



Gokyo Ri Summit (5,357m / 17,575 ft) with Everest, Nuptse and Cholatse on the right

We like...

- All the features of a trek in Nepal: suspended footbridges, a Buddhist monastery, climb over 3 spectacular high passes, climb Gokyo Ri and Kala Patthar, Dal Bhat the traditional Nepalese meal, with lentil soup
- The amazing trek in the quiet but beautiful Gokyo valley while descending the Khumbu valley
- The evenings in lodges where you will huddle around the communal fire with other trekkers and climbers
- The view of four 8,000 m summits including Everest, the highest mountain in the world
- An option to extend trip and have an experience of climbing on a beautiful 6,000 m peak (Island Peak or Lobuche peak) with a short section of 60 / 70 degree on ice on fixed line

Trip Facts

Maximum elevation:	5,550 m / 18,209 ft
Location:	Nepal Gokyo / Khumbu Valley region
Group Size:	1-10 people
Number of days	18

Rating

Steepness	▲▲▲▲▲
Fitness	▲▲▲▲▲
Risk	▲▲▲▲▲



View of Cholatse (6,440m / 21,128ft) before you trek into the famous Khumbu valley

Why climbing with World Sherpas?

- The combined experience of clients and leading mountain/trekking guides into a single company
- A real sharing of experience with our Sherpas throughout the expedition on climbing technique, physiology and effort management
- The production of beautiful photos and videos to always remember an extraordinary expedition
- An exceptional quality of services at the best price
- The use of Garmin InReach satellite systems for your family and friends to follow your progress every 10 minutes



See dates on website or Private Trip

GOKYO – 3 Passes – Everest Base Camp

Price

US\$ 3,300
Per person

- Deposit: 30% at booking
- Balance: 70% one month before the departure date

<i>Included</i>	<i>Excluded</i>
<ul style="list-style-type: none"> ● All arrival and departure transfer services to and from airport (both domestic and international) ● Return domestic flight ticket Kathmandu / Lukla ● Transport of 1 duffle bag of a maximum weight of 15 kgs during the trek to Base Camp and on domestic flights ● 3 nights' accommodation at a good quality hotel in Kathmandu on B/B basis on a double basis (single option at extra cost) ● Accommodation in lodges during the trek ● Necessary staff including experienced guides, cook, kitchen staff and porters ● Three meals a day: breakfast (1 item), lunch (1 item) and dinner (2 items) with tea or coffee, hot lemon etc at each meal ● All permits required by the local regulations ● First aid medical kit ● Satellite phone for emergencies (available to members as a paying service) ● Welcome dinner in Kathmandu ● 1 World Sherpas Duffle bag 	<ul style="list-style-type: none"> ● Tips (Sherpas Trek Leader Min \$200 & Porters Min \$150) ● Lunch and dinner in Kathmandu (except welcome dinner) ● Extras hotel charge at Kathmandu (bar bills, laundry, additional nights) ● Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks in lodges ● Additional nights in lodges during the trek not planned by us ● Internet access during the trek and at Base Camp (we can arrange a Nepalese SIM card and top-up card for you at Kathmandu for calls and internet) ● Personal trekking and climbing equipment (see gear list) ● Personal medical, travel & evacuation insurance (mandatory) ● International airfare ● Nepal entry visa fee

