinks (tea, coffee), cold drinks, alcoholic drinks, bottle or boiled water, shower,
- Additional costs due to delays caused by circumstances out of control like landscape, unfavorable weather conditions, itinerary modification for safety, illness, government policy changes, political instability, strikes, etc.
- All the costs and expenses not listed in "What is included in my Annapurna with Tilicho Lake Trek Package?" will be counted as excluded

What is excluded in this trek package?

Food

- Government licensed
- food exclude

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- English speaking Discovery World Trekkin

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Equipment list for Everest Base Camp trek with Gokyo Ri

Bring only basic clothing and accessories for the trek. Though porters will carry most of your luggage, we expect you to bring a small backpack for your vital documents and valuables. Please note that the **luggage weight limit per trekker is 9 kg.** Though individual preferences differ, here is a list to help you pack.

Head

- Sun hat or scarf
- Winter hat or insulating hat or Wide-brimmed hat
- Headlight with extra batteries

Face

- Sunscreen
- Lightweight gloves
- Sunglass with UV protection
- Face/body wipes
- Hands
- Heavyweight winter gloves

Body

- Hiking shirts
- Lightweight cotton pants
- T-Shirt (bring Lightweight wool)
- Polypropylene underwear
- Long-sleeved shirt
- Hooded rain jacket
- Fleece jacket
- Down jacket (available for rent in Kathmandu)
- Sweater
- Waterproof jacket and pants

Footwear

- Hiking Boots
- Thick wool socks (Take an extra pair of thick light socks)

Essential gear

- Water purification
- Trekking pole
- Backpack or daypack (Size depends on whether you take a porter or not).
- Thermal bottle
- Sleeping bag (-15 bag is best in high altitude trekking)

Personal accessories

- Money
- Cell phone
- Watch
- Camera

Toiletries

- Medium-size drying towel
- Nail clippers
- Small mirror
- Toothbrush
- Toothpaste
- Deodorant floss
- Biodegradable bar soap

Extra items

- First aid kit
- Extra passport photos and passport photocopies
- Notebook and pen
- Binoculars

Trip Notes

Arrival, Welcome, and Trek start

If you share your flight details with us, you will find our company representative holding a placard with your name at Kathmandu airport. After receiving you, our representative will present you with a Khada or a marigold garland as a welcome gesture and then transfer you to your hotel in a private vehicle. If you request, we can recommend a hotel as well.

In peak trek seasons (March, April, May, Sept, October, and November), Lukla flights from Tribhuvan International Airport (TIA) may be rerouted to Manthali Airport due to traffic congestion. So, during these months, on the trek departure day, our guide will pick you up from your hotel at around 12:30 am for a five-hour drive to Manthali. From Manthali, you will take a 20-minute flight to Lukla.

In other months (December, January, February, June, July, and August), you will take a 40-minute flight to Lukla from Kathmandu. Hence, on the trip departure day, we will take you to Kathmandu Airport early morning.

Accommodations

We provide 13-night stays in lodges/hotels, mostly twin-sharing rooms in the trek regions. Rooms with private attached bathrooms are available in Lukla, Phakding (2 nights), and Namche (3 nights), and standard rooms at Tengboche (2 nights), Lobuche, Dingboche (2 nights), Gorakshep, and Pheriche.

Electricity for charging, Wi-Fi for net access, and hot showers are available in most lodges but you may need to pay for them.

This package does not include accommodations and meals in Kathmandu before and after the trek. You need to spend at least 2 nights in Kathmandu, one before the trek starts and the other at the end.

Meals

We provide 14 breakfasts, 13 lunches, and 14 dinners in the trek region. You have several options including Nepali, Tibetan-influenced (like momos, chowmein), and Western (pizza, burgers, sandwiches). We suggest you eat energy-dense foods such as dal (lentil), bhat (rice), and tarkari (vegetables).

For maximum health benefits, you need to take a lot of fluids, such as green tea, lemon tea, hot lemon, ginger tea, and garlic soup. We advise you to avoid meat, dairy products, alcoholic beverages, caffeine, and hot chocolates for better acclimatization.

We only provide standard meals. Our package does not include hot (tea/coffee), cold, or alcoholic drinks.

Luggage

We provide a porter for every two trekkers, and our porters do not carry over 18 kg. Hence, your luggage limit is 9 kg. We advise you to partner with a fellow traveler and pack your luggage in a duffel bag of over 60 liters. You can store extra luggage at your hotel or our store for free.

Facilities and Essentials

Water

You can buy bottled water from the en-route shops/tea houses. However, we advise you to bring a water bottle and fill it with boiled or filtered water bought from tea houses/lodges for ecological reasons. Further, we recommend you use water purification methods. We can provide you with purification pills if you request us.

Communication

You can buy a local SIM in Kathmandu. However, depending on the network carrier, it may not be strong enough at higher altitudes. Our head office stays in touch with all trekking teams via the trek leader over the phone at least once a day.

Travel Essentials

Visa

All foreigners, except Indians, require a visa to visit Nepal. Most foreigners can get an on-arrival visa at Tribhuvan International Airport in Kathmandu. To get this visa, you need to have a passport with at least six months of validity, two passport-size photos, and an application fee. The application fee depends on the length of stay. The current rate is USD 50 for a 30-day stay. Please visit the https://www.immigration.gov.np/en portal for detailed information.

