Discovery World Trekking



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Everest Base Camp trek with Gokyo Ri (avoiding Chola Pass) - 15 days

15 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1400
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/everest-base-camp-trek-with-gokyo-ri







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

TRIP FACTS

Destination	Everest Base Camp
Grade	Challenging
Accomodation	Lodge to Lodge stays
Best season	Spring (March, April, May) & Autumn (September, October, November)
Activity	Everest Treks
Max. altitude	5,555m (Kala Patthar)
Activity per day	5-7 hours of hike

PRICE

US$ 1400

per person, for 2 to 3 people

The full price is US$ 1800. You save US$ 400 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1400
4 to 7	US$ 1350
8 to 13	US$ 1300
14 to 25	US$ 1230

Meals included	13 lunches, 13 dinners, and 14 breakfasts during the trek
Start / end point	Kathmandu - Kathmandu

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

Trek highlights

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

Everest Base Camp trek with Gokyo Ri Overview

Everest Base Camp Trek with Gokyo Ri (avoiding Cho La Pass) combines the Everest Base Camp (5,364 m) and the panoramic summit of Gokyo Ri (5,400 m). Your journey begins with a scenic flight from Kathmandu to Lukla, followed by a gradual ascent through Phakding and acclimatizing at Namche Bazaar, to venturing further on to Dole and Machhermo.

On Day 6, you reach Gokyo, where a well-deserved rest on Day 7 sets the stage for an unforgettable early morning summit of Gokyo Ri, offering exclusive views of Everest, Lhotse, Makalu, and Cho Oyu. The route then takes you from Gokyo back to the traditional Everest Base Camp trail via Phorste and Pheriche.

Continuing from Lobuche, you finally reach Everest Base Camp and witness the magic of the Khumbu Icefall and Ngozumpa Glacier. A sunrise hike to Kala Patthar crowns your experience before you descend along a new return route that unveils even more breathtaking perspectives.

This comprehensive 15-day itinerary weaves together the best of both the Khumbu and Gokyo valleys, merging high-altitude trekking, cultural immersion in Sherpa villages, and a diverse range of landscapes—from lush rhododendron forests to turquoise lakes and vast glaciers—into one unforgettable Himalayan journey.

Day to Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla. Trek to Phakding (2,650m / 8,562ft)

Day 2 Trek from Phakding (2,650m/8,562ft) to Namche Bazaar (3,440m/11,285ft)

Day 3 Rest day and acclimatization at Namche Bazaar

Day 4 Trek from Namche (3,440m/11,285ft) to Dole (4,200m/13,270ft)

Day 5 Trek from Dole (4,200m/13,270ft) to Machhermo (4,470m/14,450ft)

Day 6 Trek from Machhermo (4,470m/14,450ft) to Gokyo (4,790m/15,584ft)

Day 7 Rest day to acclimatize at Gokyo. Early morning summit of Gokyo Ri (5,400m/17,814ft)

Day 8 Trek from Gokyo (4,790m/15,584ft) back to Phorste Village (3,840m/12,595ft)

Day 9 Trek from Phortse Village (3840m/12595ft) to Pheriche (4210m/13,808ft)

Day 10 Trek from Pheriche (4210m/13,808ft) to Lobuche (4,930m/16,175ft)

Day 11 Trek from Lobuche (4,930m/16,175ft) to Everest Base Camp (5,364m/17,598ft) and back to Gorak shep (5,185m/17,010ft)

Day 12 Hike to Kala Patthar (5,555m/18,208ft) viewpoint, trek to Gorak Shep to Pheriche (4,250m/13,945ft)

Day 13 Trek from Pheriche (4,250m/13,945ft) to Namche Bazaar (3,440m/11,285ft)

Day 14 Trek from Namche Bazaar (3,440m/11,285ft) to Lukla (2,850 m/9,350ft)

Day 15 Fly back to Kathmandu/Manthali from Lukla (2,850m / 9,350ft)

Everest Base Camp trek with Gokyo Ri Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla. Trek to Phakding (2,650m / 8,562ft)

Trek Distance 6.2km / 3.8miles Flight hours 40/20 minutes Highest Altitude 2,850m / 9,350ft
Trek Duration 3 hours

Your trip starts early in the morning, and if you're trekking in peak seasons (March, April, May, September, October, and November), most probably, flights from Kathmandu to Lukla might be rerouted to Manthali Airport. For an early morning Lukla flight, we will pick you up at your hotel around 12:30 am and then take you on a 5-hour drive to Manthali Airport. The subsequent flight from Manthali to Lukla takes approximately 20 minutes.

You can book a helicopter from Kathmandu to Lukla and bypass the long drive to Manthali. However, it will cost you approximately 550 USD extra, assuming you share the helicopter expenses with four others.

If trekking during other months (December, January, February, June, July, and August), you will fly to Lukla directly from Kathmandu. After breakfast, we'll take you to Tribhuvan International Airport (TIA) for a picturesque 40-minute flight to Tenzing Hillary Airport in Lukla.

