

# Everest Base Camp & Gokyo Lakes Trek, Nepal

A longer variant of the classic Everest Base Camp trek which includes an ascent of Gokyo Ri.



## Group departures

See overleaf for departure dates

## Holiday overview

Style	Trek
Accommodation	Hotels, Tea Houses
Grade	Strenuous
Duration	21 days from London to London
Trekking / Walking days	On trek: 16 or 17 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Everest Region And Gokyo
Land only	Joining in Kathmandu, Nepal
Max altitude	5,545m/18,188ft, Kala Pattar, day 11

**Private Departures & Tailor Made itineraries available**



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# Departures

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## Group departures

### 2026 Dates:

Sun 22 Mar - Sat 11 Apr

Sun 11 Oct - Sat 31 Oct

Wed 21 Oct - Tue 10 Nov     With Mani Rimdu Festival

This is the detailed itinerary for our 2026 departures only. A separate itinerary is available for 2025 departures which can be downloaded from our website or requested from the Mountain Kingdoms office.

### Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

### Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

For a supplement, it is possible to request a single hotel room in Kathmandu. However, the option of a single room is not available in the tea houses on trek. Please see the 'Your Accommodation' section of this itinerary for further information.

### No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

### Insurance

We offer a travel insurance scheme - please contact us for details.

### Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

### Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday.

If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

## Your guide

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This trek will be led by one of the following three sherpa leaders:

**Dorje Sherpa** has been leading treks for us for 25 years. He comes from Solukhumbu and has not only been head sherpa on treks in every corner of Nepal but has also trekked in many areas of Tibet and India. He has climbed many trekking peaks and has also climbed on Everest. One of our M.D's favourite Sherpas.

**Khudam Bir Tamang** has been employed as a sherpa guide for 10 years, and just like Dorje he has trekked and climbed on all the classic, and the off-the-beaten track routes in Nepal. He also ran the Everest marathon in 2013! He reached the south col of Everest in 2016.

**Mindu Sherpa** comes from Lukhla the famous mountain airstrip that you will fly into to start this trek. He is trained as a guide, and has qualifications in rock and ice climbing, and first aid. He has trekked all over Nepal, and made several trips to Tibet.

## Your trip highlights

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- Visit the beautiful Gokyo Lakes and make an exciting crossing of the Cho La Pass
- Trek to Everest Base Camp and Kala Pattar before crossing the Cho La, for the best possible acclimatisation
- Highly experienced Sherpa leaders
- Four-star hotel and time to relax in Kathmandu

## At a glance itinerary

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Days 1-2	Fly to Kathmandu. Transfer to Mulkot.
Day 3	Transfer to Ramechhap Airport and fly to Lukla. Begin the trek.
Days 4-5	Trek to Namche Bazaar. Explore the village and enjoy a short walk to aid acclimatisation.
Days 6-9	Trek to Lobuche via Thyangboche and Dingboche. 21 <sup>st</sup> October departure attends the Mani Rimdu Festival at Thyangboche.
Day 10	Trek to Everest Base Camp and see the Khumbu ice-fall.
Day 11	Reach Kala Pattar, where there are fantastic views of Everest.
Days 12-14	Cross the Cho La, 5,420m, and continue on to Gokyo and the lakes.
Days 15-18	Climb Gokyo Ri, 5,483m, and trek back to Lukla via Namche and Phakding.
Days 19-21	Fly to Ramechhap. Drive to Kathmandu. Day at leisure. Fly to London.

## Trip summary

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The Everest Base Camp trek is justifiably one of the world's classic treks as it offers spectacular scenery from start to finish as well as giving superlative, close-up views of the world's highest mountain. However, its very popularity does mean that the Everest Trail can get busy. We therefore wanted to create an itinerary that takes in all the must see views of the region but, by taking a circular route beyond the classic Everest Base Camp trail, you get a more rewarding, off-the-beaten-track experience. This trek offers the additional highlights of the beautiful Gokyo Lakes and the exciting and challenging Cho La Pass.

Our carefully considered route means that, by trekking to Everest Base Camp before crossing the Cho La, you will have the best possible acclimatisation and greatest chance of successfully completing the trek.

Starting in Lukla, your trek will take you up the valley of the Dudh Kosi and on up to Namche Bazaar. You will have time to acclimatise here before heading up to Thyangboche Monastery. This monastery is situated in a truly magical spot with views down the valley direct to Everest. If travelling on our 21st October departure, you will arrive at the monastery in time to enjoy some of the masked dances and ceremonies at the Mani Rimdu Festival. From Thyangboche the trek ascends past towering peaks and stunning scenery to reach the area close to the foot of Everest. From Lobuche you follow in the footsteps of Everest summiteers to reach Everest Base Camp, where you will undoubtedly feel dwarfed and humbled as you stand at the foot of the highest mountain in the world. Returning to Gorak Shep you will climb to one of the high points of your trek with an ascent of Kala Pattar. From the summit of Kala Pattar you look across to the Western Cwm where Everest and other Himalayan giants provide one of the most spectacular views on the planet.