Trek Itinerary

Trek location



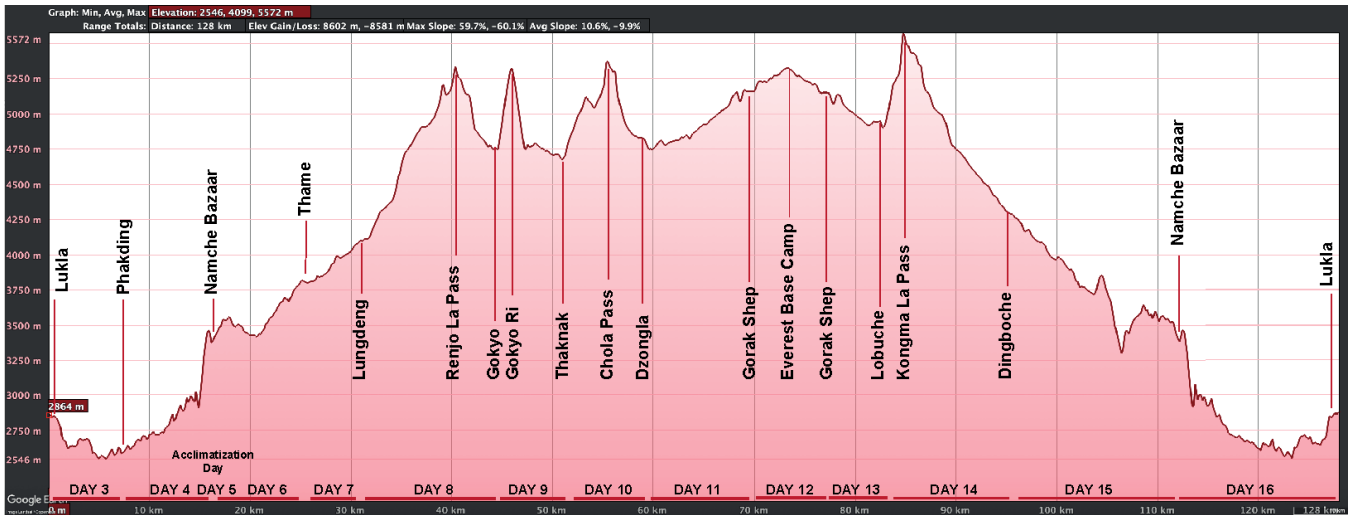
Gokyo 3 Passes trek route





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Gokyo 3 passes trek elevation



Total distance: 128 km / 80 miles

Cumulative elevation gain: 8,600 m / 28,200 ft

Day	Program
1	Arrival to Kathmandu (1,350 m / 4,430 ft) and transfer to hotel
2	Preparation day for expedition in Kathmandu Spend day at leisure in Kathmandu and picking up last few items for trek.
3	Fly to Lukla (2,860 m / 9,317 ft) Trek to Phakding (2,610 m / 8,562 ft) We will make an early morning start for the Twin Otter flight to Lukla (2,840m / 9,317 ft), the gateway to the Khumbu. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will set off straightaway for our first night's stop at Monjo. Situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, this small hamlet is on the main trade route through the area and there are a number of clean, well-built lodges where we can spend the night.
4	Trek to Namche Bazaar (3,340 m / 11,155 ft) We will continue up the banks of the Dudh Kosi and we will enter the Khumbu National Park. We will then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and climb steeply for about two hours up 'Namche Hill' to reach Namche Bazaar (3,400 m/11,155 ft). This is a prosperous trading town and the capital of the Khumbu Region. Many Tibetans cross the nearby border to trade their wares and the local market is a fascinating spectacle. This is a good place to buy genuine Tibetan artefacts. Just across the valley to the east stand the peaks of Thamskerku and Kangtega, both very impressive mountains.
5	Acclimatization day in Namche Bazaar We will spend two nights in Namche Bazaar. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes. This will allow our bodies to become acclimatized to the altitude of (3,450 m / 11,300 ft). On the first morning, we will do an acclimatization walk. The afternoon can be spent sampling the delights of the Namche bakery!
6	Trek to Thame (3,820 m / 12,532 ft) From Namche, we take the historical trail where the Sherpas migrated from Tibet, 800 years ago. We pass the old trade route to Tibet via Nanga La and get a great view of Cho Oyu, the 6 th highest mountain in the world. After lunch, there is a gradual ascent to the village of Samden. We cross the BhoteKoshi river and then a short walk to Thame village for the night.
7	Trek to Lungdeng (4,410 m / 14,465 ft) We leave Thame after breakfast for a leisurely walk through the yak grazing land and farmlands. We also pass through many old villages before we get to our destination for the night, Lungdeng.
8	Renjo la Pass (5,340 m / 17,520 ft) and Gokyo (4,790 m / 15,715 ft) We leave Lungdeng early and continue through the valley along the important trade route between Nepal and Tibet. After lunch, we will make our way towards and cross Renjo La Pass. This can be difficult and tricky terrain depending on conditions. The