After landing at the Tenzing Hillary Airport, the trekking trails start. Since this will be your first day on the trek, the trek will be short and give you time to acclimatize. The path will take you through Chaurikharka Village, down to Dudhkoshi, and then to Phakding, the destination for the day. You can use your extra time exploring places in Phakding, Rimishung Monastery, in particular.

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

DAY 2

Trek from Phakding (2,650m/8,562ft) to Namche Bazaar (3,440m/11,285ft)

Trek Distance 11 km/6.8miles Highest Altitude 3,440m/11,285ft Trek Duration 6 hours

The trek starts from Phakding, and you will cross the Dudh Koshi river via a sturdy suspension bridge. As you trek forward, you might come across local wildlife, such as yaks, that might share the path with you.

As you progress, the path leads into Sagarmatha National Park, a UNESCO-listed natural reserve renowned for its rare wildlife, such as snow leopards, red pandas, Impeyan pheasant, bearded vultures, and snowcocks. To continue your trek, you'll need to register your trekking permits at the checkpoint in Monjo. Following this, a steep climb up to Namche Bazaar awaits. From the Sagarmatha National Park, you can catch glimpses of the majestic Mount Everest looming in the distance.

Upon reaching Namche Bazaar, the main trading town in the Khumbu region, you can rest for a while and then explore this town. This town has all kinds of shops, wifi linked hotels, restaurants, and even an Irish pub!

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

DAY 3

Rest day and acclimatization at Namche Bazaar

Highest Altitude 3,440m/11,285ft

You have already gained substantial height. So, it's time for acclimatization at Namche. You can use this day to explore the local market: the souvenir shops, restaurants, and cafes. If you are curious about the local Sherpas, visit the Sherpa Culture Museum and view the cultural artifacts. Consider visiting the Tenzing Norgay memorial, built to honor Tenzing Norgay, one of the first persons to summit Mt. Everest.

We also recommend you visit the Khunde Hospital, a medical clinic established by Sir Edmund Hillary in 1966, or embark on a one-hour climb to the Everest View Hotel, just above Namche. From here, you can get stunning views of the great peaks of Khumbu, including Ama Dablam, Nuptse, Lhotse, and Everest. Additionally, the Everest National Park Center offers a free exhibit on the history and culture of the Khumbu region.

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

DAY 4

Trek from Namche (3,440m/11,285ft) to Dole (4,200m/13,270ft)

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

You'll begin by ascending from the Dudh Koshi Valley, following a steep flight of stairs before entering a forest trail leading towards Phortse Tenga. Along the way, you might spot Himalayan Thar, Danphe (Himalayan Monal, Nepal's national bird), and musk deer. The path continues through Mong La (3,975m), offering incredible views of Ama Dablam, Thamserku, Tawache, and Khumbila before descending briefly to Phortse Tenga.

From here, you'll cross the Dudh Koshi River, following a steady ascent through dense rhododendron and pine forests, eventually reaching Dole, a serene settlement surrounded by yak pastures and alpine landscapes. This trek offers stunning scenery and marks an important acclimatization stop on your way toward Gokyo Valley.

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

DAY 5

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

Trek Distance 4.5km/2.7miles Highest Altitude 4,470m/14,450ft Trek Duration 5-6 hrs

The trek begins from Dole, and you will reach Lopharma in half an hour. After Lopharma, the route passes through forests teeming with wild animals like mountain goats, pheasants, and musk deer taking you to Luza. From Luza, the path gradually descends to Machhermo, and the trek will last about one and a half hours. From Machhermo, you can enjoy the incredible views of Taboche, Cholatse, and Kajyori.

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

DAY 6

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

Trek Distance 5.7km/3.5miles Highest Altitude 4,790m/ 15,584ft Trek Duration 4 hrs

You will leave Machhermo and start your trek to the stunning Gokyo Lakes. As you trek, you can take in breathtaking views of the Kangtega, Thamserku, and Cho-Oyu peaks. Gradually, the valley will widen at Phangga village, but be prepared for the challenging terrain ahead. A brief descent will lead you to a riverbank, from where you'll begin the ascent towards the Ngozuma glacier - the largest glacier in the Everest region. Then, you will pass by Longpongo and Raboche Tsho before arriving at Gokyo Lake, also known as Dudh Pokhari.

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

DAY 7

Rest day to acclimatize at Gokyo. Early morning summit of Gokyo Ri (5,400m/17,814ft)

Trek Distance 1.5km/0.9miles Highest Altitude 5,400m/17,814ft Trek Duration 1 ½ hours

This is the second day we have allocated for acclimatization. You will embark on an early morning trek from Gokyo village to reach the summit of Gokyo Ri, or Gokyo Peak, located on the western edge of the Ngozumpa glacier, just above Gokyo village. From the top of the peak, you can soak up the stunning panoramic views of the highest mountains in the region, including Mount Everest, Lhotse, Makalu, and Cho Oyu. After taking in the spectacular sights, you will head back to Gokyo village and take some time to explore the nearby Gokyo lakes. Gokyo lakes are a group of six major lakes that form the world's highest freshwater lake system.