Travel Insurance

Travel insurance is mandatory for this trek. Your insurance must cover health care and emergency helicopter evacuation costs up to 5,500 m. Please call your insurer and ensure that your insurance covers helicopter evacuation.

Currency Exchange

1 USD = ~ NPR (Nepalese Rupees) 133. Please bring major currencies (USD, GBP, EURO) and exchange them in Kathmandu. We advise using legal currency exchanges in Kathmandu for a quick and easy experience. You can withdraw NPR from ATMs in Kathmandu, but you might have to pay withdrawal fees. If you have Indian Rupees, please remember that only INR 100 notes are legal in Nepal.

Extra Expenses

You will need money for drinks (hot, cold, and alcoholic), snacks, souvenirs, and tips. You will need around USD 15 per trek day for personal expenses.

Trek Season, Weather Conditions, and Flight Delays

The best trek seasons are spring (March-May) and autumn (September-November) for clear skies, comfortable temperatures, and stunning views. During spring, the temperature at high altitudes can rise to 20 °C and fall to -5 °C at night. Similarly, during autumn, the temperature at high altitudes can reach up to 25 °C during the day and drop to -10 °C at night.

We also conduct treks during summer (June-August) and winter (December-February). In summer, the temperatures at high altitudes reach 27 °C and come down to 5 °C at night. Similarly, in winter, the day temperature can reach 15 °C and come down to -20 °C. However, the monsoon rain makes the lower elevations slippery, and there are chances of flight delays in summer. In winter, the temperatures in high elevations are frigid, and heavy snow can cover the trails.

Trek Delays

In case of flight delays to Lukla due to weather, the flights will be rescheduled to the next flight. You can book a helicopter flight, but it will set you back USD 500 to 1,000 on a shared flight. To account for the flight delays, we recommend you add two extra days as a buffer for potential delays.

Typical Day

Each day of your trek, you'll enjoy stunning scenery, take photos, try local dishes, and explore villages. Expert Sherpas will share insights about the locations, while porters carry most of your luggage. You'll carry a small bag for valuables.

Trekking starts after breakfast, typically 7 to 8 am, followed by a walk of three to four hours. You will have lunch, rest, and then continue a shorter afternoon walk that lasts around two hours. After arriving at your lodge, you'll have snacks and free time to explore.

We serve dinner around 6 to 7 pm, followed by a briefing on the next day's trek. You can then relax with board games, documentaries, or learning Nepali words.

Feedback and Trip Conclusion

Farewell Dinner and Feedback

We will organize a farewell dinner in Kathmandu after the trek is complete and present you with a printed certificate of trek achievement. It is also a great time to provide feedback and share your experiences on travel portals.

Departure

On your departure to your home country, we will drive you to Tribhuvan International Airport in a private vehicle, hoping you will return to Nepal for future treks.

Trek Bookings

Private treks

We conduct private treks only and do not add anyone to your trek. We add an assistant guide for a group of more than twelve persons.

Safe Trek Bookings

Discovery World Trekking is a government-authorized trekking operator in Nepal and a member of TAAN and NMA. To confirm a trek booking, we require a 10% advance payment. You can pay the advance via bank transfer, Wise, or our website.

After booking, please send us the necessary documents, such as a passport copy, photos, travel insurance, and flight details, within a week of booking. You can pay the remaining balance upon arrival in Nepal using cash, bank transfer, Wise, Western Union, or credit card. We will also email you detailed payment options.

Last-Minute Bookings

We provide last-minute booking arrangements for spontaneous travelers. Make sure you have your documents and travel insurance ready, then contact us directly to confirm availability and make quick arrangements.

You must pay the full amount 24 hours before your intended departure date for last-minute treks. We'll do our best to run your trip on time, but last-minute bookings can face delays due to bad weather, landslides, or limited accommodations. For more information, call Paul at 977-9840055491 or email info@discoveryworldtrekking.com.

Flexible Schedule

The EBC trek package includes fixed departure dates from Kathmandu but can be adjusted to accommodate your specific requests and schedule. Please review your designated departure dates. If the date does not suit you let us know, and we can arrange a trek at your convenience.

Trip Extension

If you choose to extend your stay in Nepal, we can recommend additional adventures like sightseeing, jungle safari, paragliding, and more.

DWT Family

Our experienced, government-licensed guides and Sherpas will be with you every step, ensuring your trek is memorable. Our guides are trained in wilderness first aid and ecological conservation and have years of trekking experience. They come from the high Himalayas, are well-compensated, and we cover their insurance, food, and lodging during the trek. We ensure our team receives the best care, knowing that a happy crew can only provide a great trek experience for you.

Ecotourism Practices

We prioritize eco-friendly practices, reducing plastic waste by using reusable water bottles, and partnering with local lodges to support communities. Our conservation efforts include following park rules and promoting responsible trekking.

In collaboration with the Kathmandu Environmental Education Project (KEEP), we organize eco-friendly trips that benefit travelers and local communities. We follow a policy of leaving only the footprints behind in the trek regions.

Tipping Culture

In Nepali culture, a tip is an honored way to say thank you (Dhanyabad) for good service. We advise you to tip collectively, as a group, at the end of the trek (for the guide and the porters). The tip amount is entirely a personal preference that may depend more or less on your perception of service quality, length of trip, budget, and appreciation of their work.

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