Then, just when you think things can't get any better, you cross the Cho La, an impressive high pass at 5,418m/17,777ft, and descend to the Gokyo Valley. Here three large lakes hang like a string of pearls in a high valley sanctuary, located one above the other. You will stay at the settlement of Gokyo set near the middle lake, Dudh Pokhari, at 4,750m/15,580ft. From here you can make the steep ascent of the easily climbable peak called Gokyo Ri from which an entire panorama of summits is visible towering above the great glaciers below - Cho Oyu, Gyachung Kang, Pumori, Everest, Nuptse, Makalu, Ama Dablam, Kang Taiga, Thamserku, Khumbila, Tawoche and Cholatse (Jobo Lhaptshan). From the summit of Gokyo Ri you will also have unrivalled views over the Gokyo Lakes and the Ngozumba Glacier tumbling down from Cho Oyu. Finally, you trek back to Lukla and enjoy a well-earned beer to celebrate your fantastic achievement.



# Your trip itinerary

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## Day 1: Depart London.

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Depart London on your overnight flight to Kathmandu.

**Overnight: In flight**

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## Day 2: Arrive Kathmandu. Group transfer to Mulkot or Manthali - 3½-4 hours.

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On arrival in Kathmandu you will be met at the airport and transferred to Mulkot. The drive takes around 4 hours (traffic dependant) and you will wind your way through Nepalese countryside before reaching your hotel either at Mulkot on the banks of the Sunkoshi river, or at Manthali close to Ramechap.

**Overnight: Freedom Resort, Manthali or the Kwaliti Beach Resort, Mulkot**

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## Day 3: Fly to Lukla. Trek to Monjo, 2,835m/9,301ft - 5-6 hours.

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You will be transferred from your lodge to the airport in Ramechap for the flight to Lukla. This is one of the most spectacular flights in the world. As you fly east, the snow line of the Himalayan range to the north, will be on your left, with the rugged foothills of Nepal immediately below and stretching away to the south on your right. Lukla is situated high above the river on a shelf at 2,800m and arriving there is a unique experience because the runway is on a slope and there is a difference of almost 60 metres between its lower and upper ends which all makes for an interesting landing.

On arrival you can have a cup of tea while the trek staff collect your baggage. From the airstrip you will head north-west, through the village of Lukla and descend to the Dudh Khosi River at Phakding, 2,652m. The path leads upstream along the valley, through areas of conifer trees and several more small villages. Another 2-3 hours walking will bring you to Chumoa, 2,743m, a small and picturesque village of about 25 houses located below Thamserku Mountain, and close to the entrance to the Sagarmatha (Everest) National Park. Just after leaving Chumoa you cross the Monjo Khola and shortly arrive in the spread out village of Monjo for your overnight stop.

**Overnight: Tea House (Meals: BLD)**

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## Day 4: Trek to Namche, 3,445m/11,300ft - 6 hours.

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A principal benefit of walking as far as Monjo on the first day is that you can walk up the steep hill to Namche when fit and fresh in the early morning.

You leave Monjo and continue to the park gates of the Sagarmatha National Park near Jorsale where you complete entry formalities. You then walk on alongside the river to arrive at the confluence of the Imja Drangka and the Nangpo Drangpo, which combine to form the Dudh Khosi. Crossing the river on a high bridge you start the steep climb to Namche. Near the halfway point up the hill, if the sky is clear, your first views of Everest and Lhotse come into sight.

You then continue the climb, less steeply now, to Namche - the largest and most prosperous village in the Khumbu. Thamserku, 21,713ft/6,618m, and Kwangde, 20,417ft/6,224m, loom to the east and west and the sacred mountain Khumbila, 18,729ft/5,707m, dominates the skyline to the north behind the village. The narrow streets at its centre are a mixture of traditional and modern, with Sherpa homes mingled with cafes, handicraft shops and shops selling or renting trekking and climbing equipment, grains and vegetables, tennis shoes and Tibetan boots. Don't be surprised if, after the exertion of the climb and the rise in elevation, you feel a little tired and head-achey. You will feel better after a cup of tea and a rest.



