

Regd. No.162883/073/074



"Explore unseen World"

NORTH NEPAL

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Everest Region Trek | Nepal

EBC Trek Highlights

- World's highest airport at Syangboche (3,780m / 12,402ft)
- Chance to explore the culture and lifestyles of the local Sherpa people
- The magnificent views of the world's highest peak, 8,848.68m/29,029 ft.
- Views of other peaks such as Mt. Lhotse(8,516m), Cho Oyu (8,201m) and Mt. Makalu (8,463m)
- Prayer wheels, colorful flags, Mani stones, high suspension bridges
- Wide range of flora and fauna
- Ancient monastery in Tengboche (3,867m / 12,687ft)
- Wildlife like musk deer, colorful pheasants, snow leopard, and Himalayan Thar
- Highest glacier on Earth- Khumbu Glacier (4,900 m)
- Amazing panoramic views from Kala Patthar (5,555m)

Sn.	Itinerary	Services
Day 1	Fly Nice to Kathmandu Altitude: 1400 m/ 4592 ft	✓ Airport pick up
Day 2	Explore Kathmandu valley -Swambhunath -Pashupatinath -Basantapur -Bouddha	✓ Private Transport ✓ Trekking Guide ✓ Tickets ✓ Breakfast
Day 3	Kathmandu to Lukla to Phakding Altitude: 2,652 m/8,700 ft Trek Duration: 4 hours	✓ ECAP Permits ✓ Flight & Transport ✓ Trekking Guide ✓ 1 Porter ✓ 3 Meals (B/L/D) ✓ Accommodation

Day 4	Phakding to Namche Altitude: 3,440 m/11,283 ft Trek Duration: 5 hours	✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 5	Namche to Everest view Hotel Altitude: 3963m/13000 ft Trek Duration: 2-3 hours	✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 6	Everest view Hotel to Dole Altitude: 4,200 m/ 13,780 ft Trek Duration: 4 hours	✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 7	Dole to Machhermo Altitude:4,470 m/ 14,663 ft Trek Duration: 4 hours	✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 8	Machhermo to Gokyo Altitude: (4800 m/15,744 ft Trek Duration: 3-4 hours	✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 9	Gokyo to Gokyo Ri to Dragnag Altitude: 4700 m/ 15415 ft Trek Duration: 6 hours	✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 10	Chola pass to Dzongala Altitude: 4800 m/ 15744 ft Trek Duration: 6-7 hours	✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation

Day 11	Dzongala to Lobuche Altitude: 4940 m/ 16210 ft Trek Duration: 4 hours	<ul style="list-style-type: none"> ✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 12	Lobuche to Gorakshep to Kalapathar Altitude: 5644 m/ 18512 ft Trek Duration: 6-7 hours	<ul style="list-style-type: none"> ✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 13	Gorakshep to EBC to Periche Altitude: 4371 m/ 14336 ft Trek Duration: 7-8 hours	<ul style="list-style-type: none"> ✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 14	Periche to Pangboche to Tengboche Altitude: 3860 m/ 12600 ft Trek Duration: 4-5 hours	<ul style="list-style-type: none"> ✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 15	Tengboche to Namche to Monjho Altitude: 2835 m/ 9300 ft Trek Duration: 6 hours	<ul style="list-style-type: none"> ✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 16	Monjo to Lukla Altitude: 2860 m/ 9380 ft Trek Duration: 4 hours	<ul style="list-style-type: none"> ✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 17	Lukla to Kathmandu Altitude: 1400 m/ 4592 ft Flight duration: 30 minutes	<ul style="list-style-type: none"> ✓ Flight & Transport ✓ Trekking Guide ✓ Porters ✓ 3 Meals (B/L/D) ✓ Accommodation
Day 18	Kathmandu to Nice Flight	<ul style="list-style-type: none"> ✓ Transport ✓ Breakfast

