Discovery World Trekking



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Everest Base Camp Trek via Gokyo Lakes - 15 Days

15 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1460
per person, for 2 to 3 people

Made on 27 November 2026

https://dev.discoveryworldtrekking.com/trips/everest-base-camp-trek-via-gokyo-lakes







The 15-day Everest Base Camp Trek with Gokyo Lakes takes you through the heart of the Khumbu region. It combines turquoise Gokyo Lakes and Gokyo Ri viewpoint (5,357 m / 17,575 ft) with the iconic Everest Base Camp (5,364 m / 17,598 ft). Crossing the challenging Cho La Pass (5,420 m / 17,782 ft), you can explore Sherpa villages and ancient monasteries, and enjoy spectacular views of Mount Everest, Cho Oyu, Khumbila, Cholatse, and Makalu along the way.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Everest Treks
Max. altitude	5,555m at Kalapatthar
Activity per day	Approximately 4-6 hrs walking

PRICE

US$ 1460

per person, for 2 to 3 people

The full price is US$ 1800. You save US$ 340 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1460
4 to 7	US$ 1430
8 to 13	US$ 1400
14 to 21	US$ 1250

Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

People	Price per person
22 to 30	US$ 1200

Group discounts are exclusive to your group size only. We do not merge groups.

EBC Trek via Gokyo Lakes Highlights

- Explore the turquoise Gokyo Lakes, a collection of five tranquil glacier lakes.
- Reach Gokyo Ri (5,357 m / 17,575 ft), a high-altitude viewpoint for panoramic views of Mount Everest and the Khumbu Himalayas.
- Cross the challenging Cho La Pass (5,420 m / 17,782 ft) connecting the Gokyo and Everest valleys.
- Stand at Everest Base Camp (5,364 m / 17,598 ft), the iconic destination at the foot of the world's highest mountain, Mount Everest.
- Hike to Kala Patthar (5,555 m / 18,225 ft) for best close-up sunrise views of Mount Everest and surrounding peaks.
- Walk alongside the Ngozumpa Glacier, the longest glacier in the Himalayas.
- Enjoy views of towering giants like Lhotse, Makalu, Gyachung Kang, Cho Oyu, Nuptse, and Ama Dablam.
- Trek through Sagarmatha National Park, a UNESCO World Heritage Site rich in Himalayan biodiversity.
- Experience traditional Sherpa culture and mountain lifestyle in villages including Namche Bazaar, Gokyo, Thame, and Khumjung.
- Visit ancient monasteries such as Rimishung and Tengboche and observe prayer wheels, mani walls, chortens, and prayer flags.

Everest Base Camp via Gokyo Lakes Overview

The Everest Base Camp Trek via Gokyo Lakes is a scenic and diverse journey through the Khumbu region, combining the peaceful Gokyo Valley with the iconic Everest Base Camp trail.

Your journey begins with a **short flight from Kathmandu or Manthali to Lukla**, followed by a trek through the Dudh Koshi Valley to **Phakding**. You can take a direct flight (40 minutes) from Kathmandu to Lukla during off-seasons. In peak seasons, we transport you to the Manthali airport by a local bus (5 hrs drive at midnight) to catch a morning flight (20 minutes) to Lukla.

The trail continues along the river toward the entrance of **Sagarmatha National Park**. You then cross the famous **Hillary Suspension Bridge** before continuing through pine forests to **Namche Bazaar (3,440 m / 11,286 ft)**. Namche is the main trading hub of the Khumbu.

You spend an acclimatization day in Namche Bazaar, where you can explore the lively market, visit **Syangboche Airport**, **Hillary School in Khumjung**, and **Yak farms**. A short hike to **Everest View Hotel** can provide a clear view of Mt. Everest. These activities allow your body to adjust to a higher altitude.

After your rest day in Namche, you follow the Dudh Koshi Valley toward **Dole (4,200 m / 13,780 ft)**. The landscape becomes quieter as the trail passes through rhododendron and alpine vegetation, with small Sherpa settlements scattered across the mountainsides.

The route continues to **Machhermo (4,470 m / 14,665 ft)**, a high-altitude village surrounded by steep Himalayan slopes. You can enjoy the view of the world's fifth-tallest mountain, **Mt. Cho Oyu (8,188 m / 26,864 ft)**, while heading to Lapharma and Luja villages.

Continuing through the green pastures and elevated grazing lands of Phanga, you cross the memorial site before arriving at **Gokyo (4,790 m / 15,715 ft)**. Here, the turquoise Gokyo Lakes sit beneath the surrounding peaks. This is one of the most distinctive sections of the trek and offers a peaceful contrast to the busier Everest Base Camp route.

At Gokyo, you spend a day acclimatizing and hike to **Gokyo Ri (5,400 m / 17,717 ft)**. From the viewpoint, you can see a beautiful Himalayan panorama featuring **Mt. Everest,Mt. Everest, Cho Oyu (8,188 m / 26,864 ft), Lhotse (8,516 m / 27,940 ft), and Makalu (8,481 m / 27,824 ft)**. The Gokyo Valley and its chain of glacial lakes also provide some of the most memorable scenery of the journey.

Leaving Gokyo, the trail crosses the **Ngozumpa Glacier** toward **Thangnak (4,700 m / 15,420 ft)**. The surroundings become increasingly alpine as you prepare for the trek's highest and most challenging section.

The following day, you hike over rocky trails and glacial moraines to reach the top of **Cho La Pass (5,420 m / 17,782 ft)** in the early morning. It is the highest point of the trek, from which you can enjoy views of **Cho La Lake and Mt. Cholatse (6,440 m / 21,129 ft)**.

You cross the pass through an icy, slippery downhill path to reach **Dzongla (4,855 m / 15,928 ft)**, a collection of quiet, small stone teahouses. From here, the trail joins the classic Everest route toward **Lobuche (4,910 m / 16,109 ft)**. Glacial valleys, rocky slopes, and towering Himalayan peaks mark the landscape.

You continue ascending into a rocky, uneven path alongside the Khumbu Glacier moraine until you reach Gorak Shep. With consistent effort and determination, you trek through the dusty, short, steep ups and downs towards the **Everest Base Camp (5,364 m / 17,598 ft)**, one of the main highlights of the trek.

At the base camp, you can enjoy close views of **Pumori, Nuptse, and the famous Khumbu Icefall** rising above the surrounding glacier. After taking in the mountain scenery, you retrace your steps to **Gorak Shep (5,185 m / 17,011 ft)** for the night.

The next morning begins with a hike to **Kala Patthar (5,555 m / 18,225 ft)**, the highest elevation reached on foot during the trek. The viewpoint offers an impressive perspective of Mt. Everest, Nuptse, Pumori, and the surrounding Himalayan range. You then return to Gorak Shep and continue down to **Pheriche (4,250 m / 13,944 ft)**.

From Pheriche, the trail retraces part of the classic Everest route toward Namche Bazaar. After a final night in Namche, you continue to **Lukla (2,850 m / 9,350 ft)**, where your trekking journey comes to an end.

On the final day, you take a flight from Lukla to Kathmandu or Manthali. If your flight lands at Manthali, a road transfer of approximately five hours takes you back to Kathmandu.

Day to Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla. Flight time: Approx 40 min from KTM/20 min from Manthali. Trek to Phakding (2,610 m/ 8,563 ft). Trek time: Approx. 3 hrs.

Day 2 Trek from Phakding to Namche Bazaar (3,440 m / 11,296 ft). Trek time: Approx. 6 hrs.

Day 3 Rest day and acclimatization at Namche Bazaar (3,443 m / 11,296 ft)

Day 4 Trek from Namche to Dole (4,200 m / 13,270 ft) . Trek time: Approx. 5 hrs.

Day 5 Trek from Dole to Machhermo (4,470 m / 14,450 ft). Trek time: Approx. 6 hrs.

Day 6 Trek from Machhermo to Gokyo (4,790 m / 15,584 ft). Trek time: Approx. 4 hrs.

Day 7 Rest day to acclimatize at Gokyo. Gokyo Ri viewpoint (5,400 m / 17,814 ft), Trek time: Approx. 2 hrs.

Day 8 Trek from Gokyo to Thangnak (4,700 m / 15,400 ft) . Trek time: Approx. 5 hrs.

Day 9 Trek from Thangnak to Dzongla (4,855 m / 15,930 ft) via Cho La Pass (5,420 m / 17,783 ft). Trek time: Approx. 6 hrs.

Day 10 Trek from Dzongla to Lobuche (4,940 m / 16,207 ft). Trek time: Approx. 4 hrs.

Day 11 Trek from Lobuche to Everest Base Camp (5,364 m / 17,598 ft) and back to Gorak Shep (5,180 m / 16,864 ft). Trek time: Approx. 7 hrs.

Day 12 Hike to Kala Patthar (5,555 m / 18,225 ft) viewpoint, trek to Gorak Shep, then Pheriche (4,250 m / 13,944 ft). Trek time: Approx. 6 hrs.

Day 13 Trek from Pheriche to Namche Bazaar (3,443 m / 11,296 ft). Trek time: Approx. 6 hrs.

Day 14 Trek from Namche Bazaar to Lukla (2,860 m / 9,383 ft). Trek time: Approx. 7 hrs.

Day 15 Fly back to Kathmandu/ Manthali from Lukla. Flight time: Approx. 40 min for KTM/20 min for Manthali. Drive time: Approx. 5 hrs from Manthali to KTM

Everest Base Camp Trek via Gokyo Lakes Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla (2,845 m / 9,334 ft). Trek to Phakding (2,610 m/ 8,563 ft)

Trek Distance 8 km / 5 miles Flight hours 40/20 mins Highest Altitude 2,850m / 9,350ft
Trek Duration 3–4 hrs

Your Everest Base Camp Trek with Gokyo Lakes starts with a **flight to Lukla**, followed by a short trek through the lower Khumbu Valley to Phakding.

During off-peak months, you can fly directly from Kathmandu to Lukla within **40 minute**s. As you approach Lukla, you can see the hills and mountain terrain before landing at Tenzing-Hillary Airport.

During March, April, May, October, and November, your Lukla flight usually departs from Manthali Airport in Ramechhap. You leave Kathmandu around 12:30 a.m. for the approximately 5-hour drive to Manthali, to catch a **20-minute** morning flight to Lukla.

Lukla → Chaurikharka → Ghat → Phakding

After landing in Lukla, you begin walking toward Phakding through **Chaurikharka** and small mountain villages. The trail passes forested sections and suspension bridges while following the Dudh Koshi Valley.

You continue through Ghat before reaching Phakding, where you check into your lodge for the night.

Overnight stay at Khumbu Travel Lodge, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Phakding (2,610 m/ 8,563 ft) to Namche Bazaar (3,440 m / 11,296 ft)

Trek Distance 10 km / 6.2 miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

After breakfast, we leave Phakding and continue north through pine and rhododendron forests toward Namche Bazaar.

Phakding → Monjo → Jorsale → Namche Bazaar

You follow the trail that crosses several suspension bridges and passes through small Sherpa hamlets such as Tok tok, Benkar, and Chumoa along the Dudh Koshi Valley. You then reach **Monjo**, which sits at the edge of the Sagarmatha National Park entrance.

After registering the permits, the route continues toward **Jorsale**, where the valley narrows, and the trail begins to gain elevation more steadily.

Crossing the Hillary Suspension Bridge, we follow the final uphill section toward **Namche Bazaar**. The trail opens to views of the surrounding peaks before reaching the vibrant Sherpa trading town, where we spend the night.

Overnight stay at Sun Shower Hotel, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Acclimatization Hike at Namche Bazaar (3,443 m / 11,296 ft)

Today is dedicated to acclimatization in Namche Bazaar, with a short hike to higher elevations before returning to town. The gradual ascent helps your body adjust to the altitude while keeping the day active.

Namche Bazaar → Everest View Hotel → Khumjung → Namche Bazaar

You can hike toward the **Everest View Hotel**, passing through Syangboche ridge and large mani stones. It is the most important viewpoint from where you can see the best view of Mount Everest and other peaks like Lhotse, Ama Dablam, and Thamserku.

From here, you continue to descend into the village basin past the local fields until you reach **Khumjung** Village. It is the historic large Sherpa village, where you can visit the famous school founded by Edmund Hillary, the yak farm, and view the framed Yeti scalp inside the Khumjung Monastery.

You continue your return journey to **Namche** with the gentle downhill walk through the well-defined stone-paved trail. You can spend the rest of the day exploring the town, cafes, restaurants, and hotels with free Wi-Fi, and shopping for souvenirs or gear.

Overnight stay at Sun Shower Hotel, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Namche Bazaar (3,443 m / 11,296 ft) to Dole (4,200 m / 13,270 ft)

Trek Distance 11km / 6.8 miles Highest Altitude 4,200m / 13,270ft Trek Duration 5 hours

After breakfast in Namche, you set out for Dole, leaving the main Everest Base Camp trail and following the quieter route toward the Gokyo Valley.

Namche Bazaar → Kyanjuma → Mong La Pass → Phortse Tenga → Dole

You begin with a gradual walk from **Namche Bazaar (3,443 m / 11,296 ft)** along a scenic trail overlooking the valley. Trekking for a few hours, you reach the trail junction where the classic Everest Base Camp route continues toward Tengboche, while you take the left turn toward the Gokyo Valley.