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**Day 5: Rest day - acclimatisation.**

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'Climb high, sleep low' is the mantra for good acclimatisation. To aid acclimatisation it is a good idea, at the very least, to walk up the hill to the Park Headquarters and visit the very interesting Sagarmatha National Park Museum. From here there are the first really good views of Everest and Ama Dablam - a wonderful panorama. If you are feeling energetic, you might also make the worthwhile excursion to the Everest View Hotel situated above the village of Khumjung. Although not entirely in keeping with its surroundings, there are very good views from its terrace and you can have a cup of tea or a glass of hot lemon there and take in the mountain views.

**Overnight: Tea House (Meals: BLD)**

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**Day 6: Trek to Thyangboche, 3,873m/12,887ft - 5-6 hours. Attend Mani Rimdu Festival on 21st October 2026 departure.**

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Today, you firstly have a steep pull up out of Namche village, past the Park HQ and Museum, to reach a corner of the trail turning north. You then follow a wonderful high trail which winds round the hillside high above the river. From this airy trail you have fabulous views of the mountains across the valley, principally Thamserkhu and Kang Taiga. You pass through the small settlement of Trashinga before dropping down to the river which you cross on a suspension bridge. You climb for a few minutes to the small hamlet of Phunki Tenga, remarkable for its series of water driven prayer wheels. From here it is a further 2-3 hours to reach Thyangboche, climbing through beautiful forest to arrive at a large welcome gateway and a huge chorten, which you pass to arrive at the monastery. The setting of Thyangboche Monastery is magical, with the most amazing mountain views. It will probably be cloudy by the time you arrive in the early afternoon, but is normally clear first thing in the morning so it will be worthwhile getting up early for the sensational views of Everest and Ama Dablam.

There is a good visitors' centre at Thyangboche and you should also be able to visit inside the temple for the afternoon prayer ceremony. Visitors are welcome but you should sit quietly on the right hand side of the temple. A small donation is appreciated!

**Mani Rimdu Festival:**

For those travelling on the 21st October departure you will arrive at Thyangboche Monastery in time to attend the ceremonies at the Mani Rimdu Festival. This Buddhist festival, the most important festival of the Sherpa people, celebrates the role of Guru Padma Sambhava in the founding of Tibetan Buddhism. The three days of the festival in Thyangboche begin on the first day with a special blessing ceremony by the re-incarnate lama of Thyangboche, followed on the second day by masked dances and celebration and concluding on the third day with the Fire Pooja Ceremony. The various mystical ceremonies and masked dances are performed to dispel evil spirits and to confer 'merit' to those attending. Long Tibetan horns blare, drums beat, black hat dancers twirl and the whole event has a magical ambiance. Each day of the festival is interesting in its own right and besides the masked dances, a sand mandala is created and butter tormas (symbolic offerings made of coloured butter and barley flour) are made. Please be aware that the 'running order' of the festival and even the dates can sometimes change with little notice.

**Overnight: Tea House (Meals: BLD)**

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**Day 7: Trek to Dingboche, 4,360m/14,268ft - 6 hours.**

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You will probably be woken in the early hours, while it is still dark, by the sound of horns and cymbals as the monks have their first prayers of the day. You will have time to visit the monastery in the morning if you did not go yesterday.

Your path descends through trees to Deboche where the small and atmospheric Nunnery is well worth a visit. You pass further houses and 'mani' walls as the path continues along the river valley amongst the trees. After crossing a bridge the path gradually climbs, with stunning views of Ama Dablam ahead. There are numerous fantastic photo opportunities in both directions and you pass frequent chortens and mani walls, as height is gained to reach the village of Pangboche. This is a very picturesque village with stone walled fields and there is a very interesting monastery set in trees at the top of the village. There used to be a yeti scalp and claw kept here but they were stolen some years ago. From Pangboche the path ascends up the valley, the sparse landscape now reflecting the gain in elevation. You pass some yak herders cottages and walled fields at Orsho before crossing a stream and making a final steep ascent to Dingboche.

The village of Dingboche is set in a stunning position surrounded by high peaks. In summer months they grow barley here, possibly the highest altitude in the world at which this crop is grown.

**Overnight: Tea House (Meals: BLD)**

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#### **Day 8: Rest and acclimatisation.**

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There are several opportunities for interesting acclimatisation walks in this area. It is possible to walk up the ridge behind the village to make an energetic ascent of Nagartsang Peak, a summit at 5,083 metres, from where there are stunning views of Makalu and Amphu Laptse. You can take in the small temple of Nagartsang Gumpa on the way down where there is a nice sheltered terrace from where you can enjoy the views. In the afternoon you might care to walk across to the village of Pheriche to visit the Himalayan Rescue Association clinic; in the afternoon one of the doctors there often gives a talk about high altitude acclimatisation.