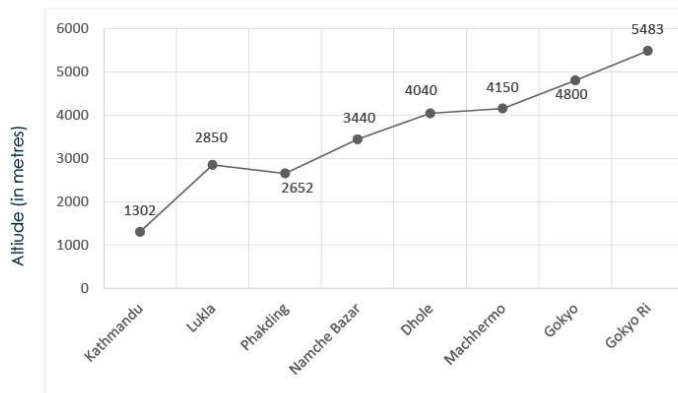
GOKYO LAKE TREK



- Drive Route
- Trek Route
- Secondary Route
- Peak
- Lodge/Hotel



ALTITUDE CHART



Day 1: Fly Nice to Kathmandu

On your arrival at Kathmandu's international airport, our representative will receive you and drive you to your hotel. Check-in and take a rest. In the evening there will be a trip briefing where you will meet your guide. Your guide will brief you about the route and important things that you need to keep in mind while trekking. If you have any questions you can ask him.

Day 2: Explore Kathmandu valley

On the second day of your Nepal trip, we will be introducing our beautiful Temples and Monasteries into Kathmandu Valley. We have breakfast around at 8 am in the morning, after breakfast, start the valley sightseeing tour with a guide. We will be taking our guest for a cultural sightseeing tour around Kathmandu valley.

Swyambhunath (Monkey Temple) - the oldest monument in Kathmandu valley with a huge architecture,

Kathmandu Durbar Square – see the temple of Living Goddess (Kumari) and other medieval architectural wonders of Hindus,

Pashupatinath Mandir – One of the largest Hindus temples in Nepal and see the immerse into Hindu death rites on the bank of a holy river!

Boudhanath – a massive Buddhist shrine considered as the biggest stupa of the world.



Day 3: Kathmandu to Lukla to Phakding

Take an early flight to Lukla. Once in Lukla, you meet the other members of your crew. Sort your luggage and start your trek. You leave Lukla and take the trail to Phakding. You head down to the Dudh Koshi River and cross a suspension bridge to arrive to the charming Sherpa village of Phakding. The Dudh Koshi river flows right below the village. If you feel like it you head down to the riverside later in the day to enjoy the views and take pictures. Overnight in Phakding.



Photo: Lukla airport

Day 3: Phakding to Namche

Today you get the first glimpse of Mount Everest. The trail to Namche is filled with verdant forests, prayer flags, and Buddhist shrines, and wonderful views of the Himalayan mountains. En route, you cross several metal suspension bridges, including Hillary Bridge, the highest suspension bridge in Everest Region. The walk to Namche is tiring but the inspiring views of snow-covered peaks will make you forget your exhaustion. Overnight in Namche.



Photo: Namche bazar

Day 4: Namche to Everest view Hotel

The climb from Namche Bazaar to Hotel Everest View (3880m) will take around 2 hours or 3 hours if you take a slight detour and visit the National Park Museum. The path leading to the hotel is a charming walk across a hill. It may be possible to spot yaks grazing nearby, or a Himalayan Tahr (wild goat) balancing perfectly on the cliffs. Visitors can also take excellent pictures at the View Point with the alluring snow capped mountains in the background. Overnight stay in Everest view Hotel.



Day 5: Everest view Hotel to Dole

Leaving Everest view hotel climb up and follow an even path to the village of Kymjuma. Here the trail branches off. One leads to Gokyo while the other takes you to Tengboche. You take the upward trail that leads to Gokyo Valley. It is an upward ascent and you climb on stone steps cut on the side of rocky cliffs. Enjoy close-up views of Taboche, Kantega, and Ama Dablam. En route walk past Sherpa villages of Mong La and Phortse Tenga. It is a delight to walk past waterfalls, streams, and forests. Once you reach Dole, head to a teahouse and rest your weary legs. Overnight in Dole.