The trail opens up to impressive views of Mt. Everest and Ama Dablam as you trek to **Kyanjuma**. Keep an eye on the surrounding forests, where you may spot colorful Danphe (Himalayan monal) or Himalayan tahr. You take a break for lunch here before continuing toward Sansaa.

From Sansaa, you take the northern fork toward the Gokyo Valley. The trail becomes steeper as you ascend continuously through pine and rhododendron forests, following stone steps and dirt paths toward **Mong La Pass**, which sits on a windy ridge.

At the top, you are rewarded with a panoramic view of Kangtega, known as the "Horse's Saddle," Khumbila (5,761m /18,901 ft), and the icy peaks of Thamserku rising above the surrounding terrain.

You descend through stone steps, rocky sections, dusty paths, and forested switchbacks toward the riverbed at **Phortse Tenga**. The shaded trail follows the Dudh Koshi area through dense pine and rhododendron forests before you begin climbing again.

The final section takes you uphill through a series of stone staircases. As you emerge from the forest, the landscape opens into the U-shaped valley around **Dole** (4,200 m / 13,270 ft), where you rest for tonight.

Overnight stay at Himalayan Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Dole (4,200 m / 13,270 ft) to Machhermo (4,470 m / 14,450 ft)

Trek Distance 5.4 km / 3.6 miles Highest Altitude 4,470m / 14,450ft Trek Duration 2–4 hrs

Today, our trek continues deeper into the Gokyo Valley toward Machhermo after a warm breakfast in Dole. Today's trail is shorter than the previous day, but you gain more elevation as the landscape becomes increasingly open and alpine.

Dole → Luza → Machhermo

You leave **Dole (4,200 m / 13,270 ft)** and follow the trail north along the Dudh Koshi Valley. The path climbs steadily through open mountain terrain, with the dense forests around Dole gradually giving way to low shrubs and alpine vegetation.

As you trek above the valley, you pass through small grazing areas and scattered stone-built communities. The trail continues toward Luza, where the surrounding landscape becomes more rugged and exposed. Looking across the valley, you can see the steep slopes and snow-covered peaks rising above the Gokyo Valley.

From **Luza**, the trail continues with a gradual uphill trek toward Machhermo. The vegetation thins as you gain altitude, while the views of Cho Oyu, Kangtega, and surrounding Himalayan peaks become more prominent along the route.

You eventually reach **Machhermo (4,470 m / 14,450 ft)**, a small mountain settlement spread across the valley. After covering around 5.4 km / 3.6 miles, you have the rest of the day to relax and adjust to the high-altitude environment with surrounding mountain views.

Overnight stay at Yeti Home
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Machhermo (4,470 m / 14,450 ft) to Gokyo (4,790 m / 15,584 ft)

Trek Distance 6 km / 3.7 miles Highest Altitude 4,790m / 15,584ft Trek Duration 3–4 hrs

Today, we continue north along the Dudh Koshi Valley toward Gokyo, following the trail alongside the river and heading deeper into the high-altitude landscape.

Machhermo → Pangka → Longpongo → Raboche Tsho → Dudh Pokhari → Gokyo

You leave **Machhermo (4,470 m / 14,450 ft)** and follow a gradual uphill trail through an increasingly open and rugged landscape. The vegetation becomes sparse as you gain elevation, while the surrounding mountains rise more prominently above the valley.

The trail continues toward **Pangka**, a small area where the valley opens up before the route climbs alongside the Dudh Koshi. As you move higher, you pass through the area of **Longpongo**, one of the small glacial lakes along the route to Gokyo.

From here, the trail continues past **Raboche Tsho**, with rocky slopes and glacial terrain replacing the greener landscape around Machhermo.

You then reach **Dudh Pokhari**, the third and largest of the main Gokyo Lakes, where the turquoise water contrasts sharply with the surrounding barren mountain terrain.

Beyond the lake, the trail leads along its eastern shore toward **Gokyo (4,790 m / 15,584 ft)**. The settlement sits beside the lake, with Cho Oyu and the surrounding Himalayan peaks forming a dramatic backdrop.

Approximately 6 km / 3.7 miles and 3–4 hours of trekking, you arrive in Gokyo and spend the evening beside the turquoise waters of Dudh Pokhari.

Overnight stay at Thanka inn
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Rest day and Acclimatization at Gokyo (4,790 m / 15,584 ft). Hike to Gokyo Ri Viewpoint (5,400 m / 17,814 ft)

Trek Distance 1.5 km / 0.9 miles Highest Altitude 5,400m / 17,814ft Trek Duration 1.5 hrs

Today is your acclimatization day in Gokyo, giving you time to adjust to the high altitude while exploring one of the most famous viewpoints in the Gokyo Valley.

Gokyo → Gokyo Ri Viewpoint → Gokyo

You begin the hike from **Gokyo (4,790 m / 15,584 ft)** and follow the steep trail up the rocky slope of Gokyo Ri. The hike is short in distance but demanding because of the altitude, with a steady ascent over loose rocks and a barren mountain surface.

As you gain height, Gokyo Lake gradually comes into view below, while the surrounding peaks rise higher above the valley. From the **Gokyo Ri viewpoint (5,400 m / 17,814 ft)**, you can see an impressive Himalayan panorama that includes Mt. Everest, Cho Oyu, Lhotse, Makalu, Cholatse, and Taboche, depending on the weather.

The viewpoint also gives you a clear perspective of the **Gokyo Lakes and Ngozumpa Glacier**, one of the largest glaciers in the Himalayas. You descend the same trail back to Gokyo after spending some time taking in the views.

You return to the lodge after 1.5 km / 0.9 miles and 1.5 hours of hiking. The rest of the day is free to rest, explore the lakeside settlement, and prepare for the next section of the trek.

Overnight stay at Thanka Inn
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Gokyo (4,790 m / 15,584 ft) to Thangnak (4,700 m / 15,400 ft)

Trek Distance 3.7 km / 2.3 miles Highest Altitude 4,790m / 15,584ft Trek Duration 2–4 hrs

Today's route is short, allowing you to trek at a steady pace while staying close to the Ngozumpa Glacier. You start with a short walk along the lakeside and cross into the quieter section of the Gokyo Valley toward Thangnak.

Gokyo → Ngozumpa Glacier → Thangnak

You leave **Gokyo (4,790 m / 15,584 ft)** and follow the trail along the edge of **Ngozumpa Glacier**. The route takes you across a rugged glacial landscape, with rocky ground, moraine deposits, and ice-covered terrain surrounding the trail.

As you continue south along the glacier, the views gradually change from the open Gokyo Lakes area to a narrower mountain valley. You can see the mountain slopes of Cholatse and Taboche rising above the valley, while the glacier remains a prominent feature of the route.

The trail eventually reaches **Thangnak (4,700 m / 15,400 ft)**, a small seasonal hamlet beside the glacier. It is an important overnight stop before continuing toward Cho La Pass on the following section of the trek.

Overnight stay at Hotel Khumbila
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Trek from Thangnak (4,700 m / 15,400 ft) to Dzongla (4,855 m / 15,930 ft) via Cho La Pass (5,420 m / 17,783 ft)

Trek Distance 16 km / 9.9 miles Highest Altitude 5420m / 17,783ft Trek Duration 7–8 hrs

Day 9 of your EBC with Gokyo Trek is one of the most challenging and rewarding days of the trek. The route crosses Cho La Pass, connecting the Gokyo Valley with the Everest Base Camp trail before descending to Dzongla.

Thangnak → Cho La Pass → Dzongla

You leave **Thangnak (4,700 m / 15,400 ft)** before sunrise and follow the trail toward the Cho La Glacier. The route gradually becomes steeper as you trek through the rocky terrain above the valley.

As you approach the pass, the trail leads across a glacial section where the ground can be icy and uneven, depending on the season. The final uphill trek across the glacier takes you to the **Cho La Pass (5,420 m / 17,783 ft)**.

The pass offers views of the surrounding peaks above the glacier, such as Cholatse (6,440 m / 21,128 ft), Ama Dablam, and Baruntse (7,129 m / 23,389 ft). You can click pictures and take in the view of Cho La Lake before beginning the descent toward the rocky ground and moraine surrounding.

The trail drops through the slippery path as you continue across the open mountain landscape until you reach **Dzongla (4,855m / 15,930 ft),** a small village that lies beneath the big Cholatse and Lobuche peaks. It is your final stop for today after having a long trek.

Overnight stay at Maison Sherpa Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Dzongla (4,855 m / 15,930 ft) to Lobuche (4,940 m / 16,207 ft)

Trek Distance 8.4 km / 5.2 miles Highest Altitude 4,910m / 16,175ft Trek Duration 4 hrs

Today, you start with a warm breakfast at **Dzongla**, and the route connects to the standard Everest Base Camp Trek at Lobuche.

Dzongla → Lobuche

You follow the trail along the mountainside with Cholatse rising prominently behind you. As you descend along the Cho La Lake, the landscape becomes increasingly barren, with very little vegetation surviving at this elevation.

The route follows the Khumbu Glacier, and you can see the rugged walls of Lobuche, Nuptse, and Pumori as you approach the main Everest Base Camp route. Along the way, you can see the memorial statues of the climbers who lost their lives in this region.

Following the Imja Khola, the trek eventually joins the main path where you continue toward **Lobuche (4,940 m / 16,207 ft)**. This is the beautiful village that sits under the glacial landscapes surrounded by Lobuche East and Lobuche West mountains.

Overnight stay at Himalayan Eco Resort
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Lobuche (4,940 m / 16,207 ft) to Everest Base Camp (5,364 m / 17,598 ft). Return to Gorak Shep (5,180 m / 16,864 ft)

Trek Distance 15 km / 9.3 miles Highest Altitude 5,364m / 17,598ft) Trek Duration 6–8 hrs

Today, you leave Lobuche and walk toward Gorak Shep, following a rocky trail beside the Khumbu Glacier. The barren landscape becomes more rugged as you gain elevation, with views surrounding glacial peaks.

Lobuche → Gorak Shep → Everest Base Camp → Gorak Shep

From **Lobuche**, the trail crosses rocky moraine and gradually reaches **Gorak Shep**, the last settlement before Everest Base Camp. You can see the snow-covered peaks and glacial terrain surrounding this small community.

You continue toward **Everest Base Camp** with a fulfilling lunch at Gorak Shep along the lateral moraine of the Khumbu Glacier. The trail passes through rocky glacial debris, with views of the glacier, ice formations, and surrounding peaks.

At Everest Base Camp, you can see the Khumbu Glacier and Khumbu Icefall up close and explore the famous camp area beneath the world's highest mountain. During the climbing season, you can see that the expedition tents add color to the otherwise rugged glacial landscape.

From the base camp, you retrace your steps to **Gorak Shep**, where you rest and have a good sleep after a long trekking day.

Overnight stay at Buddha Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Hike to Kala Patthar (5,555 m / 18,225 ft) viewpoint. Trek from Gorak Shep (5,180 m / 16,864 ft) to Pheriche (4,250 m / 13,944 ft)

Trek Distance 11 km / 6.8 miles Highest Altitude 5,555m / 18,208ft Trek Duration 7 hrs

You begin early from **Gorak Shep** and ascend toward Kala Patthar, with the rocky snow-capped Pumori rising above the trail. As you gain height, the Khumbu Valley opens below you.

Gorak Shep → Kala Patthar → Gorak Shep → Lobuche → Thukla → Pheriche

The steep upward trek brings you to **Kala Patthar**, the highest point of the trek at 5,555 m. From the summit, you can enjoy close views of Mount Everest, Nuptse, Pumori, and the surrounding Khumbu peaks, making it one of the most significant viewpoints on the route.

After indulging in the mountain scenery, you descend to **Gorak Shep** to have a warm breakfast and pack your bags for your return journey. You continue to walk downwards through the rocky moraine trails toward **Lobuche**. Here, please be careful of the loose rocks.

From Lobuche, the trail drops through the rocky valley toward **Thukla**, where the landscape begins to change as you lose elevation. Here, you can visit the Thukla Pass memorials dedicated to climbers and mountaineers who lost their lives in the Himalayas.

You continue along the valley to **Pheriche**, a wide settlement surrounded by alpine slopes. From here, the surroundings become less barren and more open, where you can rest peacefully under the mountain slopes.

Overnight stay at Hotel Himalaya
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Trek from Pheriche (4,250 m / 13,944 ft) to Namche Bazaar (3,443 m / 11,296 ft)

Highest Altitude 4,250m / 13,945ft Trek Duration 7–8 hrs

You leave **Pheriche** and walk through the open valley toward Shomare, with views of the surrounding mountain slopes. The trail gradually descends as you move into the greener parts of the Khumbu region.

Pheriche → Shomare → Pangboche → Deboche → Tengboche → Phunki Thenga → Kyangjuma → Namche Bazaar

From **Shomare**, you continue to **Pangboche**, where stone houses and cultivated fields surround one of the oldest Sherpa villages in the region. The village sits beneath Ama Dablam, giving you clear views of the distinctive mountain from the trail.

The route then descends through rhododendron and pine forests toward **Deboche** before continuing uphill to Tengboche. It is a hill above the Imja Khola Valley where you can visit the largest gompa in the Everest region, **Tengboche Monastery**.

Leaving Tengboche, you descend to **Phunki Thenga** and cross the Dudh Koshi River. The trail then passes through dense forest toward **Kyangjuma**, where the surrounding hills open to views of Thamserku and the Khumbu Valley.