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

DAY 8

Trek from Gokyo (4,790m/15,584ft) back to Phorste Village (3,840m/12,595ft)

Trek Distance 12.9km Highest Altitude 4,790m/15,584ft Trek Duration 6 hours

After breakfast, you will return to Phorse Village/ Phortse Thanga taking the same path you took to Gokyo. The return trip will be much easier as you will be mostly descending. We will stop at Dole for lunch, and after resting for about an hour, we will descend to Phorse, passing by pine and rhododendron forests. The trek will be rather long and may take around six hours.

Overnight stay at a local lodge
Included standard meal (Breakfast + Lunch + Dinner)

DAY 9

Trek from Phortse Village (3840m/12595ft) to Pheriche (4210m/13,808ft)

Trek Distance 9.1km Highest Altitude 4210m/13,808ft Trek Duration 4 hours

After a hearty breakfast, you will bid goodbye to Phortse and head toward Pheriche. Initially, the trail descends as it passes through a forest, eventually crossing the Imja Khola River. Then, the route ascends, providing magnificent views of Ama Dablam 22,493 ft (6,856 m) as it reaches the Pangboche Village. You will trek further following the Lobuche Khola and reach Pheriche.

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

DAY 10

Trek from Pheriche (4210m/13,808ft) to Lobuche (4,930m/16,175ft)

Trek Distance 8 km Highest Altitude 4,930m/16,175ft Trek Duration 3 hours

Today's trek will last for about six hours. Initially, you will head out of Dingboche village towards a ridge with a monastery and continue through a grassland plateau enjoying breathtaking views of Tawoche, Cholatse mountains, and Pheriche village, nestled in the valley below. When we reach Thukla, we will stop briefly to witness a chaotic jumble of rocks. From Thukla, the path ascends through a rugged high-altitude region and passes by a memorial dedicated to fallen climbers. You will continue trekking until you arrive at Lobuche, which once served as a summer yak-grazing post.

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

DAY 11

Trek from Lobuche (4,930m/16,175ft) to Everest Base Camp (5,364m/17,598ft) and back to Gorak shep (5,185m/17,010ft)

Trek Distance 15km/9.32miles Highest Altitude 5,364m/17,598ft Trek Duration 6-8 hours

On this day, you will reach the Base reach Everest Base Camp summit. The journey begins by trekking through the lateral moraine of the Khumbu Glacier until you reach the picturesque Gorak Shep Village, nestled amidst snow-capped mountains. After reaching Gorak Shep, you will leave your belongings at Gorak Shep and head to Everest Base Camp (EBC).

At the EBC, you will be awed by the breathtaking views. You should capture the panoramic view with your camera. Most trekkers get emotionally overwhelmed by their success after reaching EBC. After enjoying the views from the EBC, you will return to Gorak Shep, witnessing the views of the world's highest glacier - the Khumbu Glacier.

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

DAY 12

Hike to Kala Patthar (5,555m/18,208ft) viewpoint, trek to Gorak Shep to Pheriche (4,250m/13,945ft)

Trek Distance 9.6km/6miles Highest Altitude 5,555m/18,208ft Trek Duration 5 hours

At Gorak Shep, you will rise very early and hike to Kala Patthar, from where you will witness the sunrise over Mt. Everest and other surrounding peaks. The sight is truly awe-inspiring and unmatched by any other. After enjoying the views from Kala Patthar, you will trek back to Gorak Shep for breakfast. You will then rest for a while before continuing your journey to Pheriche, your destination for the day.

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

DAY 13

Trek from Pheriche (4,250m/13,945ft) to Namche Bazaar (3,440m/11,285ft)

Trek Distance 14.3km/8.8miles Highest Altitude 4,250m/13,945ft Trek Duration 6-7 hrs

Following a restful night's sleep in Pheriche, you will rise early, enjoy a hearty breakfast, and commence your trek towards Namche Bazaar. The trail winds through vibrant rhododendron and juniper forests, crossing the Imja Khola bridge en route to Tengboche. After passing through Tengboche, you will trek through forests teeming with high-altitude wildlife such as musk deer, mountain goats, and, even snow leopards, finally arriving at Namche Bazaar.

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

DAY 14

Trek from Namche Bazaar (3,440m/11,285ft) to Lukla (2,850m / 9,350ft)

Trek Distance 13.5km/8.3miles Highest Altitude 3,440m/11,285ft Trek Duration 6-7 hrs

It will be your last day on the trails, as you trek from Namche and head back to Lukla. The trek will also be the longest trek day. However, as you will be descending, it should be easier. On the way, you will cross Mongo and Phakding villages. As you trek forward, the tall mountains, especially Mount Everest, fade from the background. The last leg of the route from Phakding to Lukla is moderately uphill and requires some effort. You will spend your last night in the trek region at Lukla.