If none of these options appeal it is possible to walk up the valley to the yak grazing pastures at Chukhung (a round trip of 4-5 hours).

**Overnight: Tea House (Meals: BLD)**

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#### **Day 9: Trek to Lobuche, 4,931m/16,175ft - 6 hours.**

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You ascend the ridge behind Dingboche village and then it is an easy walk up a wide, grassy plateau. The peaks of Tawoche and Cholatse tower above and it is possible to see Pheriche in the valley below to your left. At the tiny hamlet of Duglha you reach a jumble of rocks which mark the base of the Khumbu glacier. You ascend this terminal moraine to reach the top where there are many memorial cairns to those who have died on Everest. The landscape is now wild and rocky and there is a real feeling of being high in the mountains. Following the often frozen stream at one side of the moraine you soon reach the cluster of houses at Lobuche. This rather bleak spot was once a yak grazing settlement and was then inhabited only during the summer months, but now it is open throughout the winter and is the jumping off point for Everest Base Camp and Kalar Pattar. Sunset over Nuptse is particularly spectacular from here. It is worth walking over to the moraine to view the moraine covered glacier behind it.

**Overnight: Tea House (Meals: BLD)**

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#### **Day 10: Trek to Everest Base Camp - 5,300m/17,384ft, and return to Gorak Shep, 5,165m/16,941ft - 6-7 hours.**

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This is the big day for the trek to Base Camp. An early start is essential to get there before any cloud comes down and it will probably be very cold when you set off. Make sure to have something for breakfast even if you don't feel like it as you will need the energy. You are at high altitude, so take some snacks to keep you going along the way and be sure to have your water bottle filled when you set off. Leaving Lobuche you head north-east, along the side of the Khumbu Glacier through jumbled moraine and shattered rock. There is almost no vegetation here. Even so, small covys of the delightful Tibetan Snow Cock can often be seen along the way or heard calling from the hillsides. You make several energetic ups and downs across the moraine and descend to Gorak Shep where it is worth having a reviving cup of tea and a snack.

From Gorak Shep it is still a long, fairly arduous trek to Base Camp, initially following the top of the moraine and then descending onto the boulder-strewn glacier. In the climbing season you may follow mountaineering groups or yaks carrying supplies, but at other times there are just a series of small cairns along the route. After a couple of hours you reach the base camp area from where, although you do not have views of the actual summit of Everest, there are sensational close-up views of the terrifying Khumbu ice-fall and a surrounding scenery of ice seracs and tumbled rocks. At this altitude the return to Gorak Shep will feel like quite a long way and will use up your remaining reserves of energy.

**Overnight: Tea House (Meals: BLD)**

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**Day 11: Ascend Kala Pattar, 5,545m/18,188ft, and trek back to Lobuche.**

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At Gorak Shep you will be ideally placed for an ascent of Kala Pattar in the clear of the morning before cloud comes in to obscure the summit of Everest. Although not far, this is a tough ascent of approximately 2-3 hours until you finally reach the rocky summit of Kala Pattar at 5,545 m - quite literally the high-point of your trek!

From the summit of Kala Pattar there are great views of the summit of Everest as well as other Himalayan giants - Pumori, 7,145m, the Tibetan peak Changtse, 4,501m, Nuptse, Lhotse and countless other needles and snow fluted ridges. You can also look down on the Khumbu glacier where Base Camp is located.



You will then descend to Gorak Shep and take the trail back down to Lobuche.

**Overnight: Tea House (Meals: BLD)**

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**Day 12: Trek to Dzong La, 4,843m/15,880ft - 3-4 hours.**

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From Lobuche you follow the path down as far as Dughla. You then take a small path that contours around a steep and fairly exposed hillside. Again there are fabulous views and once the corner is reached it is possible to see a beautiful turquoise glacial lake, Cholatse Tso, far below. You gradually ascend to the small hamlet of Dzong La. This will be quite a short, easy day after the exertions of the last few days.

Note: If, due to snow or bad weather, a crossing of the pass is not possible you can go round to Gokyo by a lower path. In this event you may discuss possible options with your guide.

**Overnight: Tea House (Meals: BLD)**

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**Day 13: Cross the Cho La, 5,420m/17,777ft, trek to Dragnak, 4,700m/15,420ft - 5-6 hours.**

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To start the crossing of the pass you follow the wide valley, gradually climbing up towards the foot of the pass. Dependent on the time of year mixed snow and rock are encountered once the base of the pass is reached, and the ascent becomes much steeper on large blocks and boulders on a wide ramp that dissects the huge rock face of the pass. There are numerous small cairns to follow and the views when the snowfield is reached are amazing. The glacier gradually ascends through a stunning high valley until the high point of the pass is reached. The descent is initially steep and then flattens slightly on large boulders, which can be slippery. After climbing to cross a shallow grassy saddle you start the long descent to Dragnak.