The well-maintained, wide, dirt path leads you to **Namche Bazaar**, the main Sherpa trading center of the Khumbu. Along the way, you follow the ridge full of small chortens and mani walls, with the town gradually appearing below the trail.

Overnight stay at Sun Shower Hotel, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

Trek from Namche Bazaar (3,443 m / 11,296 ft) to Lukla (2,860 m / 9,383 ft)

Trek Distance 19 km / 12 miles Highest Altitude 3,440m / 11,285ft Trek Duration 8–9 hrs

You leave **Namche Bazaar** and descend through the forest toward Monjo, following the Dudh Koshi Valley on the return route to Lukla. The trail passes through familiar villages and suspension bridges as you gradually lose elevation.

Namche Bazaar → Monjo → Phakding → Tok Tok → Chheplung → Lukla

As you leave the Sagarmatha National Park, you continue through the pine forests and riverside houses to reach **Phakding**. You need to cross the suspension bridges as they are the only connecting sections of the route.

From Phakding, you pass through **Tok Tok** and **Chheplung**, where you can see traditional mountain houses, cultivated terraces, and forested hillsides along the valley.

The final section takes you back to **Lukla**, where the trail gradually rises toward the town and Tenzing-Hillary Airport. You check in to your lodge and spend your last night in the Khumbu region before your flight the following morning.

Overnight stay at Hikers Inn, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 15

Flight from Lukla (2,860 m / 9,383 ft) to Kathmandu/ Manthali. Drive from Manthali to Kathmandu.

Flight hours 40/20 minutes Drive duration 5 –7 hrs (from Manthali)

This is your last day on the Everest Base Camp via Gokyo Lake Trek.

Lukla → Manthali → Kathmandu

After breakfast in **Lukla**, you head to the Tenzing-Hillary Airport to catch a morning flight to Kathmandu. During off-trekking seasons, you fly directly to Kathmandu in around 40 minutes with one last aerial look at the Himalayan landscape before you leave the Everest region.

During the peak season, you take a 20-25 minute flight from Lukla to **Manthali Airport** in Ramechhap. During this flight, you can enjoy the view of the Tamakoshi riverbanks and cascading green farms surrounded by villages across the sloping ridges.

You continue the journey back to **Kathmandu** by road, following the BP and Araniko Highway. It takes around 5- 7 hours of driving to reach the capital, marking the end of your Everest Base Camp Trek with Gokyo Lakes.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Private airport pickup and hotel drop-off in Kathmandu.
- A domestic flight between Kathmandu and Lukla.
- Domestic flight between Manthali and Lukla.
- Shared vehicle transportation between Kathmandu and Manthali Airport during peak seasons.

Accommodations

- 14 nights of accommodation throughout the trek.
- 2 nights in twin-sharing rooms with attached bathrooms at Lukla and Phakding.
- 3 nights in twin-sharing rooms with attached bathrooms at Namche.
- 7 nights in standard teahouse rooms at Dole, Machhermo, Thangnak, Dzongla, Lobuche, Gorak Shep, and Pheriche.
- 2 nights in standard teahouse rooms at Gokyo.

Food

- Full-board meals: 15 breakfasts, 15 lunches, and 14 dinners. One main course with each meal.
- Water purification tablets for safe drinking water.
- Seasonal fresh fruits during the trek.

Guide and Porter

- Experienced, government-licensed, English-speaking trek leader (guide).
- One assistant guide for groups of 5 or more trekkers.
- One porter (limit: 18 kg duffel bag) for every 2 trekkers, carrying up to 9 kg per trekker.
- Guide and porter salary, meals, accommodation, insurance, transportation, flights, and necessary equipment.

Trek Permits and Expenses

- Sagarmatha National Park Entry Permit.
- Khumbu Pasang Lhamu Rural Municipality Permit.
- Environmental “Green Fee”.
- Government taxes and official service charges.

Medical Assistance

- Medical (first-aid) kit carried by your trekking guide.
- Oximeter for monitoring blood oxygen levels at high altitude.
- Assistance with emergency rescue arrangements when required.
- Rescue and evacuation costs (covered by your travel insurance).

Souvenir

- Discovery World Trekking T-shirt and cap.

Farewell

- A DWT Trek completion certificate to appreciate your successful trek.
- Farewell dinner at the end of the trek, in Lukla.

Benefits

- One shared duffel bag for every two trekkers (if you request one).
- (Used) One sleeping bag and a down jacket for each trekker if required.
- Free storage of extra luggage at the Kathmandu office for the duration of the trek.
- Private Trek with your own guide.

What is excluded in this trek package?

International Flight

- International airfare to and from Nepal.

Accommodations

- Hotel accommodation in Kathmandu before and after the trek.
- Additional nights in Kathmandu due to early arrival, late departure, or early return.
- Additional accommodation during the trek caused by flight delays or other unforeseen circumstances.

Food

- Meals in Kathmandu before and after the trek.
- Extra meals in Kathmandu due to early arrival, late departure, or early return.
- Drinks and food outside the standard full-board meal arrangement.

Guide and Porter

- Tips for guides and porters.
- Additional porter service beyond the included arrangement.

Visa

- Nepal entry visa fee payable upon arrival at Tribhuvan International Airport ($50 for 30 days).

Travel Insurance

- A comprehensive travel insurance covering high-altitude trekking and medical treatment.
- Emergency rescue above 5,555m and helicopter evacuation.

Personal Expenses

- Personal clothing and trekking equipment.
- Boiled or bottled water, tea, coffee, and cold drinks.
- Hot showers, Wi-Fi, telephone calls, and battery charging fees.
- Snacks, beverages, souvenirs, and personal shopping.

Other Expenses

- Excess baggage charges for luggage exceeding the 9 kg per trekker limit.
- Additional costs caused by weather conditions, flight delays, landslides, or other circumstances beyond our control.
- Expenses resulting from itinerary changes due to safety concerns, illness, government policy changes, strikes, or other unforeseen circumstances.
- Any other expenses not specifically mentioned under the Included Services section.

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.

Packing List

The weather at EBC via Gokyo Lakes can change quickly, with daytime temperatures generally around 1**0°C to 20°C at lower elevations** and dropping below -**10°C at higher elevations**, especially at night. So, we recommend packing **light and carrying only the essentials.**

You should carry **two bags: a 60-liter duffel bag** for the porter and a **20–30-liter** daypack for your daily essentials. We assign one porter for every two trekkers to carry a combined rucksack of 18 kg (9 kg per trekker).

Here is our Everest Base Camp Trek Packing Checklist to help you pack smart and light.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

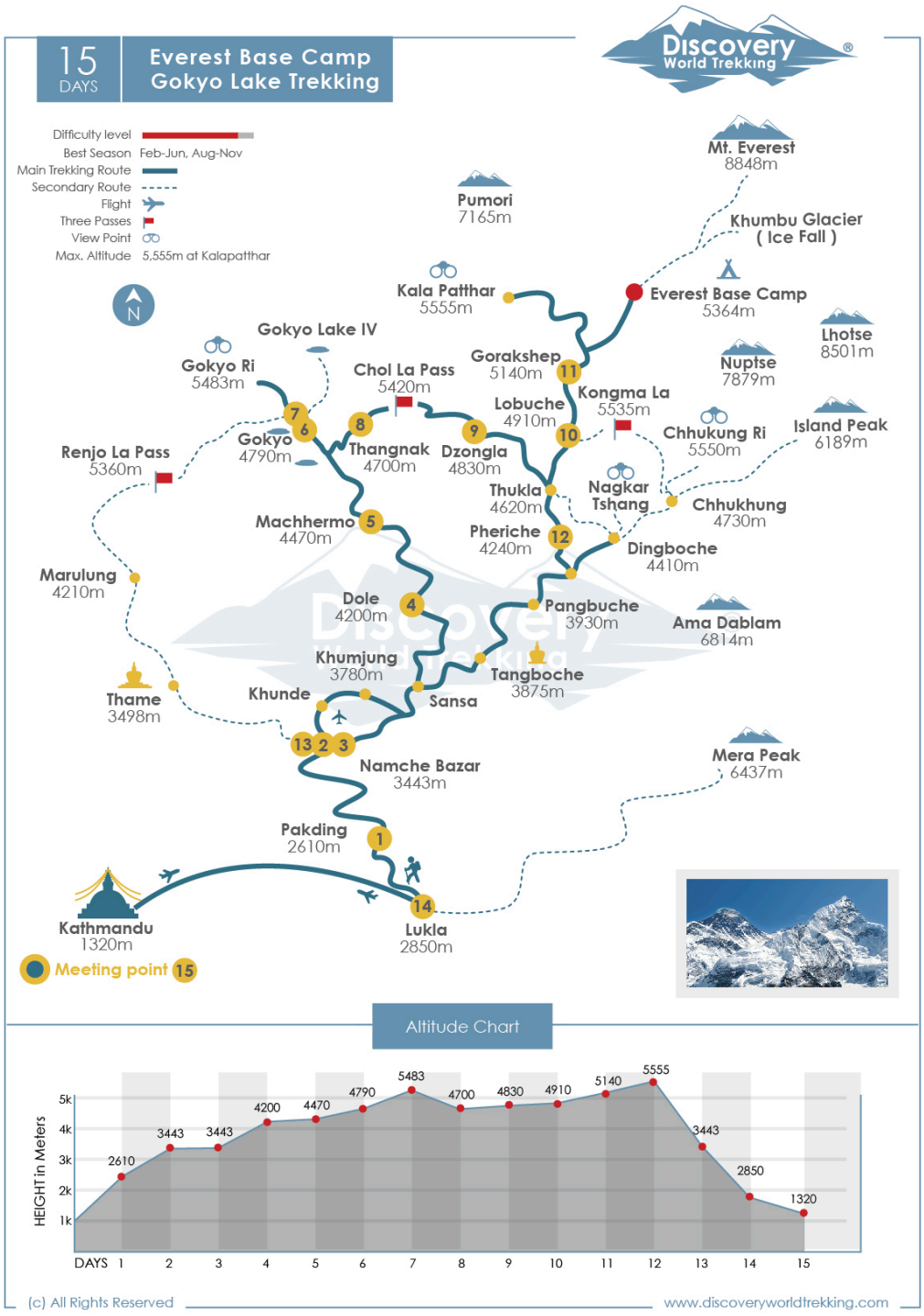
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own

EBC and Gokyo Lakes Trek Map



Trip Notes

Before the Trek

Your EBC with Gokyo Lakes trek starts after you land at Tribhuvan International Airport, Kathmandu. Before you start the trail, we take care of your arrangements to adjust you to the new environment and city.

Airport Pickup and Hotel Drop

Upon your arrival in Kathmandu, our representative will **meet you at Tribhuvan International Airport,** carrying a DWT pamphlet with your name. You are then transferred to your hotel in a private vehicle. You will receive assistance with your luggage and have time to settle in after your flight.

Your **hotel transfer is complimentary** on our trek package, so you do not need to arrange separate transportation from the airport. We also provide a **hotel-to-airport transfer** at the end of your trip, according to your flight schedule.

Pre-briefing

Before you begin the trek, we arrange a **pre-trek briefing** to go over the important details of your Everest Base Camp via Gokyo Lakes itinerary.

Our company head, Paul, will conduct a brief meeting at our Kathmandu office where you can discuss the daily route, trekking conditions, packing, altitude, meals, accommodation, and flight arrangements with our team.

He then:

- Introduces you to the whole team, including your guide and porter
- Conducts a last-minute gear check
- Gives insights on the trail conditions, weather, and temperature
- Provides information about the safety measures to be followed during the trek

Note: As a souvenir, we provide you with a **DWT-printed T-shirt and cap**.

When is the best time to trek to EBC and Gokyo Lakes?

The best time for the Everest Base Camp via Gokyo Lakes Trek is during **spring (March to May)** and **autumn (September to November)**. These months generally offer clearer mountain views, more stable trail conditions, and better visibility for highlights such as **Gokyo Ri, Cho La Pass, Everest Base Camp, and Kala Patthar**.

Season	Months	Trail, Views, and Weather Conditions	Things to Consider
Spring	March–May	- Generally dry and stable - Clear views, especially in the mornings - Thagnak and Cho La may have some snow in early spring. -Day temperature ranges from 5°C to 15°C - Night temperature ranges from -5°C to -15°C	Busy Trekking Season, Rhododendron blooms
Autumn	September–November	- Dry with generally stable conditions - Excellent mountain visibility - Day temperature ranges from 5°C to 15°C - Night temperature ranges from -5°C to -15°C	Busiest and most popular trekking season, especially October
Summer	June–August	- Wet trails and frequent rainfall - Clouds can block the mountain views - Rain can affect stream crossings and exposed sections - Day temperature ranges from 10°C to 18°C - Night temperature ranges from 0°C to -5°C	Monsoon conditions and possible Lukla flight disruptions
Winter	December–February	- Very cold with possible snow - Clear days but harsh conditions - Day temperature ranges from -5°C to 10°C - Night temperature ranges from -15°C to -25°C	Cho La Pass can be difficult because of snow and ice

Spring and Autumn Season

Spring and autumn are the most popular trekking seasons for the Gokyo Lakes and Everest Base Camp route. The weather is generally dry, with clearer mornings that provide good views of peaks such as **Everest, Lhotse, Makalu, Cho Oyu, Ama Dablam, and Cholatse**.