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

DAY 15

Fly back to Kathmandu/Manthali from Lukla (2,850m / 9,350ft)

Flight hours 40/20-minute Highest Altitude 2,850m/9,350ft

At the end of your trek, you will depart from Lukla, your flight destination will either be Manthali or Kathmandu, contingent on the prevailing trekking season. Probably, you'll take a 20-minute flight to Manthali, with a subsequent 5-hour drive to Kathmandu if your trek falls in March, April, May, September, October, or November. During other months - December, January, February, June, July, and August - you'll fly directly to Kathmandu.

You have the option to take a helicopter to Kathmandu from Lukla. However, it will cost you around 550 USD extra on a five-people sharing basis.

As you return to Kathmandu, the chances are you will be reflecting on your journey to Everest Base Camp and excited that you will soon be able to meet your loved ones back home. Later in the day, Discovery World Trekking will arrange a farewell dinner for you in Kathmandu.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Round-trip flight tickets for Kathmandu/Manthali and Lukla (Kathmandu–Manthali–Kathmandu travel via shared vehicle)
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- 14 nights accommodations in trek regions. Rooms with attached bathroom in Phakding, Namche (3N), Lukla. Standard rooms in Dole, Machhermo, Gokyo (2N), Phortse, Pheriche (2N), Lobuche, and Gorakshep.

Food

- Standard full-board meals (15 breakfasts, 14 lunches, and 14 dinners.), with one main course per meal.
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Experienced Nepal-government licensed English-speaking trek leader (1 assistant guide for 12 trekkers or more) and porter to help with trekkers' luggage (1 porter for every two trekkers). The luggage limit per trekker is 9 kg.
- Costs of guides and porters, their meals, drinks, insurance, salary, lodging, transportation, flight, and necessary equipment

Trek Permits and Expenses

- Sagarmatha National Park entry permit fee
- Khumbu Pashang Lhamu Rural Municipality fees.
- All government, local taxes, and official expenses

Medical Assistance

- Rescue operation arrangements in case of health emergencies (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenirs (company T-shirt & cap)

Farewell

- Discovery World Trekking trek achievement certificate
- Farewell dinner at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodations

- All accommodations in Kathmandu, before and after the trek
- Extra night accommodations in Kathmandu for any reason, such as early arrival, late departure, and early return from trekking.

Food

- All meals in Kathmandu, before and after the trek
- Extra night meals in Kathmandu for any reason, such as early arrival, late departure, and early return from trekking.

Guide and Porter

- Tips for guide and porter

Visa

- On-arrival visa fees at Tribhuvan International Airport- (Current cost USD 50 for 30-day stay)

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory

Personal Expenses

- Personal expenses (shopping, snacks, boiled/bottled water, hot (tea, coffee), cold and alcoholic drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges on the trip (Limit is 9 kg per Person)
- Additional costs due to delays beyond our control, such as landslides, weather conditions, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc
- All the costs and expenses not listed in "Cost includes" above are counted as excludes

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.

EBC with Gokyo Ri Packing List

Bring only the necessary clothing and accessories for the trek. Though porters will carry most of your luggage, we expect you to bring a small backpack for your vital documents and valuables.

Please note that the luggage weight limit per trekker is 9 kg. Since we assign one porter to two trekkers, we ask you to find a partner and pack both of your luggage together in a duffle bag of over sixty liters capacity. Though individual preferences differ, here is a packing list to help you pack.