Day 6: Dole to Machhermo

Ascend a ridge located up the village and follow the trail to Macchermo. With Kantega, Thamserku, and Cho Oyu rearing in the background you walk past the summer camps of yak herders. The path rises above the fast-flowing Dudh Koshi River. After walking on the hillside you reach the small settlement of Macchermo. Apart from the teahouses and a cluster of local homes, the village has a health post with doctors and health workers. Overnight in Macchermo.



Photo: Trekkers around Machhermo

Day 7: Machhermo to Gokyo

The trail follows a steep ascent to a ridge with fabulous views of Cho Oyu, Kantega, and Thamserku. Walk past the ridge and enter a valley. Cross Pangka and follow an up and down trail till you reach the moraine of Nzogumpa Glacier, the longest glacier in Nepal. The glacier originates in Tibet, at the foot of Cho Oyu, and moves down to Gokyo Valley in Nepal. Watch where you step, as the loose stones tend to be slippery. Cross the first of the Gokyo Lakes, Longpongo, and a little later the second lake Taboche Tsho. The lakes look heavenly shimmering like a jewel surrounded by glaciers and white peaks. You finally arrive at the settlement of Gokyo situated on the banks of the third lake, Gokyo Tsho popularly known as Dudh Pokhari. Make your way to a teahouse and take a well-deserved rest.

Day 8: Gokyo to Gokyo Ri to Dragnag

Today is a significant and difficult day, because many of you (if not all of you) are waiting for the first Himalayan peak - Gokyo Ri, at a height of 5,330 m. We set off for the ascent at 5 am and somewhere on the way we will meet a beautiful sunrise. We will have views of peaks like Everest, Nuptze, Lhotse, Makalu, Cholatse and Taboche. About 30-40 minutes rest on the summit and make a photos then we start the descent. At the lodges we have breakfast, rest for a while and go on to the village of Dragnak.



Photo: Gokyo ri

Day 9: Chola pass to Dzongala

After the first summit, the first real Himalayan pass, *Cho-La*, awaits us. Before the pass the path goes sharply uphill and looking from afar it seems unreal to climb it without using special equipment. The ascent to the pass will take about 4 hours, and we will spend about half an hour at the top, relaxing and enjoying the scenery. After resting we will start to descend rapidly to the very small village of Dzongla. We have to drop about 500 m altitude. Dzongla is a tiny village in a gorge where we will stay overnight.



Photo: Chola pass

Day 10: Dzongala to Lobuche

Take a downward trail and head to Lobuche. The walk is filled with amazing sights of the peaks. An ascent brings you to the base of Awi Peak. The trail follows the bottom side of this peak. Enjoy amazing views of Himalayan peaks, including Tawoche and Cholatse. We take a short descent and arrive at Lobuche, which is made up of a teahouse cluster.



Day 11: Lobuche to Gorak Shep to Kalapathar

This is an eventful day as you will be visiting *Kalapathar*. It's a tough walk to Gorak Shep. It is natural to feel out of breath as you are walking above 5000 meters. Keep your pace steady, and don't rush. Once you reach Gorak Shep, make your way to a teahouse. After having some refreshments, leave your heavy stuff and hike to Kalapathar for sunset. Kala Patthar is the most popular viewpoint in Everest Region and the highest point you will reach on your trek. Surrounded by some of the world's highest peaks you get to enjoy 360-degree views of Mount Everest, Lhotse, Nuptse, Pumori, and Changtse. Overnight in Gorak Shep.