Spring also brings color to the lower sections of the trail as **rhododendrons bloom around Namche, Kyanjuma, and the forested sections toward Dole**. In autumn, you can see the clear skies after the monsoon, making it a good season for views across the Gokyo Valley and from Cho La Pass.

Note: These seasons are also the busiest, so **teahouses and Lukla flights can be in high demand**. Booking your trek in advance is recommended, especially if you plan to travel during October or November.

Summer and Winter Season

Summer (June to August) coincides with the monsoon in Nepal. Rainfall is heavier in the lower Khumbu, while clouds can reduce mountain visibility and flight schedules to Lukla may be affected by weather. The trails can also become wet and slippery around the lower sections.

Winter (December to February) brings much colder conditions, particularly above Namche Bazaar. You can find the sections around **Gokyo, Thangnak, Cho La Pass, and Dzongla** more challenging due to snow and freezing temperatures. Additionally, Cho La Pass may have significant snow or ice, so you should make sure that conditions are checked before attempting the crossing.

Where to stay during the Gokyo Lakes Trek?

You stay in **teahouses and mountain lodges** along the route from Namche Bazaar through Dole, Machhermo, Thangnak, Lobuche, and Gorak Shep. Rooms are generally simple and designed for trekkers, with shared dining areas where you can eat, rest, and warm up.

As you travel higher into the Khumbu, facilities become more basic and limited. You can get limited accommodation options in Gokyo, Dzongla, and Gorak Shep than Namche Bazaar, so it is important to expect simpler facilities at higher elevations.

Shared/Attached Bathrooms

Bathroom facilities vary in the lodge and altitude as you move through the Khumbu region. Normally, squat toilets are common along the route; however, you can have either squat or modern options at lower elevations such as Lukla and Namche.

- **Namche Bazaar and lower settlements:** You can find attached bathrooms in some lodges, especially in better-equipped teahouses. In these areas, modern toilets are available even though squat toilets are popular.
- **Higher elevations:** As you move ahead to the higher-altitude village, shared bathrooms are more common. Most teahouses have indoor toilets, mainly squat ones, although some higher-altitude lodges may have basic facilities.

Note: We recommend carrying your toiletries such as toilet paper, wet wipes, and hand sanitizer.

Hot Showers

Hot showers are available at many teahouses, but they become less common as you gain altitude. You typically need to pay an **additional fee** of **NPR 800–1,300 ($5–$8 USD)** for a hot shower, and availability can depend on the lodge's water supply and heating system.

At higher settlements such as **Gokyo, Thangnak, Dzongla, Lobuche, and Gorak Shep**, shower facilities can be limited. You may rely on the bucket showers in most of the villages.

Note: A quick shower or wet wipes are practical alternatives when hot water is unavailable.

Phone/Device Charging

Most teahouses provide **charging facilities**, usually in the dining area or a designated charging point. Charging is generally available for the fee of **NPR 800–1100 ($5–$7 USD) per device** (additional), and the cost can increase at higher elevations.

Because charging points may be limited, it is useful to carry a **power bank** and charge your devices whenever electricity is available. Keep your phone, camera, and other batteries protected from the cold, especially during the higher sections of the trek.

Network Coverage and Wifi

Mobile network coverage is available in parts of the Khumbu, but the signal can become weaker or unavailable in more remote sections of the route. For network and communication, you can buy an Ncell or NIC SIM from any mobile shop in Kathmandu.

Wi-Fi is available at many teahouses for an extra fee of NPR 500–800 ($3–$5 USD), though connection speeds can vary. You should not rely on continuous internet access while crossing the **Gokyo Valley and Cho La Pass**.

Note: We recommend purchasing an **Everest Link WiFi card** for a more reliable connection during the trek. Please note that the card is only available in the Everest region, after Lukla. Additionally, you need to download important documents, maps, and other information before leaving Kathmandu.

Is Food and Drink available on the EBC Gokyo Lakes Trek?

Yes. **Teahouses and lodges** along the Gokyo Lakes and Everest Base Camp route **serve a mix of Nepalese, Tibetan, Indian, and international cuisine.** Food choices are generally broader in Namche Bazaar and become more limited as you move toward Gokyo, Thangnak, Dzongla, Lobuche, and Gorak Shep.

Popular Foods on the Trail

Dal bhat is a popular and practical option for long trekking days because it provides a filling combination of rice, lentils, vegetables, and curry. Also, it comes with a free refill.

You can find familiar trekking meals such as:

Nepali cuisine

- Dal bhat
- vegetable curry
- rice
- lentils
- tarkari
- achar

Tibetan cuisine

- Momos
- thukpa

- Tibetan bread
- Sherpa stew
- noodle dishes

Indian cuisine

- Rice
- dal
- vegetable curry
- chapati
- some curry dishes

International cuisine

- Pasta
- pizza
- fried rice
- noodles
- sandwiches
- pancakes
- porridge

Breakfast Options

- Eggs
- Tibetan bread
- pancakes
- porridge
- toast
- cereals

Soups and Light Meals

- Vegetable soup
- garlic soup
- noodle soup
- potato dishes

At higher elevations, simple meals such as **dal bhat, soups, noodles, and potatoes** are often good choices because they are easy to find and provide useful energy for the trail.

What Foods to Avoid?

You should avoid foods that are difficult to digest or may leave you feeling uncomfortable at altitude.

- Very oily or greasy foods

- Heavily fried foods
- Non-vegetarian food (mainly meat)
- Raw foods with uncertain storage or preparation
- Very large meals before long climbs
- Foods you have not eaten before or know may upset your stomach

Note: Choose freshly cooked meals and avoid overeating before a long day of trekking at higher altitude and cold conditions such as the **Cho La Pass**.

Popular Drinks on the Trail

Hydration is the key to a safe and successful trek, so you need to sip 2-3 liters of water a day throughout the trek. Besides that, we recommend having a garlic soup, believed to aid in preventing altitude sickness.

Besides, you can order **tea, coffee, hot lemon, ginger tea, hot chocolate, soups, and bottled or boiled water** at the teahouses. Warm drinks are particularly popular in the colder sections around Gokyo, Thangnak, Dzongla, and Lobuche.

Ginger tea and hot lemon are common choices during the trek, while warm soups can provide both fluids and energy after walking in cold conditions.

What Drinks to Avoid?

Although staying hydrated is the best thing you can do during the trek, it is best to avoid or limit **alcohol and excessive caffeinated drinks**. Alcohol can contribute to dehydration and is particularly unsuitable as you gain altitude.

You should also limit sugary soft drinks and prioritize **water and other hydrating drinks** throughout the day.

Tip: Carry a reusable bottle so you can refill it at teahouses. Also, consider bringing water purification tablets or another suitable treatment method for additional flexibility during the trek.

Do you have allergies or specific Diets?

If you have a **food allergy, vegetarian diet, vegan diet, or other dietary requirement**, inform us before the trek begins. We can communicate your requirements to the teahouses along the route so suitable meals can be arranged where possible.

Common dietary requirements that can generally be accommodated include:

- **Nut allergy:** Let the teahouse staff know if you need to avoid peanuts, almonds, cashews, or other nuts. Carry suitable snacks if your allergy is severe.
- **Dairy-free:** Dairy-free meals can often be arranged, but you should clearly mention that you need to avoid milk, cheese, butter, and other dairy products.
- **Vegetarian:** Vegetarian meals are widely available, including dal bhat, vegetable noodles, fried rice, pasta, soups, potatoes, and momos.

- **Vegan:** Vegan meals may be possible, but options become more limited at higher elevations. Ingredients such as milk, butter, and eggs may be used in some dishes, so confirm with the teahouse before ordering.
- **Gluten-free:** Some naturally gluten-free foods, such as rice, potatoes, and certain vegetable dishes, may be available. However, avoiding cross-contamination can be difficult in small teahouse kitchens.
- **Egg allergy:** Inform the teahouse if you need to avoid eggs, as eggs may be included in some breads, pancakes, noodles, and other dishes.
- **Other allergies:** Inform us of any other food allergies or ingredients you need to avoid before departure so we can help communicate your requirements along the route.

Food choices become more limited as you travel toward **Gokyo, Thangnak, Cho La, Dzongla, and Lobuche** than in Kathmandu or Namche Bazaar. To cover your dietary needs, we recommend carrying some suitable backup snacks from Kathmandu.

Note: For serious or potentially life-threatening allergies, teahouses cannot always guarantee a completely allergen-free kitchen. Bring any required medication, such as an **epinephrine auto-injector**, and inform us about your allergy before starting the trek.

Why choose the EBC Gokyo Lakes Trail?

You can choose the Everest Base Camp via Gokyo Lakes trail because it is a complete package of adventure and stunning mountain views. It combines **beautiful blue glacial lakes, high mountain passes, Sherpa culture, and iconic Everest viewpoints.**

1. Gokyo Lakes and Gokyo Ri

The Gokyo Valley is one of the most scenic parts of the trek, with turquoise glacial lakes surrounded by high Himalayan peaks.

- **Gokyo Lakes:** A series of glacial lakes surrounded by dramatic mountain landscapes.
- **Gokyo Ri:** Climb to **5,357 m / 17,575 ft** for panoramic views of Everest, Lhotse, Makalu, and Cho Oyu.
- **Ngozumpa Glacier:** Enjoy views of the extensive glacier while trekking through the Gokyo Valley.
- **Gokyo Village:** Stay beside the lakes and experience life in one of the highest settlements in the region.
- **Scenic views:** See changing landscapes of glaciers, mountains, lakes, and alpine terrain.

2. Everest Base Camp and Kala Patthar

The trek allows you to experience two of the most famous destinations in the Everest region while approaching them from the Gokyo Valley.

- **Everest Base Camp:** Reach **5,364 m / 17,598 ft**, the base camp used by climbers attempting Everest from the south.

- **Kala Patthar:** Climb to **5,555 m / 18,208 ft** for close views of Mount Everest and surrounding peaks.
- **Mountain views:** See Everest, Nuptse, Pumori, Lhotse, and other Himalayan peaks.
- **Different perspective:** Experience the Everest region from both the Gokyo and traditional EBC sides.

3. Cho La Pass

The **Cho La Pass at 5,420 m / 17,782 ft** is one of the defining features of this route and connects the Gokyo Valley with the Everest Base Camp side of the Khumbu.

- **High-altitude adventure:** Cross one of the major passes in the Everest region.
- **Challenging terrain:** Expect steep, rocky sections and possible snow or ice depending on the season.
- **Glacial landscapes:** Experience dramatic views of surrounding glaciers and mountains.
- **Mountain views:** Enjoy views of peaks including Cholatse and other surrounding Himalayan ranges.
- **Adventure factor:** The pass makes this trek more challenging and adventurous than the standard EBC route.

4. Ngozumpa Glacier

The route takes you close to the **Ngozumpa Glacier**, creating a striking contrast between the turquoise Gokyo Lakes and the surrounding glacial landscape.

- It is the longest glacier in the Everest region/Himalayas.
- You can see its vast ice-covered landscape while trekking between Gokyo and Thagnak.
- You need to trek through a rugged high-altitude environment surrounded by ice and rock.
- You will have a unique experience: a glacier landscape that is not part of the standard EBC route.
- **Mountain backdrop:** Enjoy views of peaks rising above the Gokyo Valley.

5. Sherpa Lifestyle, Culture, and Festivals

The trek takes you through traditional **Sherpa villages and communities**, where you can experience the culture and mountain lifestyle of the Khumbu region.

- **Sherpa villages:** Visit communities such as Namche Bazaar, Dole, Machhermo, and Gokyo.
- **Traditional architecture:** See stone houses, local architecture, and mountain settlements adapted to the high-altitude environment.
- **Buddhist traditions:** Sherpa culture is closely connected to Tibetan Buddhism, which you can see through prayer wheels, mani walls, chortens, and prayer flags along the trail.

- **Local lifestyle:** Observe the communities involved in farming, tourism, trade, and mountaineering. You can learn how important the role of trekking and mountaineering is in the local economy.
- **Festivals:** If your trek coincides with a local celebration, you may experience Sherpa festivals such as **Mani Rimdu, Lhosar, Dashain, and Tihar**.

6. Monasteries and Buddhist Heritage

Buddhist traditions are deeply connected with life in the Khumbu, and you can see their influence throughout the trek.

- **Tengboche Monastery:** Visit one of the most important Buddhist monasteries in the Everest region.
- **Namche Monastery:** Located in the major trading hub of the Khumbu region, Namche, preserved as an important spiritual center by locals.
- **Khumjung Monastery:** You can see this monastery on a high-side valley above Namche. It is famous as a storehouse for a preserved scalp, and local people traditionally believed it belonged to a Yeti.
- **Thame Monastery:** It is a historic cliffside monastery that combines the Gokyo route with the Renjo La Pass route.
- **Prayer wheels:** Spin traditional prayer wheels as you pass through villages and trails.
- **Mani walls:** See stone walls carved with Buddhist prayers and mantras.
- **Chortens:** Encounter Buddhist stupas or gompas along the trekking route.
- **Prayer flags:** Colorful flags throughout the trail reflect the spiritual traditions of the region.