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

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

Handwear

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

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

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

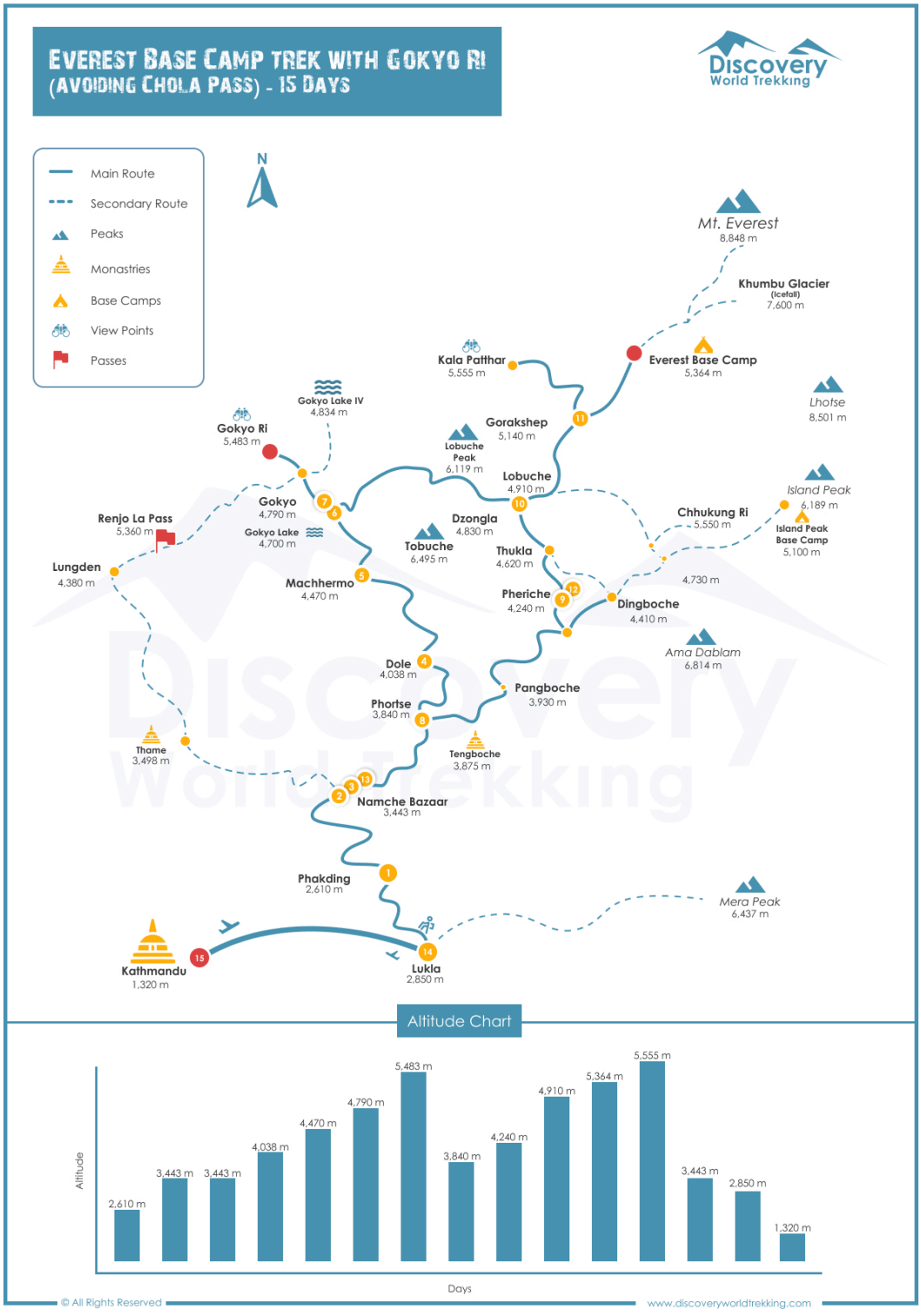
- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

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 with Gokyo Ri Map



Trip Notes

Arrival, Welcome, and Trek Start

We will receive you at Kathmandu Airport. You will find our representative holding a placard with your name on it. They will present you with a marigold garland and you will enjoy a free airport-to-hotel transfer.

On the trek departure day, in peak seasons (March, April, May, September, October, and November), flights from Kathmandu to Lukla might be rerouted to Manthali Airport.

For an early morning Lukla flight, we will pick you up at your hotel around 12:30 am and take you on a 5-hour drive to Manthali Airport. The subsequent flight from Manthali to Lukla takes approximately 20 minutes. In other months, you will fly directly from Kathmandu to Lukla.

Accommodations

This trek package includes 14 nights of accommodations in the trek region. You will be staying at the best possible lodges that we hand-select. Most rooms are on a twin-sharing basis, with attached bathrooms at Phakding, Namche (3 nights), and Lukla. Standard rooms will be provided at Dole, Machhermo, Gokyo (2 nights), Phortse, Pheriche (2 nights), Lobuche, and Gorakshep.

You will spend at least two nights in a hotel in Kathmandu—one before the trek and one after the trek. These hotel stays are not included in the trek package. Hot showers, charging facilities for your devices, and Wi-Fi are available at lodges/tea houses but come with additional fees.

Meals

We will provide you with nutritious meals throughout the trek, though your options may become more limited as you ascend. The package includes full-board meals (main course) with 15 breakfasts, 14 lunches, and 14 dinners. The meals will mainly consist of local, Asian, or Western cuisine, with the staple Nepali food being Dal (lentils), Bhat (rice), and Tarkari (vegetable curry).

For better health at higher altitudes, we recommend consuming liquids such as green tea, lemon tea, hot lemon, ginger tea, garlic soup (a must-have), and fresh vegetables. We advise against consuming dairy products, alcoholic beverages, caffeinated items, and hot chocolates at high altitudes due to potential hygiene concerns.

Luggage

For every two trekkers, we provide one porter with a luggage limit of 9 kg per trekker (18 kg total). We prioritize the well-being of our porters, so we recommend packing only the essentials. Please bring a small backpack for valuables and documents. Excess baggage can be stored for free at your hotel or our office.