	<p>effort to cross the pass is well worth it, with amazing views of Everest, Cho Oyu, Makalu, Nuptse and Ama Dablam. There is an option to go up Gokyo Ri for sunset. Once over the pass we will make the descent to Gokyo village (4,750 m / 15,583 ft) by the lake for the night.</p>
9	<p>Climb Gokyo Ri (5,357m / 17,575 ft) and trek to Thaknak (4,700 m / 15,420 ft) We will have an early start and climb Gokyo Ri for sunrise. The scramble is steep and can be strenuous. It usually takes between 3-4 hours to climb. We get amazing views on the trail of Gokyo village, Gokyo lake, the large Nolzumpa glacier and Cholatse. The views from the summit of Gokyo Ri are amazing while we are surrounded by some of the Himalayan giants such as Everest, Lhotse, Makalu, Taboche, Nuptse, Changtse and Pumori. We make our way back down to Gokyo Village have some rest and food before making the short trek to Thaknak for the night</p>
10	<p>Trek the Chola Pass (5,420 m / 17,782 ft) to Dzongla (4,830 m / 15,850 ft) This is one of the harder days of the Gokyo part of the trip. The pass can be difficult depending on the conditions. For most of the pass, you will be walking and scrambling on very uneven steep rocky terrain before coming to the Ngozumpa Glacier which you will traverse. Once over the pass and off the glacier, we descend with amazing views of Cholatse, Tabouche and Ama Dablam. We settle into Dzongla for the night at the foot of Cholatse.</p>
11	<p>Trek to Gorak Shep (5,164 m / 16,942 ft) We leave Dzongla early and follow the beautiful trail beside Cho La Lake with the two huge north faces of Cholatse and Tabouche towering above on our right. The trek is very easy going and moderately flat. We will also have magnificent views of Ama Dablam as we enter the Khumbu valley. After lunch on Lobuche village, we follow the Everest Base camp trail to Gorek Shep and spend the night here.</p>
12	<p>Trek to Everest Base camp (5,345 m / 17,536 ft) The trek to Gorak Shep is short with a lot of small hills and boulder fields to negotiate. From Gorak Shep, we start on a nice flat section below Kala Patthar, before making our way to a small ridge line to the left of the Khumbu glacier. There are spectacular views up the glacier towards base camp. Pumori stands to the left of us while Nuptse is on the right. After spending some time in Base Camp (visiting our Expedition camp, (April/May only), we retrace our steps back to Gorak Shep for the evening. There is the option to trek up to Kala Patthar (5,550 m / 18,209 ft) at sunset for amazing views of Everest, Lhotse, Nuptse and surrounding peaks and go back to Lobuche for the night. The other option for Kala Patthar is to trek to summit on day 11 for sunrise and go to Lobuche early that morning.</p>
13	<p>Trek to Lobuche village (4,940 m / 16,210 ft)</p>
14	<p>Trek to Dingboche (4,410 m / 14,470 ft) We leave Lobuche early and make our way over the Khumbu Glacier and head towards the Kongma La Pass (5,535 m / 18,159 ft). This will depend on the condition of the pass. There can be some nice scrambling on the pass with spectacular views of Nuptse, Lhotse, Ama Dablam and other amazing peaks.</p>

15	Trek to Namche
16	Trek to Lukla
17	Flight to Kathmandu
18	Transfer to airport for flight home

The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the climbing guide will deem necessary for the safety and / or success of the expedition.



Looking out over the Gokyo Lake with Gokyo village to the left and Everest Base cam



See dates on website or Private Trip
GOKYO – 3 Passes – Everest Base Camp

Accommodation & Food

- Toilet and wash facilities in each village
- Showers (at a fee) available at villages
- Breakfast and dinner will be served in lodges
- Lunch will either be at lodge during trek, or a packed lunch will be provided
- Sleeping in lodges
- Snacks & beverages can be purchased in lodges

Communications

- Company satellite phone is available for a fee during the trek

Notes

There are some options for the free day in Kathmandu after the trek

- Everest flight (US\$200) early departure, weather permitting
- Half day Kathmandu City tour (US\$50)
- Shopping around Thamel
- Massage & Spa



Approaching Renjo La Pass in tricky conditions



Crossing the Cho-La Pass (5,400 m)



Cho-La Pass (5,400 m)



Everest Base Camp



View of Everest and Nuptse from Kala Patthar (5,644 m)



*On the way to the village of Lobuche (4,940 / 16,207 ft) m with
Ama Dablam (6,812 m / 22,349 ft) in the background*