**Overnight: Tea House (Meals: BLD)**

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**Day 14: Trek to Gokyo, 4,750m/15,580ft - 3 hours.**

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Today is a shorter, easier day after the rigours of crossing the Cho La yesterday. Dragnak is situated on the edge of moraine of the Ngozumpa Glacier and this is crossed on a winding path. The terrain of the glacier is like a giant pile of rubble with heaps of sand glistening with snow and numerous small lakes and pools that change each year with the movement of the glacier. Once the far side is reached the path joins the main track up to Gokyo, and a beautiful small river is followed to reach the second lake. A short walk leads to the third lake, Dudh Pokhari and the small settlement of Gokyo, which seems like a metropolis after the isolation of the last few days. After lunch it is well worth walking up the valley towards Cho Oyu and the fourth and fifth lakes.

**Overnight: Tea House (Meals: BLD)**



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**Day 15: Rest or climb Gokyo Ri, 5,483m/17,984ft, continue trek to Machermo, 4,410m/14,468ft- 8 hours.**

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The foot of Gokyo Ri lies just five minutes away across a stream that feeds the lake and a two to three-hour 'huff and puff' leads to the summit where the views justify all the effort involved. Everest, 29,028ft/8,850m, is showing more of its northern flank than from Kala Pattar, with Makalu, 27,798ft/8,475m, further to the east. To the north Cho Oyu, 26,741ft/8,153m, and all round snows, ice, glacial moraines and the giants of the world can be seen. After descending you trek down past the lakes to the snout of the Ngozumpa glacier to rejoin the Dudh Kosi valley. The trail clings to the west side of the steep sided valley and gradually the terrain becomes gentler as you descend through Pangka to Machermo.



**Overnight: Tea House (Meals: BLD)**

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**Day 16: Trek down to Phortse Tenga, 3,675m/12,073ft, and then climb to Mong La - 5 hours.**

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The trail continues along the side of the valley with fantastic views of the small hamlets on the opposite side of the valley, and final views behind of Cho Oyu, which despite its distance still appears to dominate the valley. The high hamlets that you pass through used to be primarily summer herding villages, though now most also contain a few lodges. As you descend you have dramatic views of sacred Khumbila, 18,720ft/5,673m, Kang Taiga ('The Yak Saddle', 22,235ft/6,779m), and Thamserku, 21,674ft/6,608m. After Dole the path descends through forest, home to pheasant and deer. Spectacular ice waterfalls can often be seen in this shady spot. The river is reached at Phortse Tenga.

Then there is a bit of a sting in the tail to the day's walking and the next section will seem like surprisingly hard work. Leaving the river there is a steep one hour ascent to the Mong La, 13,035ft/3,973m, a small settlement marked by a chorten. It was the birth place of Lama Sagwa Dorje. There are superb views from here of the village of Phortse and Thyangboche Monastery across the valley, with a stunning backdrop of big mountains.

**Overnight: Tea House (Meals: BLD)**

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**Day 17: Trek to Namche Bazaar, 3,445m/11,300ft, and descend to Monjo, 2,835m/9,301ft - 5-6 hours.**

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Leaving the pass at Mong La you descend to Tashinga and then take the beautiful undulating trail along the valley side with its wonderful views of Kang Taiga and Thamserku. Rounding a corner you see Namche below you and descend there for lunch.

From Namche, the steep descent back to reach the Dudh Kosi is a bit rough on the knees, but you will feel all that oxygen in the air and will also be able to shed a few layers of clothing. You will still have wonderful views and the chance to relax in slightly warmer valley surroundings.

**Overnight: Tea House (Meals: BLD)**

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**Day 18: Return trek to Lukla - 5-6 hours.**

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Today is quite an easy day's walking with a slight sting in the tail with the last climb back up to Lukla. You continue down the valley of the Dudh Kosi as far as Choplung, then turn off above the village of Chaunrikharka towards Lukla. There are signs beyond the stream at Choplung pointing you in the right direction. The broad trail leading uphill to the left, climbs steadily past a few bhattis and the school, then through scrub forests above the school and houses of Chaunrikharka. After a steep final climb, the last one of the trek, there is a collection of houses and bhattis in Tamang Tole, a new settlement a short distance from the airport, and then as you approach the airstrip the houses and hotels begin to proliferate. Lukla will seem like a veritable metropolis. Now you can finally relax and enjoy a celebratory beer.