Photo: Mountain view

Day 11: Gorak Shep to EBC to Pheriche

Wake up early and head to *Everest Base Camp* for a sunrise view. The trail follows the stunning Khumbu Glacier. You have reached above the tree line, and the landscape is totally bare. Sharp and jagged summits of some of the highest mountains surround you. Everest Base Camp lies on a field of ice and rock. Enjoy jaw-dropping views of the Khumbu Icefall, Western Cwm, and the massive walls of Lhotse and Nuptse. After taking pictures head down to Gorak Shep and proceed towards Pheriche. Walk past the village of Thukla and Thukla Pass with the memorials of dead mountaineers who lost their lives while climbing Mount Everest. The trail to Pheriche is mostly flat with some downhills. Once you reach Pheriche, head to the teahouse and take a rest. Overnight in Pheriche.



Photo: Around periche

Day 12: Pheriche to Pangpoche to Tengpoche

After a good night's sleep at Pheriche, we wake up early in the morning, have breakfast, and then trek down towards Tengboche. Our way passes through the rhododendron forests across the Imja

Khola bridge, through the juniper forest, and finally to Tengboche, where we will be spending our night.



Photo: Tengpoche Monastery

Day 13: Tengpoche to Namche to Monjo

Begin your trek early after breakfast. Take a descent to the Imjatse River, then a steep climb for about an hour will take you to Sanasa. From there on, the winding path takes you to Namche Bazaar. Have your lunch in one of the finer restaurants in Namche.

Looking back at the village and Mt. Everest in the backdrop, you will move on through the rugged trail towards a lush green forest. Monjo is a small village known best for being the checkpoint or the entrance gate of the national park. Overnight in Monjo.

Day 14: Monjo to Lukla

After having breakfast, you will bid goodbye to the lovely locals and then head on the Dudh Koshi River trail. From there, you will take a suspension bridge and head to Ghat to grab lunch. From there, continue your trek towards Phakding village. There is a gradual climb until you

reach Chablung village. You will have reached Lukla village. Keep your backpack in your tea house, then head to the streets and enjoy yourself with the locals. The small village has a lot to give in terms of exploring. There are various shops in the area where you can find adorable souvenirs to take back home. You can grab some locally brewed drinks and enjoy your last night in the Khumbu region, along with the locals and our team. Overnight stay in Lukla.



Photo: Lukla

Day 15: Lukla to Kathmandu Aiport

This is the last of your trek; after having breakfast, you will be flying back to Kathmandu. The 40-minute flight back to Kathmandu will indeed be a relaxing one. It will provide you some time to appreciate your achievement and fall back on your memories. After arriving in Kathmandu, we will head to our hotels respectively. How you spend the rest of the day is entirely up to you.

North Nepal Trek Pvt. Ltd. will be organizing a farewell dinner on this day. You will also be receiving successful trek certificates. It would also serve as an opportunity to let NNTT know what you loved about the trek, what you hated, and how the experience could have been richer.



Photo: Lukla airport

PRICE INCLUDES

- Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes
- Total 17 nights accommodation
- All standard meals during the trek
- Government licensed English-speaking trek leader. For more than 12 trekkers, 1 assistant guide.
- Porter to help trekkers luggage. 2 trekkers will share 1 porter, Max weight limit for a porter- 24 kg (12 kg per trekker, weight limit). You can store non essential items in your hotel or at the DWT store.
- Covers guides' and porters' wages, their meals, insurance, lodging, transportation, flight, and other necessary equipment
- Water purification tablets for safe drinking water
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality fees
- Snacks (cookies) and seasonal fresh fruits every day
- All government, local taxes, and official expenses
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Souvenirs - company's T-shirt & Cap

- Discovery World Trekking's Appreciation Certificate after the successful trek
- Farewell dinner at the end of the trek

PRICE EXCLUDES

- International flight costs
- Nepal Entry Visa Fees for multiple entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- Excess baggage charges (Limit is 12 kg per Person) on the trek
- All accommodations and meals in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- Personal expenses (shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Tips for guides and porters (recommended)
- Additional costs incurred due to causes beyond our control, for example, landslides, weather conditions, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc.
- All other costs and expenses not listed in the included list

Thank you!