Facilities and Essentials

- **Water**

You can purchase packed mineral water from local lodges or en-route shops. However, for ecological reasons, we advise you to bring a water bottle, buy boiled/bottled water from lodges, and put it in your water bottle. We also recommend you use water purification pills. If you do not have water purification pills, our team can provide them.

- **Communication**

We keep in daily contact with our groups through trek leaders using mobiles and are always ready to handle emergencies. You can buy a local SIM card in Kathmandu, though signal strength may vary based on the network.

Travel Essentials

- **Visa**

All foreign nationals (except Indians) require a visa to enter Nepal, which they can get on arrival at Tribhuvan International Airport or at immigration checkpoints along Nepal-India and Nepal-Tibet borders. To apply for a visa, you must possess a passport with at least six months of validity, a passport-size photograph, and the applicable visa fees. The current visa cost is USD 50 for a 30-day stay. Please visit https://www.immigration.gov.np/ to stay up-to-date on the latest information.

- **Travel Insurance**

Travel insurance is mandatory for all participants and must cover medical and helicopter rescue expenses up to the highest altitude (5,555 m). In an emergency, we will utilize your insurance policy and other pertinent documents to expedite evacuation and transfer you to medical centers.

Before purchasing travel insurance, please call the insurance provider and confirm whether they offer Heli-rescue and evacuation coverage up to 5,555 m in addition to health care costs. Do not rely only on insurance websites.

- **Currency Exchange**

The official currency is Nepali Rupees (NRS/Rs), and 1 USD is almost equal to NRS.133. If you have Indian Rupees (INR), please note that only Indian notes of 100 are legal in Nepal.

If you bring cash (major currencies) you can easily exchange it for Nepali Rupees in one of the several legal cash exchanges in Kathmandu, especially Thamel.

You can also withdraw cash in Nepali Rupees using ATMs in Kathmandu. However, there are limitations and fees associated. Please note most Nepali banks do not honor torn, faded, or old notes. So bring only new crisp notes.

- **Extra Expenses**

Though this package covers most expenses during the trek, it does not cover all expenditures. You must bring your money for expenses, such as meals and accommodations in Kathmandu, visa application, additional meal courses, travel insurance policy purchase, beverages (hot (tea/coffee), cold and alcoholic drinks), snacks, tips, and souvenirs. Since trek regions do not have cash exchange facilities, you must exchange your foreign currency in Kathmandu based on your spending habits.

Trek Season and Weather Conditions

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

We also conduct treks during summer (June-August) and winter (December-February). In summer, the temperatures at high altitudes reach 27 °C and drop to 5 °C at night. Similarly, in winter, the day temperature can reach 15 °C and come down to -20 °C.

However, the monsoon rain makes the lower elevations slippery, and the chances of flight delays increase during summer. In winter, the temperatures in high elevations are frigid, and heavy snow can cover the trails. For more information about the trekking seasons, check our comprehensive guide to Everest.

Typical Day

After breakfast, the trek usually begins around 7-8 am, depending on the distance and terrain for the day. After trekking for three to four hours, you'll take a midday break for lunch before continuing the trek. The afternoon trek will be shorter, and once you reach your destination, you can indulge in dietary snacks and explore the surroundings.

We will serve dinner around 6-7 pm. After dinner, your leader/guide will brief you about the next day's plan. Then, you can engage in friendly conversations, enjoy onboard games like cards and Monopoly, or watch documentaries. Many foreign trekkers enjoy learning a few fun Nepalese words from our crew.

Trip Conclusion

- **Farewell Dinner**

After the trek, we will organize a farewell dinner in Kathmandu. This gathering gives you a chance to share your experiences. Later, we will provide you with a trek achievement certificate.

- **Departure**

As your adventure concludes, we'll arrange your hotel-to-airport transfer, ensuring your departure from Nepal is as smooth as your arrival. You must provide us with your hotel name, room number, and departure time to avail of this service. We hope you will leave with unforgettable memories and a desire to explore more of Nepal's breathtaking landscapes.

Trek Bookings

- **Private Treks**

We offer private treks only and do not add anyone to your group. This offers flexibility and privacy to your trek. We can handle all group sizes and add an assistant guide for a trek of 12 or more.

- **Safe Trek Bookings**

We make the booking process straightforward and secure. When you book with us, you can feel confident knowing that your trek is organized by an experienced team dedicated to your safety and enjoyment.

- **Last-Minute Bookings**

Discovery World Trekking is a trustworthy trekking and tour operator registered, licensed, and bonded by the Nepal government. We are members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA).

Booking your trek with us is easy and secure. We only require 10% of the trip cost as advance to confirm your booking. We request you send us additional documentation, such as passport copies, passport-size photos, travel insurance policy, and flight details, within a week of booking.