**Overnight: Tea House (Meals: BLD)**

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**Day 19: Fly to Ramechap. Drive to Kathmandu - 3½-4 hours.**

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You fly back to Ramechap by scheduled flight. Sometimes these flights are delayed by bad weather; Nepalese pilots say they don't fly in cloud because their clouds have big rocks in them! In recent years though these delays are much less frequent than they used to be and people are not very often delayed. If you are delayed, we do ask that you are patient. Our local agents will be doing their best to get you a flight to Kathmandu.



On arrival at Ramechap you will be met and transferred to your hotel in Kathmandu. Time to celebrate the successful completion of your trek, perhaps with an evening at the Rum Doodle Restaurant, a place frequented by trekkers and climbers alike, with pride of place given to a board with the signatures of many Everest summiteers - just the place to reflect on your achievements.

**Overnight: Kathmandu Guest House or Similar, Kathmandu (Meals: B)**

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**Day 20: Day at leisure in Kathmandu. Transfer to airport and depart Nepal.**

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You will have time at leisure in Kathmandu today when you may do some sightseeing or shopping or simply relax by the pool at your hotel.

Later in the afternoon there will be a group transfer to the airport for your overnight flight back to London.

**Overnight: In flight (Meals: B)**

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**Day 21: Arrive London**

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## Our grading system

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Everest Base Camp & Gokyo Lakes Trek is graded as a Strenuous trekking holiday, as described below.

### Strenuous

Our strenuous trekking holidays can involve anything from 10 to 30 days on trek and are often in remote areas, far from 'civilisation'. Rest days are interspersed but there may be up to 7 consecutive days of hard walking. Most treks reach altitudes of at least 4,900m/16,000ft and there will be a great deal of ascent and descent. The majority of our strenuous treks utilise camping, tea house or mountain lodge accommodation.

These holidays are suitable for fit individuals who have regular experience of mountain walking.

## Trip altitude

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**Important** - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend [www.medex.org.uk](http://www.medex.org.uk) as a good source of information.

## What the price includes

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**Mountain Kingdoms** aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

### What's included:

- ✓ 18 x breakfasts, 16 x lunches, 16 x dinners
- ✓ 4\* hotel accommodation in Kathmandu on a twin-share, bed and breakfast basis
- ✓ 1 night at a lodge in Mulkot on a bed and breakfast basis
- ✓ Tea houses on trek on a full-board, bed and breakfast basis
- ✓ An English-speaking Sherpa leader
- ✓ All meals on trek including tea and coffee and morning bed-tea on trek. Plus an evening fill of your water bottle with drinking water
- ✓ A good quality down jacket, four-season sleeping bag and liner (supplied in-country)
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Trek staff and full portage
- ✓ Sherpa/porters properly insured and equipped
- ✓ Park fees
- ✓ Economy class return air fares from the UK & UK departure tax (flight inclusive only)
- ✓ All internal flights and domestic airport transfers
- ✓ Single, timed group airport transfer for international flights on arrival and departure
- ✓ All road transport by private vehicles
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ clients taking our flight inclusive option)

### Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

### What's not included:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Lunch and evening meals in Kathmandu
- ✗ Optional trips
- ✗ Tips

### Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

## Your accommodation

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We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



### **Kathmandu guest House or Similar, Kathmandu**

The Kathmandu Guest House is a 4\* hotel situated right in the heart of Thamel - the tourist hub of the city. Known as Kathmandu's 'original hotel' it has been extensively renovated over recent years and has good quality rooms, a spa, gardens and a restaurant. The hotel also houses the excellent Museum of Nepali Art (MONA) which showcases traditional and contemporary works of art - admission is free for Mountain Kingdoms guests.



### **Freedom Resort, Manthali or the Kwaliti Beach Resort, Mulkot**

Flights for Lukla now depart from the small airstrip at Ramechhap and we use two hotels in the area: the Freedom Resort in nearby Manthali and the Kwaliti Resort in Mulkot Bazaar which lies on the banks of the Sunkoshi River (about 45 minutes drive away from Ramechhap). Both offer simple yet comfortable rooms and also have a swimming pool, bar and in-house dining.



### **Tea Houses**

Tea houses are a long established tradition in the trekking regions of Nepal, providing an important source of income for the local people. They vary in size and quality. Tea houses offer simple accommodation comprising twin bedded rooms and basic toilets - not usually en suite. Many tea houses also offer rudimentary hot showers for a small fee. Some tea houses have a limited supply of solar powered electricity but this is not always the case so have a head torch handy. Meals are taken in a communal dining area which is warmed by a wood or yak-dung burning stove. Most trekkers relax here for the evening.



