

## 11 DAYS EVEREST GOKYO TREKKING ITINERARY

The trek to Gokyo offers a less touristic alternative to the traditional route to the Everest base camp. From the Gokyo Ri (5360m), it will be possible to have a wonderful view of four of the world's ten highest peaks: Everest, Lhotse, Cho Oyu and Makalu.

This is a high-altitude trek to a valley east of Everest base camp and it is considered a classical trekking for moderately fit persons. The itinerary will be planned to acclimatize gradually to avoid high altitude sickness.

**Note.** If you choose this very nice trekking you should keep in mind that if there will be bad weather in Lukla the flight to go back to KTM might be delayed.

This means that is highly recommendable to have at least one or two more days before the flight back to your own country.

Below a short description of the planned itinerary and its cost.

DAY S	DATE	PROGRAM / ITINERARY	HOTEL	MEAL PLAN
01.	OCT 2016	KTM / LUKLA FLIGHT  Wake up early morning for breakfast then transfer with guide to KTM domestic airport for flight connect to LUKLA about 35 minutes fly. Upon arrival in LUKLA airport start trekking for PHAKDING (2610m) about 4 hours trek slowly.	LODGE in PHAKDING	B / L / D (Breakfast, Lunch and Dinner included)
02.	OCT 2016	TREK PHAKDING to NAMCHE BAZAR (3440m) about 7 hours. Overnight stay in NAMCHE LODGE at NAMCHE	LODGE at NAMCHE	B / L / D
03.	OCT 2016	NAMCHE STAY  Wake up early morning for process to climb little up at the Top of the NAMCHE village about 30-40 minutes from the hotel to see the excellent view of Mt. EVEREST, AMADABLAM, NUPTSE, LHOTSE, THMASERKU and KWANGDE HIMALAYAS etc then back down to hotel for breakfast. Afternoon visit EVEREST VIEW HOTEL (3720m) at SHYANGBOCHE HILL with as a hiking about 5-6 hours for high altitude acclimatization then descent to NAMCHE for overnight stay.	LODGE at NAMCHE BAZAAR	B / L / D

04.	OCT 2016	TREK NAMCHE to DOLE (4040m)  The trail goes with the excellent viewing of the natural Himalayas and belongs a little up and down crossing MONGLA about 5-6 hours slowly to the place.	LODGE at DOLE	B / L / D
05.	OCT 2016	TREK DOLE to MACHHARMO (4410m) about 7 hours slowly. The trail almost goes with ascent.	LODGE at MACHHARMO	B / L / D
06.	OCT 2016	TREK MACHHERMO to GOKYO LAKE (4750m) about 6 hours.	LODGE at GOKYO	B / L / D
07.	OCT 2016	GOKYO PEAK - GOKYO STAY  Wake up early morning for climb to GOKYO (5360m) peak about 3 hours slowly we can see from the top of the GOKYO PEAK the excellent view of 4 Peak above 8000m as Mt. EVEREST, CHO-Oyu, LHOTSE and MAKALU and many other Himalayas then after PHOTOGRAPHS downhill back to the hotel for breakfast. In the afternoon explore to the NGOZUMBA Glacier about 5-6 hours.	LODGE at GOKYO	B / L / D
08.	OCT 2016	TREK GOKYO to descent DOLE (4040m) about 6-7 hours	LODGE at DOLE	B / L / D
09.	OCT 2016	TREK DOLE to NAMCHE BAZAR 6-7 hours	LODGE at NAMCHE	B / L / D
10.	OCT 2016	TREK NAMCHE to LUKLA about 6-7 hours	LODGE at LUKLA	B / L / D
11.	OCT 2016	LUKLA / KTM FLIGHT  Wake up early morning for breakfast then after breakfast at LUKLA few minute walk to LUKLA airport for flight connect to KTM by early am flight. Upon arrival in KTM airport transfer to hotel in KTM.		Breakfast at LUKLA

**The preliminary cost for above program US\$ 1220.00 per person on twin sharing basis. Including all services as mentioned below. Large groups can have reduced costs.**

**The above cost includes:**

1. 11 Days Lodge arrangement trekking to GOKYO including all meals as 3 times a day (Breakfast, Lunch and Dinner with tea or coffee.)
2. KTM / LUKLA / KTM airfare including airport tax
3. KTM / LUKLA / KTM airfare for Guide
4. One English speaking guide and necessary porters (One porter for two members) for luggage carrying on trek.
5. SAGARMATHA National park fee.
6. Trekking Permit TIMS CARD (Trekking Information Management System)
7. KTM welcome dinner service is complementary
8. KTM domestic airport transportation by private car.
9. Sleeping bags will be provided on request.

**The above cost does not include:**

1. Laundry and communication services.
2. Private equipments as down jacket, trousers, daily changing clothes, woolen cap and gloves etc.
3. Drinks as cokes, juice, beer and alcoholic etc.
4. Private insurance as including of rescue evacuation (If needed Helicopter rescue etc.)
5. Private nature as Tips etc.