7. Flora and Fauna

The trek passes through several ecological zones, from forested valleys to high-altitude landscapes within **Sagarmatha National Park**. During the trek, you can see:

- **Blooming Red Rhododendron forests:** Common around the lower sections of the trail during spring.
- **Pine, fir, and juniper:** Found in the forested areas around Namche, Kyanjuma, and Dole.
- **Alpine vegetation:** Vegetation becomes increasingly sparse as you gain altitude.
- **Himalayan wildlife:** The region (Sagarmatha National Park) is home to species such as Himalayan tahr, Musk deer, Danphe pheasant, Himalayan monal, and Snow leopard (remote areas).
- **High-altitude environment:** Above the tree line, the landscape changes to rocky terrain, glaciers, and snow-covered mountains.

Note: Wildlife sightings are never guaranteed and depend on your luck and the timing.

8. Scenic Villages and Himalayan Landscapes

The route takes you through a wide range of landscapes and mountain villages, making the journey as memorable as the major destinations. You move from **green forests and river valleys** around the lower Khumbu to alpine meadows, glacial lakes, rocky mountain passes, and high-altitude landscapes.

- **Namche Bazaar:** The main trading and acclimatization hub of the Khumbu.
- **Dole and Machhermo:** Scenic mountain settlements surrounded by alpine landscapes.
- **Gokyo:** A spectacular village beside the turquoise glacial lakes.
- **Thangnak and Dzongla:** Remote high-altitude settlements near the Cho La crossing.
- **Lobuche and Gorak Shep:** High-altitude settlements on the way to Everest Base Camp.
- **Changing scenery:** Experience forests, rivers, valleys, alpine meadows, glaciers, and high mountain passes.
- **Himalayan peaks:** Enjoy changing views of Everest, Lhotse, Makalu, Cho Oyu, Ama Dablam, Cholatse, and Pumori.

9. A More Varied and Adventurous Route

The EBC via Gokyo Lakes route offers more than a direct journey to Everest Base Camp. It combines several major highlights of the Khumbu in one itinerary: glacial lakes, high mountain viewpoints, glaciers, and the Cho La Pass.

This route is ideal if you want to experience **both the Gokyo Valley and Everest Base Camp** rather than following the standard EBC trail. Because of the additional altitude and challenging terrain, you need to prepare for **long walking days and high-altitude conditions**.

Flight to Lukla

Flights to Lukla are highly dependent on mountain weather. Delays and cancellations can occur because of poor visibility, strong winds, or other changing conditions.

You have two options to reach Lukla airport.

Manthali to Lukla: During the main trekking seasons of **March, April, May, September, October, and November**, flights to Lukla operate from **Manthali Airport in Ramechhap.** This is due to increased air traffic at Tribhuvan International Airport in Kathmandu.

In this case, you need to leave Kathmandu early (12:00 AM) for the approximately five-hour drive to Manthali before catching your 25-minute flight to Lukla.

Kathmandu to Lukla: During the off-season, your Everest Base Camp via Gokyo Lakes begins with a direct (30-40 minutes) scenic flight to **Tenzing-Hillary Airport in Lukla (2,850 m / 9,350 ft)**. The flight offers views of the Himalayan landscape before landing at the mountain airport in Lukla.

Note: You should plan for at least an extra day or two in your Nepal itinerary as a buffer for possible flight disruptions.

A typical Day on the Trek

A typical trekking day on the Everest Base Camp via Gokyo starts with an early breakfast at the teahouse. You usually begin around **7:00–8:00 AM**, depending on the day's distance, altitude, and trail conditions. Most trekking days involve several hours of walking, with a break for lunch along the route.

After lunch, you continue toward your overnight destination. Once you reach the teahouse, you can rest, explore the surrounding village, or enjoy the views. Your guide will also brief you about the next day's route and any important altitude or weather considerations.

A normal trekking day may look like this:

Time	Activity
6:30–7:00 AM	Wake up and prepare for the day
7:00–8:00 AM	Breakfast at your teahouse
8:00 AM onwards	Pack your bags and begin trekking
12:00–1:00 PM	Lunch break at lodges near your trail
1:00 PM onwards	Continue trekking toward the day’s destination
3:00–5:00 PM	Arrival at the teahouse and rest
6:00–7:00 PM	Dinner at the overnight teahouse
After 7:00 PM	Guide briefing, relaxation, and preparation for the next day

Note: The exact schedule may vary according to the route and altitude. Days involving **Gokyo Ri, Cho La Pass, Everest Base Camp, and Kala Patthar** require earlier starts and longer walking hours. The Cho La crossing, in particular, involves glacial and rocky terrain that you may find more difficult when covered with snow or ice.

After the Trek

After completing your trek on foot, you return to **Lukla** from Namche Bazaar and spend the night there before your flight. Depending on the flight schedule and season, you fly from Lukla to **Kathmandu or Manthali**.

We organize a **farewell gathering** on the last day in **Lukla**, giving you time to share your trekking experience and celebrate the journey with your team. We provide a digital **DWT certificate via your email or on WhatsApp** to recognize your successful completion of the Everest Base Camp via Gokyo Lakes Trek.

Once you arrive in Kathmandu, we transfer you to your hotel in a **private vehicle**. You can then use your free time to rest, explore Kathmandu, or shop for souvenirs. We also arrange your **private airport transfer** for your final departure from Nepal.

How difficult is the Everest Base Camp via Gokyo Lakes route?

The Everest Base Camp via Gokyo Lakes Trek is considered a **challenging high-altitude trek** because it combines long walking days, significant elevation gain, and the crossing of **Cho La Pass (5,420 m / 17,782 ft)**. The route is more demanding than the standard Everest Base Camp route because you first trek through the **Gokyo Valley**, cross Cho La, and then continue toward Everest Base Camp.

You do not need technical mountaineering experience, but you should have good fitness, endurance, and the ability to walk for several hours on uneven mountain trails. We provide 2 proper acclimatization days at **Namche Bazaar and Gokyo,** which is important for adapting to the increasing altitude.

How long do you need to walk each day?

You generally need to walk for around **5-9 hours per day** on the EBC trail, although the exact duration depends on the destination, altitude, trail conditions, and your walking pace. Some shorter days allow more time to rest and acclimatize, while days involving major viewpoints or the Cho La crossing are more demanding.

Trek Section	Approx. Walking Time	Difficulty
Lukla – Phakding	3–4 hours	Easy to moderate
Phakding – Namche Bazaar	6 hours	Moderate
Namche – Khumjung – Namche	1–2 hours	Easy to moderate
Namche – Dole	5 hours	Moderate
Dole – Machhermo	2–4 hours	Moderate
Machhermo – Gokyo	3–4 hours	Moderate
Gokyo Ri hike	3 hours round trip	Challenging due to altitude
Gokyo – Thangnak	2–4 hours	Moderate
Thangnak – Dzongla via Cho La	7–8 hours	Challenging
Dzongla – Lobuche	4 hours	Moderate
Lobuche – Everest Base Camp – Gorak Shep	6–8 hours	Challenging
Gorak Shep – Kala Patthar – Pheriche	7 hours	Challenging
Pheriche – Namche Bazaar	7–8 hours	Moderate
Namche Bazaar – Lukla	8–9 hours	Challenging due to long hours of walking

How to tackle altitude sickness?

Altitude sickness is one of the main challenges of the trek because you travel from **Lukla at 2,850 m** to **Gokyo at around 4,790 m**, cross **Cho La Pass at 5,420 m**, and reach **Kala Patthar at about 5,555 m**.

The best approach is to **ascend gradually, stay hydrated, eat regularly, and follow the acclimatization schedule**. Your guide will monitor how you are feeling, particularly around **Namche Bazaar, Machhermo, Gokyo, Thangnak, and Gorak Shep**.

Watch for symptoms such as:

- Headache
- Dizziness
- Nausea
- Loss of appetite
- Unusual tiredness
- Difficulty sleeping
- Shortness of breath

If symptoms become worse, inform your guide immediately. **Do not continue ascending when experiencing serious altitude-related symptoms**; descending to a lower elevation may be necessary.

What makes Cho La Pass Challenging?

Cho La Pass is the highest and one of the most demanding sections of the route, at approximately **5,420 m / 17,782 ft**. The trail from **Thangnak to Dzongla** includes steep sections and can involve snow, ice, loose rocks, and glacier terrain.

The difficulty can increase significantly during **winter or after fresh snowfall**. Start early, follow your guide closely, and allow enough time to cross the pass safely rather than rushing.

How fit do you need to be?

You should have a **good level of cardiovascular fitness and leg endurance** before starting the trek. Regular hiking, uphill walking, stair climbing, running, cycling, and strength training can help prepare you for the long days on the trail.

Start your preparation at least **6–8 weeks before the trek**. Focus particularly on your legs, core, and cardiovascular endurance because you will repeatedly walk uphill and downhill on uneven terrain.

What permits are required for EBC Trek Via Gokyo Lakes?

Three permits are required to enter the Sagarmatha National Park and Khumbu region. The EBC trek via the Gokyo Lakes route follows the same main permit requirements as other treks in the Everest region.

- **Sagarmatha National Park Entry Permit** NPR 3,000 per person (~23 USD) + 13% VAT per foreign national, SAARC nationals: NPR 1,500. To enter the Sagarmatha National Park area and support environmental or wildlife protection.
- **Khumbu Pasang Lhamu Rural Municipality permit** NPR 3,000 per person (~23 USD). Local entry fee supporting the Khumbu region for trail maintenance and rescue services.

- **Environmental Green Fee** NPR 1,000 per person (~8 USD). For environmental conservation, waste management, and sustainable tourism.

Permit fees are subject to change, so the applicable rate at the time of your trek will be confirmed before departure. You don't need to worry about trekking permits because we arrange all of them for you as part of the trekking service.

Note: The Khumbu Pasang Lhamu Rural Municipality permit replaced the former TIMS requirement for the Khumbu region.

Visa and Travel Insurance for EBC Gokyo Lakes Trek

To enter Nepal, all travellers need a tourist visa except Indian citizens. For the EBC Gokyo Lake Trek, travel insurance covering above 5,000 m height is recommended.

Nepal Tourist Visa

Most international travelers can obtain a **Nepal tourist visa on arrival** at Tribhuvan International Airport or apply through a Nepalese diplomatic mission before traveling. The current tourist visa fees are:

Visa Duration	Fee
15 Days	USD 30
30 Days	USD 50
90 Days	USD 125

The **30-day tourist visa at USD 50** is generally suitable for an EBC via Gokyo Lakes trek when combined with your time in Kathmandu before and after the trek. To have a visa, you need to carry:

- your passport valid for at least six months
- passport-size photograph
- the required visa fee (USD or NPR)

We recommend filling out the visa form online so that you never need to be in a long line at the airport.

Note: Some travelers may qualify for a gratis visa depending on their nationality, age, and circumstances.

Travel Insurance

On your EBC via Gokyo Lake trek, you travel to high elevations and remote areas, where medical facilities are limited. So, your policy should specifically cover **high-altitude trekking and emergency helicopter evacuation**.

Before the trek, make sure your policy covers:

- High-altitude trekking up to at least **5,500 m**
- Emergency medical treatment

- Helicopter evacuation
- Hospitalization and medical expenses
- Trip interruption or cancellation, where applicable
- Delays caused by weather or transportation disruptions, if covered by your policy

Send us a copy of your travel insurance policy before departure so we can verify that it provides appropriate trekking and emergency coverage.

Note: Please confirm with your insurance provider about the coverage, as general insurance only includes coverage up to 3,000 altitude.

How much does Everest Base Camp Gokyo Lakes Trek Cost?

The cost of the Everest Base Camp via Gokyo Lakes Trek varies according to the **size of your trekking group**. Larger groups generally have a lower per-person rate because certain **guide, porter, transportation, and operational expenses** can be distributed among more trekkers.

The price covers the core services needed for the trek, including an **experienced trekking guide and porter, accommodation, meals during the trek, required permits, and essential transportation and logistics**. You can choose the group size that best suits your travel plans and budget.

Group Size	Price per person (USD)	Suitable for
Very Small group (2–3 Trekkers)	$1,460	Ideal for couples, friends, or small private groups looking for a more personal trekking experience.
Small Group (4–7 Trekkers)	$1,430	A good option for families or groups of friends who want to balance privacy and cost.
Medium Group (8–13 Trekkers)	$1,400	Suitable for larger groups seeking a more economical private trekking arrangement.
Large Group (14–21 Trekkers)	$1,250	A cost-effective choice for organized groups, clubs, or larger travel parties.
Extra Large Group (22–30 Trekkers)	$1,200	The lowest per-person rate, suitable for large organized groups.

Note: The final price is based on your **confirmed group size at the time of booking**. Prices may be subject to changes in government fees, transportation costs, or other services.

How Much Money Should You Carry for Personal Expenses?

We recommend carrying approximately **$12–15 USD per trekking day** for personal expenses. Your actual spending depends on your habits and what you purchase along the trail. DWT currently uses this amount as a general estimate for extra expenses.

You may use your personal cash for:

- Hot showers

- Wi-Fi
- Phone and device charging
- Extra drinks and snacks
- Bottled water
- Additional meals or beverages
- Souvenirs
- Tips for your trekking team

Carry your personal spending money in **Nepalese Rupees (NPR)**. You need to exchange sufficient currency in Kathmandu before starting the trek, as access to reliable ATMs and money-exchange services becomes more limited as you travel deeper into the Khumbu region.

How to Book Everest Base Camp Trek via Gokyo Lakes?

To confirm your Everest Base Camp Trek via Gokyo Lakes, we require a **10% advance payment** of the total trek cost. You can make the payment through **bank transfer, Wise, Western Union, credit card, or our secure online payment system**.