For various reasons, it is not possible to guarantee single rooms in tea houses. If you are travelling without a companion and would like a single this may sometimes be possible upon payment of a small supplement on the spot (usually around \$10). Alternatively, if the tea house has an odd number of guests on the night you may be lucky and find yourself in a room on your own. However it is more likely you will share with someone (of the same sex obviously). This would most likely be someone within your group but when the tea houses are busy, it could even be someone else. Be prepared for this! We do however offer the option of a single room in your hotel in Kathmandu for a supplement.



## Meal arrangements

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Bed and breakfast in Kathmandu, all meals on trek.

## Flight arrangements

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### **Flight inclusive from price**

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

### **Flight upgrades and regional Airports**

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

## Further information

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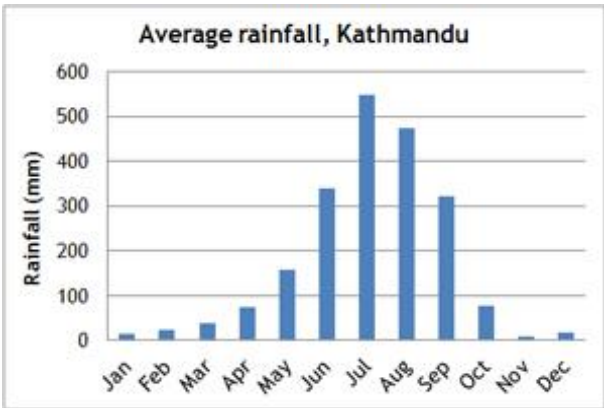
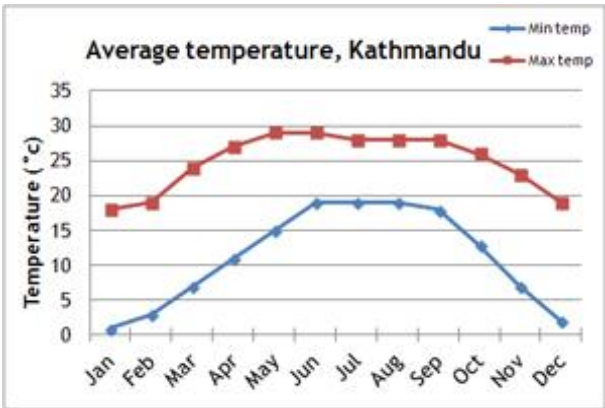
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## The nature of adventure travel

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Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

# Climate information



## Extensions

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### Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400.



#### Extra nights in Nepal

If you would like to extend your stay in Nepal, you can add extra nights at your group tour accommodation or choose from our range of distinctive properties in Pokhara and the Kathmandu area. We can offer luxury resorts, heritage hotels, tranquil lodges and characterful cottages. Our selection includes Dwarika's hotel in Kathmandu and its sister property - Dwarika's Resort at Dhulikhel, Pavilions Himalaya at Pokhara, Tiger Mountain Pokhara Lodge and Shivapuri Heights Cottage. Individual extension leaflets for all these options can be downloaded from our website or requested from our office.



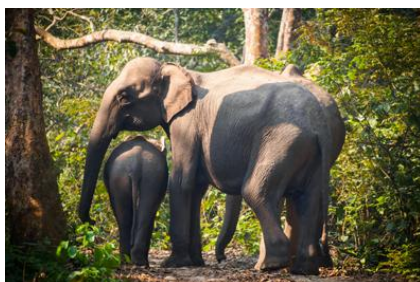
#### Kathmandu Valley sightseeing excursions

We can arrange half day or full day sightseeing tours taking you to the key cultural attractions of central Kathmandu or the Kathmandu Valley including the World Heritage Sites of Bhaktapur and Patan. Your tour will be led by an English-speaking guide and you will have a private vehicle and driver.



#### Bhutan and Tibet extensions from Nepal

Whilst in the Himalaya, why not extend your Nepal holiday with a tour of the cultural highlights of Bhutan or Tibet. We offer several extension packages that include all accommodation, meals and sightseeing or we can tailor an itinerary to suit your exact requirements. Download extension leaflets for our Bhutan and Tibet extensions from Nepal, or contact the office to discuss various options.



#### Wildlife extensions in Nepal - Chitwan, Bardia & Koshi Tappu

Visit Chitwan or Bardia National Parks home to a rich variety of birds and animals including elephant, rhinos, leopard and Bengal tiger. Stay in a comfortable lodge and enjoy a range of wildlife viewing activities. Alternatively visit the renowned Koshi Tappu Wildlife Reserve - one of the finest birdwatching and wildlife areas in all Asia.