We offer flexible payment options, including bank transfer, credit card, Wise, and Western Union. You can pay the remaining trip cost in cash, bank transfer, or credit card, after arriving in Nepal. We will also email payment details to you.

- **Flexible Schedule**

Additionally, though the Everest Base Camp trek with Gokyo Ri has fixed departure dates from Kathmandu, we are happy to accommodate your requests and reschedule the trek if the scheduled trek date does not work for you.

- **Trip Extension**

After completing your trek with us, you may want to consider extending your stay in Nepal to explore more of this beautiful country. Nepal offers a wealth of exciting activities, and, in extra time, you can participate in various activities such as touring Kathmandu, a trip to Nagarkot for breathtaking views, a jungle safari in Chitwan, paragliding, rafting, or canoeing.

DWT Family

Our experienced, government-licensed Sherpas will accompany you throughout the trek to ensure a comfortable and memorable journey. Our crew members come from high Himalayan regions. We deeply value their well-being, providing competitive pay, insurance, clothing, food, and lodging during the trek. We believe that happy, well-supported staff offer the best service. Our trek leaders are certified in Wilderness First Aid, biodiversity conservation, and rock climbing.

Ecotourism Practices

We are committed to responsible trekking, supporting local communities, and minimizing environmental impact. Our ecotourism practices include using sustainable resources and educating trekkers on responsible travel. Our policy is to leave only the footprints behind.

Tipping Culture

Tipping guides, porters, and crew during a trek is entirely up to you. In Nepalese culture, tipping is a way to express appreciation for good service. We suggest tipping as a group at the end of the trek, considering factors such as service quality, the trip, length, and trip cost.

FAQs For Everest Base Camp trek with Gokyo Ri (avoiding Chola Pass)

GENERAL INFORMATION

Where is the Everest Base Camp Trek with Gokyo Ri located?

The Everest Base Camp Trek with Gokyo Ri is located in the Everest region of Nepal and takes you through iconic destinations like Namche Bazaar, Gokyo Valley, and Everest Base Camp itself.

How long does the Everest Base Camp Trek with Gokyo Ri take?

This trek typically takes 15 days, including acclimatization stops, and exploration at key locations such as Gokyo Lakes and Everest Base Camp.

What are the main highlights of the Everest Base Camp Trek with Gokyo Ri?

Here are the main highlights of the Everest Base Camp:

- Stunning views of Mount Everest, Lhotse, Ama Dablam, Cho Oyu, and Makalu.
- Exploring the tranquil Gokyo Lakes and the panoramic Gokyo Ri viewpoint.
- Trekking through diverse landscapes, including forests, valleys, and glacial terrain.
- Visiting Everest Base Camp and experiencing the iconic Kala Patthar sunrise.
- Encountering unique Himalayan wildlife like musk deer and Himalayan Thar.

Is the Everest Base Camp Trek with Gokyo Ri suitable for all levels of trekkers?

This trek is moderately challenging and requires a good level of physical fitness due to the rugged terrain and high altitude. While prior experience with high-altitude treks is helpful, it is not mandatory.

What makes this trek unique compared to other treks in the Everest region?

This trek combines the classic Everest Base Camp route with a detour to the serene and less-crowded Gokyo Valley. The inclusion of Gokyo Lakes and the Gokyo Ri viewpoint adds an exceptional dimension to the journey, offering unparalleled views of the Himalayas and the Ngozumpa Glacier—the largest glacier in the Himalayas.

Is a private trek available for the EBC Gokyo Ri trek (avoiding Chola Pass)?

Yes, a private trek for the Everest Base Camp with Gokyo Ri (avoiding Chola Pass) is available.

PREPARATION & FITNESS

How fit do I need to be for the Everest Base Camp Trek with Gokyo Ri?

You need to be in good physical condition, as this trek involves long hours of walking at high altitudes and crossing tough terrain. Cardiovascular endurance, leg strength, and stamina are key.

Can beginners with prior trekking experience undertake this trek?

Yes, if you're generally fit and have some trekking experience, you can complete this trek. Prior high-altitude trekking experience is helpful but not mandatory.

What kind of physical preparation is recommended for the Everest Base Camp Trek with Gokyo Ri?

Focus on building stamina with cardiovascular exercises such as running, hiking, or cycling. Strength training for your legs and core also helps you handle the physical demands of the trek.

PERMITS

What permits are required for the Everest Base Camp Trek with Gokyo Ri?

You will need the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit.

Are the necessary permits included in the trekking package?

Yes, the required permits are included in the trekking package.

Where can I obtain the permits for the Everest Base Camp Trek with Gokyo Ri?

You can obtain the permits at Kathmandu or the Sagarmatha National Park entry point, but we will obtain them for you.

INSURANCE & VISA

Is travel insurance necessary for the Everest Base Camp Trek with Gokyo Ri?

Yes, travel insurance is mandatory for this trek.