Once we receive your deposit, we will confirm your booking and begin preparing the necessary arrangements for your trek. We recommend sending your **passport copy as soon as possible**, as it allows us to start preparing your permits, accommodation, and other trek arrangements.

Submit Your Documents

After your booking is confirmed, please send the remaining documents via email or WhatsApp within **one week, once they are prepared**. These include:

- A clear **passport-size photo**. A photo taken with your phone or camera is acceptable.
- Your **flight details**, including arrival and departure times.
- **Travel insurance details** showing coverage for medical treatment, emergency rescue, and evacuation.
- Your **Kathmandu hotel details**, including the hotel name and location. We can also recommend hotels if needed.

Once we receive your documents, we will arrange a **pre-trek briefing through a WhatsApp video call**. During the briefing, our team will explain the trek itinerary, preparation, safety measures, and other important details.

Complete the Remaining Payment

The remaining **90% of the trek cost** can be paid upon arrival in Nepal. You can pay by **cash, bank transfer, Wise, Western Union, or credit card**, depending on your preference.

We provide the payment instructions and other necessary details before your trek begins.

Private Trek

We organize **private treks only**, so we do not add other trekkers to your group. You can trek with your family, friends, or private group at your own pace and enjoy greater flexibility throughout the journey.

- Dedicated guide and porter team for your private group.
- No joining with strangers or other trekking groups.
- Flexible departure dates based on your plans.
- Reasonable itinerary adjustments when conditions allow.
- **Group discounts** based on the number of trekkers.
- An **assistant guide** for groups of 5 or more.

Last-Minute Bookings

We also accept **last-minute bookings**, subject to the availability of flights, accommodation, guides, porters, permits, and other services. We can arrange short-notice departures, but we recommend booking in advance (2-3 months) whenever possible.

For last-minute bookings, you need to remember:

- **100% payment** is required at least 24 hours before the planned departure.
- Lukla flights are subject to seat availability and weather conditions.
- Accommodation may be limited during peak trekking seasons.
- Last-minute schedules may need to change due to weather or flight delays.

Flexible Schedule

The Everest Base Camp Trek via Gokyo Lakes takes place in a high-altitude environment where weather and flight conditions can change quickly. If unexpected situations affect your itinerary, our team will work with you to make practical adjustments while keeping your safety and comfort in mind.

- Rescheduling or Helicopter swap for **Lukla flight delays** and weather disruptions.
- Additional rest or acclimatization time when necessary.
- Adjusting date and schedule while trekking on the route.
- Daily walking pace adjusted to your group's condition.
- Minor itinerary changes when required.
- Safety-focused decisions in case of altitude or weather-related concerns.

Expert Licensed Guides and reliable Porters

We provide **experienced, licensed guides and reliable porters** to support you throughout the Everest Base Camp Trek via Gokyo Lakes. Our team is familiar with the high-altitude trail, local conditions, and safety procedures, helping you trek comfortably and safely.

Experienced and Licensed Guides

Your guide will lead the group, manage the daily itinerary, and assist you throughout the trek. Our guides are trained to handle common challenges in the Everest region and monitor your condition at high altitude. They are:

- Licensed and experienced English-speaking trekking guides
- Certified and trained through the **Nepal Mountain Academy**
- Trained in **High Altitude Medicine and Wilderness First Responder (WFR)** skills
- Experienced in **mountain safety, first aid, and emergency response**
- Strong knowledge of **altitude acclimatization and altitude-related risks**
- Expert knowledge of **Sherpa culture, traditions, villages, and Buddhist heritage**
- Familiar with the **Everest Base Camp, Gokyo Lakes, and Cho La Pass routes**
- Assistance with **daily walking pace, rest breaks, and acclimatization**
- Regular monitoring of your **health and well-being** at high altitude
- Assistance during **weather changes, flight disruptions, or other unexpected situations**
- Local expertise that helps you understand the **mountains, landscapes, and communities** along the trail

Porter Luggage Limit

Porters carry your main luggage during the trek, allowing you to walk with a lighter daypack. We provide **one porter for every two trekkers**, with a maximum luggage weight of **18 kg (approx 40 lbs) per porter**.

- Maximum **9 kg (approx 20 lbs) of luggage per trekker**
- One porter carries luggage for **two trekkers in a combined rucksack**
- Carry your essential items, water, camera, and valuables in your daypack
- Use a durable duffel bag (if you don't have one, we can provide a used non-waterproof one) for the luggage carried by the porter

Tips for Guides and Porters

Tipping is **optional**, yet mandatory in Nepal. It is a personal way to appreciate the good service of the guide and porter. It is usually given collectively at the end of the trek, and the amount can depend on the quality of service and your satisfaction.

Note: There is no fixed amount for tipping; you can give a different amount based on your experience and satisfaction.

Storage for Extra Luggage

You can leave luggage that you do not need during the trek at your **Kathmandu hotel or our office**, depending on the arrangements. We provide complimentary secure storage, which allows you to trek with only the items you need for the Everest and Gokyo Lakes route.

- Store extra clothes, shoes, and other non-essential items in Kathmandu.

- Keep important documents, money, electronics, and valuables with you.
- We recommend using a small lockable bag for items left in storage.
- Confirm the storage arrangement with our team before starting the trek.

What safety measures should you follow?

The EBC via Gokyo Lakes Trek is a **challenging high-altitude trek** that includes the Cho La Pass at approximately **5,420 m** and Kala Patthar at approximately **5,555 m**. Good preparation, gradual acclimatization, and following your guide's advice are the main things you need to consider.

Acclimatize Properly

The main thing you need to consider is to avoid rushing your ascent. You should follow the planned acclimatization schedule at **Namche Bazaar and Gokyo** and allow your body time to adjust to increasing altitude. Additionally, you should walk at a steady pace, take regular breaks, and inform your guide immediately if you feel unwell.

You should pay attention to symptoms of altitude sickness such as headache, nausea, and shortness of breath. Tell your guide immediately if you experience symptoms or if they become worse. Do not continue ascending if you are feeling seriously unwell.

Stay Hydrated

You need to drink water regularly throughout the day, especially while walking at higher elevations. Dehydration can make you feel more tired and may worsen some altitude-related symptoms, so carry a reusable water bottle and refill it regularly at teahouses.

Teahouses provide boiled water for an additional fee. We recommend adding a purification tablet to your drinking water, even to the boiled one, at least 30 minutes before use.

Note: Please do not drink water directly from the tap, springs, glaciers, rivers, or any untreated sources.

Follow Your Guide on Cho La Pass

The **Cho La Pass** is one of the most challenging sections of this trek, reaching an elevation of **5,420 m (17,782 ft)**. On the trail, you can expect snow, ice, loose rocks, and changing weather, which can make the crossing more difficult. So follow your guide's instructions for walking on every narrow, rocky section and maintain a steady pace.

Your guide will assess the trail and weather conditions before proceeding across the pass. If conditions are unsafe, the itinerary may need to be adjusted to prioritize your safety.

Protect Yourself From the Sun and Cold

At high altitude, the combination of strong sunlight and cold temperatures can quickly affect your exposed skin and eyes. You should wear **UV-protection sunglasses, SPF 50+ sunscreen, SPF lip balm, warm layers, gloves, a muffler, and a hat** to protect yourself from the sun and cold.

We always advise you to dress in layers so you can adjust your clothing as temperatures change throughout the day. Keep your face, hands, and other exposed areas covered when trekking in strong winds or freezing conditions.

Keep Important Items With You

Carry your passport, insurance documents, medications, money, phone, water, and other essential items in your daypack rather than your main luggage. Your daily medications should remain accessible throughout the trek.

Be Prepared for Weather and Flight Delays

Mountain weather can change quickly, particularly around Lukla and the high passes. Keep your itinerary flexible and allow **one or two extra days** after the trek in case your return flight is delayed or cancelled.

Know When to Stop

The goal is to complete the trek safely, not simply to reach the next destination. If your guide recommends descending, resting, or changing the itinerary because of altitude, weather, or trail conditions, follow the recommendation. You need to prioritize your safety over the itinerary.

Popular Alternate Treks

If you want to explore more of the Himalayas beyond the Everest Base Camp Trek via Gokyo Lakes, there are several other popular trekking routes in Nepal. Each offers a different combination of mountain views, cultural experiences, and trail difficulty.

- **Everest Base Camp Trek**: The classic route to Everest Base Camp through Namche Bazaar, Tengboche, Dingboche, and Gorak Shep.
- **Annapurna Circuit Trek**: A diverse journey around the Annapurna massif, crossing the **Thorong La Pass (5,416 m)** and passing through changing landscapes from subtropical valleys to high mountain terrain.
- **Manaslu Circuit Trek**: A remote and culturally rich trek around Mount Manaslu, featuring dramatic mountain scenery, Tibetan-influenced villages, and the challenging **Larkya La Pass (5,106 m)**.
- **Annapurna Base Camp Trek**: A classic Himalayan trek through lush forests, traditional villages, and the Annapurna Sanctuary, with close views of Annapurna I, Machhapuchhre, and other peaks.
- **Langtang Gosaikunda Trek**: A shorter Himalayan trek close to Kathmandu, known for beautiful valleys, Tamang and Sherpa communities, forests, glaciers, and views of Langtang Lirung.
- **Mardi Himal Trek**: A scenic and relatively short trek in the Annapurna region, offering panoramic views of **Machhapuchhre, Annapurna South, Hiunchuli, and Mardi Himal**.
- **Khopra Danda Trek**: A quieter alternative in the Annapurna region with panoramic mountain views and a less crowded trail.

FAQs For Everest Base Camp Trek via Gokyo Lakes

GENERAL INFORMATION

Why trek the Everest Base Camp via Gokyo Lakes with us?

We organize the Everest Base Camp Trek via the Gokyo Lakes as a private trek. So, you travel with your own group rather than being added to a larger group of strangers. With us, you get:

- An **experienced trekking team, a licensed guide, an assistant guide** (for groups of 5+ members), and **porters** accompany you throughout the journey.
- We **arrange permits, accommodation, transportation, and other essential trekking logistics.**
- Our team possesses **local knowledge**, helping you experience Sherpa culture, Buddhist heritage, Gokyo Valley, and other highlights of the Khumbu region.
- We provide **trip information and a pre-trek briefing** so you know what to expect before heading into the mountains.
- Your guide **monitors your condition at altitude and coordinates assistance** if you experience health or other emergencies.

Where are the Gokyo Lakes located on the EBC Trail?

The Gokyo Lakes are located in the **Gokyo Valley of the Everest region**, west of the main Everest Base Camp trail. From Namche Bazaar, you need to follow the Dudh Koshi Valley toward Dole and Machhermo before reaching Gokyo. After exploring the Gokyo Valley, the trail continues toward Thangnak and crosses Cho La Pass before joining the main Everest Base Camp route at Dzongla.

How different is the Everest Base Camp Trek with or without Gokyo Lakes?

The standard Everest Base Camp Trek follows the main trail through Namche Bazaar, Tengboche, Dingboche, and Lobuche before reaching Everest Base Camp. The Gokyo Lakes route takes a more varied path through the Gokyo Valley, where you visit the glacial lakes and Gokyo Ri before crossing Cho La Pass and continuing toward Everest Base Camp. It offers more diverse scenery and a greater trekking challenge than the standard route.

What are the main highlights of the Everest Base Camp and Gokyo Lakes Trek?

The main highlights of the trek include the **blue, glacial Gokyo Lakes, panoramic views from Gokyo Ri, the Ngozumpa Glacier, Cho La Pass, Everest Base Camp, and Kala Patthar**. You also pass through traditional Sherpa villages, Tengboche and Khumjung monasteries, and experience Buddhist culture or the mountain lifestyle of the Everest region.

What is the highest point reached during the trek?

The highest point of the Everest Base Camp via Gokyo Lakes Trek is **Cho La Pass at 5,420 m (17,782 ft) and Gokyo Ri Viewpoint at 5,400 m (17,814 ft)**. The trek also takes you to **Kala Patthar at about 5,555 m (18,192 ft)**, one of the best viewpoints for close-up views of Mount Everest.

How many acclimatization days are included in the trek?

The EBC via Gokyo Lake itinerary includes **two acclimatization days**, one in **Namche Bazaar (3,443m / 11,296 ft) and another in Gokyo (4,790 m / 15,584 ft)**. These rest days are not only for resting but also include short hikes to Khumjung Village and the Gokyo Ri viewpoint. It helps your body adjust or get used to walking at the higher elevations.

TREK DIFFICULTY

How difficult is the trek to Everest Base Camp via Gokyo Lakes?

The Everest Base Camp via Gokyo Lakes Trek is **considered a challenging high-altitude trek**. The route involves long walking days, steep ascents and descents, and the crossing of Cho La Pass at 5,420 m and Kala Patthar at 5,555m. Good physical fitness, proper acclimatization, and preparation are important for completing the trek safely and comfortably.

How many hours do you walk each day?

Your normal itinerary includes a **day walk around 2–9 hours**, depending on the distance, landscape, altitude, and your pace. On Acclimatization days, you will hike for **about 1- 2 hours**.

How long does the trek take?

The Everest Base Camp via Gokyo Lakes Trek takes **15 days**, including acclimatization days in Namche Bazaar and Gokyo.

How difficult is the Cho La Pass crossing?