#### Lumbini

Enjoy a three day extension to the birthplace of Buddha, one of the most important Buddhist pilgrimage sites in the world. Take the short flight from Kathmandu, and spend two nights in a comfortable 3\* hotel, just steps from the Lumbini temple complex, with a full day to explore the fascinating UNESCO World Heritage Site in the company of your expert local guide.

## Why book this holiday with Mountain Kingdoms?

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- This itinerary includes the beautiful Gokyo Lakes and an exciting crossing of the Cho La Pass. You will also visit some lesser-known villages and stunning viewpoints that many other trekkers won't see.
- Our route goes to Everest Base Camp first, before crossing the Cho La, thereby giving the best possible acclimatisation and an excellent success rate.
- One of our autumn departures in 2026 is timed to coincide with the Mani Rimdu Festival at Thyangboche Monastery.
- We endeavour to use the best tea houses available at each overnight stop on our route. By staying in tea houses you will have close contact with the Nepalese people and are directly contributing to the local economy.
- In Kathmandu we use a 4\* hotel with excellent facilities.
- Your trek will be led by an English-speaking Sherpa guide supported by an experienced trekking crew who will provide an excellent standard of service. Your gear will be portered for you so all you need to carry is a small daypack.
- We carry oxygen on this trip which our guide will administer in the rare event of someone suffering the severe effects of high altitude mountain sickness.
- Our maximum group size is 12 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We have a wealth of Himalayan experience in the company, most of our staff have visited Nepal and several staff members have trekked to Everest.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: [www.mountainkingdoms.com](http://www.mountainkingdoms.com) or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.



## What our clients say

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*Such a well organised trip. Felt safe in the hands of the Mountain Kingdoms representatives in Nepal. They were helpful, friendly and well organised and kept our group well informed. It was a real pleasure having local sherpa guides on the trek - it felt very special to have access to knowledgeable guides who had a real connection to the local community and landscape. They did an excellent job, managing accommodation, food and, more importantly the daily trekking itinerary. Great trip.*

*- Marti, Derbyshire*



*The scenery is amazing, it has to be seen to be believed, the locals are fantastically warm and welcoming and the overall culture and experience is great. Lots of variety in the food and drink, the accommodation and toilets have significantly improved over the years though it's still quite an adjustment for those who are used to their home comforts. The EBC trail is now heavily used by trekkers, but the route to and from Gokyo is brilliant, much quieter. Overall, very well recommended.*

*-DT, Scotland*



*The itinerary is well thought out to ensure acclimatisation to altitude is likely to be successful whilst providing interesting walking on the acclimatisation days. The staff are always friendly and helpful to ensure the smooth running of the trip but clients need to be aware some days are long and hard although the views do provide a welcome respite.*

*- Mr P W, London*



*The Trek was an outstanding experience! It is something I will never forget. The views were outstanding and leave a lasting impression on your mind. There were a number of challenges which push you but the rewards were amazing. The route was excellent and the extra Trek to the lakes were the 'icing on the cake'. I would recommend this adventure to those who love natural scenery and outstanding beauty. Words don't really do justice to the adventure, you need to experience it.*

*- Alun, Merthyr Tydfil*



*A fantastic holiday. Service and organisation both before and during the trek were first class. Our Sherpas also spoke highly of your company and said that it was one of the few that actually looked after the needs of porters.*

*-Mr McG, Sunderland*

*The organisation of the trip from beginning to end was outstanding. From the moment we were met in Nepal we never had to lift our bags again and they miraculously appeared in our room every day. The trekking staff were excellent, very attentive and always ready to lend a reassuring helping hand on any tricky bits. The right pace was set by our excellent leader with lots of rest stops. As the oldest couple in our group we never felt under pressure.*

*-Mr & Mrs F, Hampshire*

*The trek was a real challenge for me, especially as I arrived in Nepal not feeling well. But the whole team - leader, guides, porters and the other participants - encouraged and supported me all the way. It was a truly amazing adventure. Thank you.*

*-Mr M, Hertfordshire*

# Mountain Kingdoms - distinctly different

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## **Truly independent**

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

## **Value for money prices with an emphasis on quality**

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

## **Complete financial security**

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

## **No Surcharge Guarantee**

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

## **Award winning Responsible Tourism**

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at [www.mountainkingdoms.com](http://www.mountainkingdoms.com).

## **Genuine small group travel**

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

## **Loyalty Discount**

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

## **Booking your holiday - it couldn't be easier**

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

## **Comprehensive information**

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



## RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit [www.tourismdeclares.com](http://www.tourismdeclares.com)

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

### **Carbon Offsetting**

#### **Already doing:**

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

#### **Will do:**

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

### **Reducing Carbon Emissions**

#### **Already doing:**

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

#### **Will do:**

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.