What should my insurance cover for this trek?

Your insurance should cover medical treatment and helicopter evacuation up to an altitude of 5,550 m.

Do I need a visa to visit Nepal, and how can I obtain one?

Yes, you need a visa unless you're from India. You can get a visa on arrival at Tribhuvan International Airport in Kathmandu or apply at a Nepalese embassy. To apply for a visa, you will need a passport with at least six months of validity, a passport-size photo, and a visa application fee. A 30-day visa costs USD 50.

GUIDES & PORTERS

Is a guide included in the Everest Base Camp Trek with the Gokyo Ri package?

Yes, your package includes an experienced, government-licensed guide.

What roles do guides and support staff play during the trek?

Guides ensure your safety, lead the trek and provide valuable information. Support staff, including porters, assist with carrying luggage and logistical needs.

Can I undertake the Everest Base Camp Trek with Gokyo Ri independently without a guide?

No, a government-licensed guide is required by law for trekking in national parks and protected areas.

ACCOMMODATION

What type of accommodation is available during the Everest Base Camp Trek with Gokyo Ri?

You'll stay in teahouses or lodges, mostly in twin-sharing rooms, with meals included. We will arrange rooms with attached bathrooms where possible.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Teahouses often provide electricity for charging devices (for a fee) and offer hot showers, usually for an extra charge.

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

Wi-Fi is available at many teahouses, though it may be slow and unreliable at higher altitudes. Charging points are available for a fee.

FOOD & DRINKS

What kind of meals are provided during the Everest Base Camp Trek with Gokyo Ri?

Meals typically include local dishes like dal bhat, along with Western and Tibetan options such as noodles, soups, pancakes, and burgers.

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan options are available if you notify us before the trek.

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

Avoid untreated water. Bring purification tablets or a filtration system. You can purchase boiled/filtered water at teahouses and store it in your water bottle. Bottled water is available but not eco-friendly.

WEATHER

What is the best time of year to undertake the Everest Base Camp Trek with Gokyo Ri?

The best times are pre-monsoon (March-May) and post-monsoon (September-November) when the weather is stable and the skies are clear.

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

Weather impacts trail conditions, especially at high altitudes, where snow and ice can make navigation tricky. High winds and storms are potential risks.

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

Trekking during the monsoon is challenging due to rain and landslides, while winter trekking can be harsh due to cold temperatures and snow. In summer, the flights to and from Lukla are not reliable.

HEALTH & SAFETY

What health risks should I be aware of during the Everest Base Camp Trek with Gokyo Ri?

Altitude sickness, dehydration, and cold-related illnesses are the main health risks. Proper acclimatization and hydration are essential.

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

Altitude sickness is a concern. Ascend at your own pace, take rest days for acclimatization, stay hydrated, and avoid alcohol. If symptoms worsen, our guides will initiate a descent.

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

Helicopter evacuation is available in emergencies, coordinated with your travel insurance. Our guides are trained in first aid and follow safety protocols.

PACKING & GEAR

What essential items should I pack for the Everest Base Camp Trek with Gokyo Ri?

Bring a down jacket, sturdy boots, thermal clothing, gloves, a sleeping bag, sunglasses, sunscreen, and trekking poles. Refer to the equipment section for more details.

Is a sleeping bag necessary for this trek?

Yes, while lodges provide quilts and blankets, a good-quality sleeping bag is recommended for extra warmth, as temperatures drop significantly at night.

Are trekking poles or other gear recommended for the Everest Base Camp Trek with Gokyo Ri?

Trekking poles are highly recommended for stability, especially on uneven or icy terrain.

BOOKING & PAYMENTS

How far in advance should I book the Everest Base Camp Trek with Gokyo Ri?

We recommend booking at least one month in advance, particularly during peak seasons. However, we also accept last-minute bookings.

What is the payment process for booking the trek?

A 10% advance payment is required to secure your booking, with the balance payable upon arrival in Kathmandu. Payments can be made via bank transfer, credit card, Wise, or Western Union. Cash payments are also accepted in Kathmandu.

Are there any cancellation or refund policies for the trek?

Yes, we have cancellation and refund policies, which you can find in our terms and conditions.

TRANSPORTATION

How do I get to the starting point of the Everest Base Camp Trek with Gokyo Ri?

The trek starts with a flight to Lukla from Kathmandu or Manthali, depending on the trek season. If flying from Manthali, we will arrange a 5-hour drive from Kathmandu to the Manthali Airport. Hence, we will pick you up at your hotel around 12:30 a.m.

Are domestic flights required to reach the trek's starting point?

Yes, a domestic flight to Lukla is required to begin the trek.

What transportation options are available after completing the trek?

After completing the trek, you will return to Kathmandu via a flight from Lukla. If flights are canceled, you can book a helicopter for an additional charge. The current cost is above USD 550, provided 5 persons split the cost.

Discovery World Trekking

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