Cho La Pass is one of the **most challenging sections of the trek**. At approximately 5,420 m (17,782 ft), the crossing involves a steep and rocky landscape, a glacier section, and a long ascent and descent. Snow and ice can make the crossing more difficult during colder months.

Is the EBC Gokyo Lakes Trek suitable for beginners?

The trek can be suitable for **fit and well-prepared beginners**, even without previous high-altitude trekking experience. However, it is more demanding than the standard Everest Base Camp Trek because of the Gokyo Valley route and Cho La Pass crossing. If you are a beginner, you should prepare physically in advance and follow the guide's recommendations properly.

How hard is the ascent to Gokyo Lakes?

The ascent to Gokyo Lakes is **moderately challenging** because you gradually gain altitude from Dole through Machhermo before reaching Gokyo. The trail includes uphill sections and rocky terrain, but the gradual progression helps your body adjust to the increasing elevation. Taking a steady pace and staying properly hydrated can make the ascent more manageable.

PREPARATION & FITNESS

How fit do I need to be for the trek?

You need a **good level of fitness and endurance** for the Everest Base Camp via Gokyo Lakes Trek. You do not need to be an athlete, but you should be comfortable with long days of continuous walking and able to manage moderate to strenuous uphill climbs.

How early should I start training for the trek?

We recommend starting your training **at least 6–8 weeks before the trek**. If you are not regularly active, starting earlier than the departure date gives you more time to build your stamina, leg strength, and endurance. You should focus on consistent training for a longer period rather than intense workouts for a few days.

What kind of training is recommended for the long trekking days?

For the long trekking days, you must be physically and mentally fit and prepared. Focus on **cardiovascular fitness, leg strength, core stability, and endurance**. Activities such as **hiking, walking uphill, stair climbing, cycling, jogging, and strength exercises** like squats and lunges can help prepare you for the trail. Additionally, you can include regular long walks or hikes with a backpack to get used to walking for several hours at a time.

Do I need previous high-altitude trekking experience?

No, previous high-altitude trekking experience is **not required** for the Everest Base Camp via Gokyo Lakes Trek. What matters more is your ability to handle **long walking days, steep ascents, and altitude gain**. If you are physically prepared and comfortable with sustained uphill walking, you can undertake this trek without prior high-altitude experience.

PERMITS

What permits are required for the Everest Base Camp Trek via Gokyo Lakes?

For the Everest Base Camp via Gokyo Lakes Trek, you need the Sagarmatha National Park Entry Permit and the Pasang Lhamu Rural Municipality Permit.

- **Sagarmatha National Park Entry Permit – NPR 3,000 (approximately US$22–23):** This permit is required to enter and trek through Sagarmatha National Park, where the Gokyo Lakes, Everest Base Camp, and much of the trekking route are located.
- **Pasang Lhamu Rural Municipality Permit – NPR 3,000 (approximately US$23):** This local permit is required for trekking through the Pasang Lhamu Rural Municipality area of the Khumbu region.
- **Everest Region Environmental Green Fee – NPR 1,000:** An environmental fee may also be collected under the current local regulations to support waste management and environmental conservation in the Everest region.

Are the necessary permits included in the trekking package?

Yes. The required trekking permits and applicable entry fees are included in our trekking package.

Where can I obtain the permits for the trek?

If you book the Everest Base Camp via Gokyo Lakes Trek with us, **you do not need to obtain the permits yourself**. Our team arranges them on your behalf before the trek begins.

The Sagarmatha National Park Entry Permit **can be obtained from the Nepal Tourism Board office in Kathmandu or at the park entry point in Monjo**. The Pasang Lhamu Rural Municipality Permit and Green Fee are generally **obtained at the permit checkpoint in Lukla**.

INSURANCE & VISA

Is travel insurance necessary for the Everest Base Camp via Gokyo Lakes Trek?

Yes. **Travel insurance is essential** for this trek because the route reaches high altitudes and includes challenging sections such as Cho La Pass.

What should my insurance cover for this trek?

Your travel insurance should provide comprehensive coverage for the risks associated with high-altitude trekking. We recommend checking that your policy includes:

- **High-altitude trekking:** Coverage for trekking at elevations of at least 5,500 m (18,045 ft).
- **Medical treatment:** Coverage for medical expenses if you become sick or injured during the trek.
- **Emergency helicopter evacuation:** Coverage for helicopter rescue if you need to be evacuated from a remote or high-altitude area.
- **Emergency evacuation:** Coverage for other necessary transportation to a suitable medical facility.
- **Trip interruption or cancellation:** Coverage for eligible costs if you need to cancel or cut your trip short due to a covered emergency.
- **Personal belongings:** Coverage for loss, theft, or damage to your luggage and personal belongings, if included in the policy.

Do I need a visa for visiting Nepal, and how can I obtain one?

Yes, you need a **tourist visa to visit Nepal**, except for Indian citizens. You can obtain a **visa on arrival at Tribhuvan International Airport in Kathmandu** or apply through a Nepal Embassy or consulate in your home country. For this, your passport should be valid for at least 6 months and have sufficient blank pages for visa and entry stamps.

GUIDES & PORTERS

Is a guide included in the Everest Base Camp via Gokyo Lakes Trek package?

Yes, we include an experienced, English-speaking trekking guide for every group in the Everest Base Camp via Gokyo Lakes Trek package. Additionally, we include an assistant guide if your group has more than 5 members to make your trek safe and flexible.

What roles do guides play during the trek?

Your guide manages route **navigation, daily schedules, accommodation, and acclimatization throughout the trek**. They provide additional support on challenging sections such as Cho La Pass and monitor you for altitude-related symptoms.

Is a porter included in the trekking package?

Yes. A porter is included in the trekking package. You can find that **one porter is generally assigned to carry the luggage of two trekkers.** That means a porter carries a duffel bag or a rucksack (50-60 liters) with a 18 kg limit, combining the weight of you and your partner. Each trekker can have up to 9 kg of luggage carried by the porter, while you carry your personal essentials in your daypack.

Can I undertake the trek independently without a guide?

No. Independent trekking is not permitted on this route under Nepal's current trekking regulations. Foreign trekkers must trek with a licensed trekking guide in the Everest region.

What happens if I cannot continue the trek due to illness or injury?

If you cannot continue the trek due to illness or injury, **your guide will first assess your condition and help arrange the appropriate response**. Depending on the situation, this may involve resting at a lower altitude, changing the itinerary, arranging transportation, or organizing emergency evacuation. If helicopter evacuation or other medical assistance is required, your travel insurance should cover the eligible costs.

ACCOMMODATION

What type of accommodation is available along the EBC Trail via Gokyo Lakes?

Accommodation is mainly in **family-run teahouses and lodges** along the route. You stay in local places in different remote villages. You can find simple rooms with twin beds, mattresses, blankets, and shared toilet facilities at lower elevation. As you move higher toward Gokyo, Thangnak, Dzongla, and Gorak Shep, facilities become more basic because of the remote location and high altitude.

What facilities can you find near Gokyo Lakes?

There are **limited facilities directly** around the Gokyo Lakes because they are located in a remote, high-altitude area. The main services are concentrated in Gokyo village beside the third lake, Gokyo Cho. You can find teahouses and lodges with dining rooms, toilets, drinking water, and basic charging facilities. Some lodges also provide hot showers and Wi-Fi for an additional fee.

There are no large shops, medical centers, or extensive services at the lakes themselves, so you should arrange your essential supplies before hiking around the lakes or trekking to Gokyo Ri.

Will I have access to Wi-Fi or charging points during the trek?

Yes, you will have **access to Wi-Fi or charging points during the trek**, but the quality and availability become more limited at higher elevations. Charging usually costs an **additional fee of NPR 800–1,100 ($5–$7 USD)**. We recommend you use an **Everest Link Wi-Fi card** for better communication in the Everest region.

Are attached bathrooms and hot showers available along the trekking route?

Attached bathrooms are available in some lodges, particularly at lower elevations such as Lukla and Namche Bazaar, but most teahouses on the Gokyo-Cho La-EBC route have **shared bathrooms**. You can get hot showers at many teahouses for an additional charge of **NPR 800–1,300 ($5–$8 USD)**. But they become less readily available as you approach Dzongla, Lobuche, and Gorak Shep.

Hot water is usually heated using gas, solar systems, or other limited energy sources. You may only find **bucket showers** as you move ahead to remote villages.

CULTURE & LIFESTYLE

Why are the Gokyo Lakes considered sacred?

The Gokyo Lakes are sacred to **both Hindus and Buddhists** and hold deep spiritual importance in the Khumbu region. Hindus believe the lakes are home to the serpent deity Nag Devata and local protective spirits.

During **Janai Purnima**, Hindu pilgrims visit here to perform religious rituals and take a holy bath. The local Sherpa community treats the pristine waters with deep **spiritual and cultural respect**. Among the lakes, **Gokyo Cho (Third Lake)** is the largest and most significant one.

What culture can you find along the EBC Trail?

The EBC via Gokyo Lakes route passes through **Sherpa communities of the Khumbu**, where Tibetan Buddhist traditions are closely connected with everyday life. You can experience local life in Namche Bazaar, Dole, Machhermo, and Gokyo, with traditional homes, mani walls, chortens, prayer wheels, and prayer flags.

Additionally, you can see Sherpa festivals such as:

- **Mani Rimdu:** A major Buddhist festival celebrated at Tengboche Monastery with prayers, masked dances, religious ceremonies, music, and communal gatherings.
- **Losar:** The Sherpa and Tibetan New Year is marked by family gatherings, prayers, traditional food, music, and dancing.
- **Dumji:** A traditional Sherpa festival celebrated in Khumbu villages with monastery rituals, communal feasts, dancing, and social gatherings.

During festivals and special occasions, Sherpa people may wear traditional dresses such as woolen robes, colorful aprons, shawls, and traditional hats.

Which Sherpa villages are visited during the trek?

The trek passes through several Sherpa villages, including **Namche Bazaar, Dole, Machhermo, Gokyo, Thangnak, Dzongla, Lobuche, and Gorak Shep.**

Namche is the largest trading and cultural center on the route, while Dole, Machhermo, and Gokyo offer a closer look at life in the higher valleys. After crossing Cho La Pass, you pass through the villages of **Dzongla and Lobuche** before reaching Gorak Shep and Everest Base Camp.

What monasteries or Buddhist sites can I visit along the route?

Namche Bazaar has monasteries and Buddhist shrines, while the route toward Gokyo passes numerous mani walls, prayer wheels, chortens, and prayer flags. You can visit:

- **Khumjung Monastery** (16th-century Buddhist monastery, famous for Yeti scalp) near Namche Bazaar.
- **Tengboche Monastery** (largest gompa) on the wider Everest trail.

These sites reflect the strong Tibetan Buddhist traditions of the Khumbu region.

What should I know about local customs and etiquette?

When passing through Sherpa villages and Buddhist sites, dress respectfully and avoid disturbing religious activities. You should:

- Walk clockwise around mani walls, chortens, and prayer wheels.
- Turn prayer wheels in the direction they are traditionally rotated.
- Ask permission before photographing people or religious ceremonies.
- Avoid touching or moving religious objects.
- Use your right hand before giving and receiving.
- Remain quiet during prayers at gompas and stupas.
- Follow your guide's instructions at monasteries when religious ceremonies are taking place.

FOOD & DRINKS

What food should I eat during the Everest Base Camp via Gokyo Lakes Trek?

Teahouses along the Gokyo–Cho La–Everest Base Camp route serve a **variety of filling meals** to support you through long trekking days. **Dal bhat** is a recommended choice because it provides rice, lentils, vegetables, and often curry, with refills available at many teahouses. Other common options include:

- Noodles and fried rice
- Pasta and macaroni
- Momo
- Potato dishes
- Soups and vegetable stews
- Eggs and omelets
- Tibetan bread and pancakes
- Porridge for breakfast

As you reach higher villages such as Gokyo, Thangnak, Dzongla, Lobuche, and Gorak Shep, the menu becomes more limited. At these elevations, we recommend having warm, carbohydrate-rich meals and soups to sustain long days on the trail.

Are there vegetarian or vegan food options available?

Yes. Vegetarian meals are widely available throughout the EBC via the Gokyo Lakes route. You can usually find dal bhat with vegetables, vegetable noodles, fried rice, pasta, soups, potatoes, momos, porridge, and other meat-free dishes.

Vegan choices are also possible, but they can be more limited at higher elevations. If you follow a strict vegan diet, let us know before the trek so your guide can help communicate your requirements to the teahouses, particularly at Thangnak, Dzongla, Lobuche, and Gorak Shep.

Can the teahouses accommodate food allergies or dietary restrictions?

Yes, most teahouses along the Everest Base Camp via Gokyo Lakes route can accommodate common dietary restrictions when informed in advance. Your guide can explain your requirements to the teahouse staff and help you choose suitable meals from the available menu.

Depending on your dietary needs, you can request:

- **Dairy-free meals:** plain rice, dal, vegetables, noodles, or other dishes prepared without dairy where available.
- **Nut-free meals:** simple dishes without nuts or nut-based ingredients, although teahouses cannot always guarantee an allergen-free kitchen.
- **Egg-free meals:** dal bhat, vegetable noodles, rice, potatoes, soups, and other egg-free options.
- **Gluten-free meals:** rice, dal, potatoes, vegetables, and other naturally gluten-free foods, depending on preparation.

If you have a severe or life-threatening allergy, inform us before the trek, carry your necessary medication and snacks, and tell your guide and teahouse staff clearly about your allergy before ordering.

What foods should I avoid at high altitudes?

You need to choose food that is **freshly prepared, warm, and easy to digest**, particularly as you trek above Gokyo and toward Cho La Pass. It is better to limit:

- Very oily or greasy meals
- Heavily fried foods
- Raw foods when their storage or washing is uncertain
- Large, heavy meals before a long climb
- Excessive caffeine and alcohol
- Non-vegetarian (mainly meat)
- Foods or drinks that you know upset your stomach

Before demanding sections such as Cho La Pass, we advise having a light and carbohydrate-rich meal to make you more comfortable than a heavy or greasy dinner.

Is safe drinking water available, or should I bring purification tablets?

Yes, drinking water is available along the route, including at teahouses and lodges. You can purchase **bottled water** at lower altitudes. But at higher altitude, carrying a reusable bottle (capacity of 2 liters) and treating refill water is a more practical option for a longer trek.

We recommend using **water purification tablets, a portable filter, or another reliable water-treatment method** for untreated water and even for boiled water. You can get boiled water at many teahouses for an extra fee.

WEATHER

What is the best time of year to trek Everest Base Camp via Gokyo Lakes?

The best seasons are **spring (March to May) and autumn (late September to November)**. During these months, you can find stable weather, clearer mountain views, and better trail conditions.

Spring brings warmer temperatures and blooming rhododendrons in the lower valleys, while autumn usually offers crisp skies and excellent visibility of Everest, Cho Oyu, Makalu, and the surrounding peaks. These conditions are particularly useful for the exposed sections around Gokyo Ri and Cho La Pass.

How does the weather affect the trekking experience on this route?

Weather becomes colder and more unpredictable as you gain altitude. Lukla and Namche are relatively mild, with daytime temperatures often around **10–15°C**, while Gokyo and Thangnak can be around 5–10°C. At Lobuche and Gorak Shep, daytime temperatures may stay around **0–5°C**, with nights dropping below -10°C in winter.

Rain can make lower trails slippery, while snow, strong winds, and poor visibility can make Gokyo Ri and Cho La Pass more challenging. Poor weather can also delay your Lukla flights.

Is it advisable to trek during the monsoon or winter seasons?

No, it is not advisable to trek during the monsoon or winter seasons due to demanding conditions. **Monsoon (June–August)** brings rain, clouds, and slippery trails, especially on the lower sections toward Gokyo. **Winter (December–February)** brings freezing temperatures, snow, and icy trails around Gokyo, Thangnak, Cho La Pass, and Gorak Shep. Cho La Pass can become challenging after heavy snowfall.

How cold does it get at Gokyo, Cho La Pass, and Gorak Shep?

Temperatures become significantly colder as you gain altitude. During the main trekking seasons, Gokyo (4,790 m) typically reaches around **-5°C to 5°C** during the day and can drop to **-10°C to -5°C** at night. At Cho La Pass (5,420 m), daytime temperatures can range from around **-8°C to 0°C**, while nighttime temperatures may fall to -15°C to -10°C. At Gorak Shep (5,164 m), temperatures are generally around **-5°C to 5°C** during the day and -12°C to -8°C at night during spring and autumn.

Can weather conditions affect the crossing of Cho La Pass?

Yes. Weather conditions can directly affect the difficulty and safety of crossing Cho La Pass. Fresh snowfall can cover the trail and glacier, making the route harder to follow. Ice can make the trail slippery and harder to cross, while strong winds can make the exposed pass extremely cold.

Cloud, fog, or snowfall can also reduce visibility and make route-finding difficult. If conditions are unsafe, your guide may delay the crossing or adjust the itinerary.

HEALTH & SAFETY

What health risks should I be aware of during the trek?

The main health concern on the EBC via Gokyo Lakes Trek is altitude-related illness, as the route gradually ascends from Lukla to more than 5,000 m. The risk becomes greater around Gokyo, Thangnak, Cho La Pass, Lobuche, and Gorak Shep.

Other common concerns you should be aware of:

- **Acute Mountain Sickness (AMS):** headache, nausea, dizziness, tiredness, or difficulty sleeping.
- **Dehydration:** caused by increased fluid loss at high altitude and long hours of walking.
- **Sun exposure:** strong UV rays at high elevations can cause sunburn and eye discomfort.
- **Cold-related problems:** temperatures can drop significantly around Gokyo, Cho La Pass, and Gorak Shep.
- **Minor injuries:** uneven rocks, steep descents, and icy sections can cause slips, sprains, or falls.

What are the symptoms of altitude sickness?

Altitude sickness can develop as you walk too quickly to a higher altitude. Common symptoms include:

- Headache
- Nausea or loss of appetite
- Dizziness or light-headedness
- Unusual tiredness or weakness
- Shortness of breath during activity
- Difficulty sleeping

You should not ignore the symptoms, particularly after reaching higher elevations such as Gokyo, Thangnak, or Lobuche. Severe symptoms such as difficulty breathing at rest, confusion, inability to walk properly, or a worsening condition require immediate attention and descent. So, you should inform your guide immediately.

Is altitude sickness a concern, and how can it be managed?

Yes. Altitude sickness is a concern because the trek reaches 5,420 m at Cho La Pass and around 5,545 m at Kala Patthar. Our itinerary allows your body to adjust gradually, with acclimatization stops at Namche Bazaar and Gokyo.

You can help manage the risk by:

- Walking at a steady pace rather than rushing.
- Staying well hydrated throughout the day.
- Eating regular, nutritious meals.
- Avoiding alcohol and meat at high altitude.
- Getting enough rest and sleep.
- Informing your guide immediately if you develop symptoms

If symptoms worsen, your guide may recommend resting, stopping further ascent, or descending to a lower altitude. In severe cases, he will opt for an emergency evacuation.

What emergency procedures and safety measures are in place during the trek?

Throughout the trek, your **guide monitors your health condition**, **check your oxygen level**, particularly during the higher sections from Gokyo to Thangnak, across Cho La Pass, and toward Gorak Shep. If you become seriously ill or injured, the trekking team can coordinate emergency assistance and evacuation.

Depending on the situation, the response may include:

- Immediate first aid and assessment by the guide.
- Rest and monitoring at the current location.
- Descent to a lower altitude if required.
- Arrangement of emergency transportation.
- **Helicopter evacuation** when the condition and location require it.

For this reason, you should carry travel insurance that covers high-altitude trekking and helicopter evacuation up to at least 5,555 m.

What happens if bad weather prevents us from following the planned itinerary?

If weather affects the planned itinerary, our **guide will assess the conditions and coordinate with our trekking team** to determine the safest option. This may include waiting for better conditions, adjusting the day's walking schedule, or changing the itinerary when necessary. If Cho La Pass cannot be crossed safely, an alternative route may be arranged based on trail and weather conditions.

For Lukla flights, poor weather can also cause delays or cancellations. In such cases, we may arrange alternative transportation, such as a helicopter, when available and appropriate, with any additional cost borne by you.

PACKING & GEAR

What essential items should I pack for the Everest Base Camp via Gokyo Lakes Trek?

For the Everest Base Camp via Gokyo Lakes trek, you should pack according to the season, for both long walking days and cold, high-altitude conditions. Warm and waterproof layers are important for the Gokyo–Thangnak–Cho La section.

- Trekking clothing: moisture-wicking base layers, fleece, insulated jacket, waterproof jacket and trousers.
- Footwear: comfortable, broken-in trekking boots with good grip and warm trekking socks.
- Warm accessories: gloves, warm hat, neck gaiter, and thermal layers.
- Sun protection: sunglasses, sunscreen, lip balm, and a sun hat.
- Trekking equipment: trekking poles, headlamp, water bottle or hydration system, and a daypack.
- Sleeping gear: warm sleeping bag suitable for high-altitude conditions.
- Personal items: toiletries, medications, first-aid essentials, and personal documents.
- Electronics: phone, charging cables, power bank, and a suitable adapter.

Is a sleeping bag necessary for this trek?

Yes, a warm sleeping bag rated around -10°C to -15°C (14°F to 5°F) is necessary for the trek. Temperatures can drop below freezing at night at higher elevations, especially around Gorak Shep, Dzongla, Thangnak, and Gokyo.

Although teahouses provide blankets, they may not be sufficient during colder nights. A good sleeping bag provides additional warmth and comfort throughout the EBC trek. If you don't have one, we can provide a used sleeping bag for the duration of the trek.

Are trekking poles recommended for the trek?

Yes. The route to EBC via Gokyo Lake includes steep climbs, rocky descents, uneven terrain, and sections that can become slippery or icy. So we recommend carrying trekking poles, especially useful during the ascent and descent of Cho La Pass and on the long descent toward Dzongla.

Do I need crampons for Cho La Pass?

Full mountaineering crampons are **not normally required** for the standard trek, but the need for traction equipment depends on the season and current trail conditions. Cho La Pass can become snow- or ice-covered, particularly during winter and after fresh snowfall.

Your guide will assess the conditions before the crossing and advise whether microspikes, crampons, or other traction equipment are appropriate. You should carry good trekking boots with strong grip regardless of the season.

What size duffel bag should I bring?

You should bring a **50–60-liter waterproof duffel bag** for the trek. One porter carries one duffel bag with a maximum combined weight of 18 kg, shared between two trekkers. This means you need to find a partner and pack each of your luggage (9 kg each) in the shared duffel bag. Pack compactly, including your warm clothes such as jacket, trousers, layers, and other essentials in the rucksack.

BOOKING & PAYMENTS

How far in advance should I book the Everest Base Camp via Gokyo Lakes Trek?

We recommend booking as early as possible, particularly if you plan to trek during the **busy spring (March–May) or autumn (September–November)** seasons. Early booking gives you more flexibility with flights, accommodation, permits, and your preferred trekking dates.

For peak-season departures, booking several weeks to a few months (2-3 months) ahead is advisable. If you are in a private group and want fixed travel dates, earlier booking is especially helpful.

What is the payment process for booking the trek?

To book your Everest Base Camp via Gokyo Lakes Trek, you need to pay a **10% deposit**. You can make the payment through different secure payment methods, including Bank Transfer, Wise, Western Union, Credit Cards, and our website payment system.

How much extra money should I bring for personal expenses?

We recommend carrying approximately **USD 15–25 per day** for personal expenses, depending on your spending habits. Your main trekking package covers the services specified in the itinerary, but you may need additional money for items such as:

- Wi-Fi
- Charging electronic devices
- Hot showers
- Bottled or boiled water
- Tea, coffee, and soft drinks
- Snacks
- Personal, Souvenir purchases
- Tips for guides and porters

Carry some Nepalese rupees (small change) for smaller purchases, as card payment facilities become limited as you move towards the Gokyo and Everest regions.

What happens if I need to cancel or change my trekking dates?

If you need to cancel or change your trekking dates, inform us **as early as possible**. We will check the bookings and arrangements already made for your trip and advise you of any applicable charges or changes.

Date changes may require adjustments to domestic flights, accommodation, permits, transportation, and guide or porter arrangements, particularly during peak trekking seasons.

Are there any cancellation or refund policies for the trek?

Yes. Cancellation and refund policies depend on **when you cancel and which trip arrangements have already been confirmed or paid for**. You must submit the cancellation requests in a written form, which is then acknowledged by the company. The applicable refund is:

- **45 days or more before departure:** 85% refund
- **44–30 days before departure:** 70% refund
- **29–15 days before departure:** 50% refund
- **15–7 days before departure:** 30% refund

Less than 7 days before departure: No refund
Once the trek has started, we don't provide a refund for voluntarily leaving the trek or for unused services such as flight tickets, permits, accommodation, or other bookings.

TRANSPORTATION

Are flights to Lukla operated throughout the year?

Flights to **Tenzing-Hillary Airport in Lukla** are operated throughout the main trekking seasons, but schedules depend on weather and airport conditions. During peak spring and autumn, you need to take a bus to reach Manthali Airport to catch a flight to Lukla due to increased air traffic at Kathmandu Airport. During the off-season, flights generally operate between Kathmandu and Lukla when weather conditions allow.

What happens if my Lukla flight is delayed or cancelled?

If your Lukla flight is delayed or cancelled, we adjust your itinerary accordingly. We book the next possible flight immediately. If flights are unavailable, we can arrange helicopter transfers for an additional cost, subject to weather and availability. We recommend adding one or two extra days in your overall Nepal itinerary to accommodate the possible flight disruptions.

Can I take a helicopter to or from Lukla?

Yes. We can arrange a helicopter for transportation between Lukla and Kathmandu or other locations in the Everest region for an additional cost. It depends upon the weather and availability. This can be useful when regular Lukla flights are delayed or cancelled.

A helicopter transfer is generally an additional-cost service ($550 USD, shared by 5 trekkers). It can be arranged as a private charter flight, depending on availability and your requirements.

What transportation options are available after completing the trek?

After completing the trek on foot in Lukla, you return to Kathmandu through the direct 30-40-minute flight from Tenzing-Hillary Airport. While in peak trekking seasons, you may need to continue the road journey for 6-7 hours to Manthali Airport, Ramechhap. From here, you can catch a 20-minute flight to Tribhuvan International Airport.

After arriving in Kathmandu, we provide private vehicle transportation to your hotel. Finally, on your departure day, we transfer you from your hotel to the airport.

Discovery World Trekking

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