

# CLASSIC EVEREST/GOKYO LAKE CHOLA PASS/RENJO PASS



Annapurna may have the numbers but Everest Base Camp has the name! This is *"the"* trek to beat all treks. This classic trek to Kala Patar and Gokyo Lakes to view the world's highest mountains and see the beautiful turquoise lakes of Gokyo is the one that trekkers worldwide want to leave their footprint on!

You begin with an unforgettable flight to the start of the trek at Lukla. Arriving in Lukla the group will meet their Porters and begin a fantastic trek that will include some of the most breathtaking mountain scenery ever to be experienced. Your efforts will be truly rewarded as your experienced guide points out the classic routes to the summit of Mount Everest. Your first acclimatisation days are spent at Namche Bazaar, home of the legendary Sherpa people. This colourful village was once the main trading post between Tibet and Nepal and offers a unique insight into the traditional Nepali way of life. On this 21-day trek you will visit the famous Buddhist Monastery at Thyangboche which has been restored after being destroyed by fire. To end the trek you will have a spectacular return flight to Kathmandu and your hotel.

With eight of the world's ten highest peaks, Nepal is loaded with spectacular mountain vistas. The Everest trek is justifiably famous, not only for its proximity to the world's highest mountain but also for its friendly Sherpa people, picturesque villages, great variety of cultures and traditions, colorful festivals and monasteries. The Sagarmatha National Park is rich with flora and fauna, but the existence of the yeti remains a mystery.

## **ITINERARY:**

This itinerary is intended as a working guide only and is subject to variation as a result of weather, local conditions, government restrictions, or any other reason beyond the control of Lyn Taylor's Adventure Travel. We reserve the right to alter (lengthen or shorten) any trek at any time if this is necessary.

### **Day 01 Ex Kathmandu - Lukla - Phakding**

We fly in the morning to Lukla (2827m). Flight time is approx 40 minutes and you will experience one of the most magnificent sights in the world as we fly parallel to the Himalayan Mountains bordering Nepal, Tibet and China. After landing we will have a hearty lunch, and the afternoon we descend to our camp at Phakding (2600m) an easy afternoons walk. **(BLD) 23/9**

### **Day 02 Phakding to Namche Bazaar**

The trail continues north up the Dudh Kosi valley to Jorsale, where the trail officially enters the Sagarmatha National Park. There is an entrance station just beyond the village where trekking permits are checked and National Park fees collected. We continue along the trail, cross the Bhote Kosi River and climb steeply to Namche Bazaar 3500 m. Remember to look out for glimpses of Mt. Everest early on the trail. **(BLD) 24/9**

### **Day 03: Namche Bazaar rest day for acclimatization.**

We have a rest day in Namche Bazaar to acclimatize. This town, the hub of Sherpa society, is the administrative centre of the Khumbu region and has a police checkpoint (we must all register there), the headquarters of the Sagarmatha National Park, a bank, several shops selling items of every description and a proliferation of Sherpa inns. Today you can spend the day relaxing or you may wish to take a days hike to Thame this will help with acclimitisation as you will be walking to a height of 3850m and then returning to Namche to sleep. **(BLD) 25/9**

### **Day 04 Namche to Tengboche**

This morning the trail drops sharply down to the Dudh Kosi and the village of Phunki, where we cross the river, and up toward Thyangboche, winding high above the river with views north towards Everest, Lhotse and Nuptse. we will take a time out to visit the Monastery and see a short film on the Sagamatha National Park.. **(BLD) 26/10**



### **Day 5 Tengboche – Dingboche**

The singular beauty of Ama Dablam, standing isolated from all other mountains provides a spectacular backdrop and reminder of the height of Himalayan peaks. We descend to the tiny village of Deboche past Mani walls deep in a rhododendron forest. From Deboche we have a flat walk and before crossing the suspension bridge before climbing up to the village of Pangboche one of the highest year round settlement in the Solu Khumbu valley. The Pangboche Gompa (monastery) is the oldest in the Khumbu and once used to boast the skull and hand of a Yeti, (stolen in 1991) from Pangboche we have a steady climb through villages and potato fields and alpine pastures through yak karkas of Tsura, Orsho and Shomare rkasmeDChhukung we descend the valley of the Imja Khola, trek through the village of Dingboche with its stone walled potato fields, down alpine pastures through the kharkas of Tsura, Orsho and Shomare to the village of Dingboche and our camp for the night. **(BLD) 27/9**

### **Day 6 Dingboche Rest and acclimatization day (BLD) 28/9**



**Day 7 Dingboche – Lobuche** Today is a magnificent walk traversing above Pheriche, after approx. 3 hours we reach the tea house of Thugla. After lunch it is a steep climb to the ride and then a relatively easy walk to Lobuche **(DLB) 29/9**





### **Day 8 Lobuche – Ghorak shep – Kala Pattar – Gorakshep**

We make an early morning start and ascend the trail along boulder fields and glacial debris to the edge of the Khumbu Glacier then continue up to Gorak Shep (5160 m.), nestled below the coned summit of Mt. Pumori (7161 m.) and the sheer west face of Nuptse. From there we make a steep ascent to the top of a small peak, Kala Pattar 5545m meaning "black rock". From here the views is magnificent enough to make us forget the difficulty of the climb. Everest, Nuptse, Ama Dablan, Kantega, Tamserku, Tawatse and Pumo Ri all present themselves in a 360 degree panorama. **(BLD) (30/9)**

### **Day 9 Gorek Shep – Dizongla**

After a morning of rest, we leave the main trail to Everest and hike Tsholo Lake and our campsite at Dizongla 4730 mtrs. This collection of yak sheds has grown in the last couple of years to include two real lodges which are normally open while the Chugima La is passable **(BLD) 1/10**

### **Day 10 Dizongla – Chungima (Thagnak)**

Today we have a steep and challenging but, non-technical descent over rock, snow and perhaps ice from Chola La (pass) 5420m which links the glacial valleys of Cho Oyu and Everest and from where we have superb views. It is a steady climb from our Campsite past Leisyasa where we cross a small glacier, and negotiate the ice fall at the end of it. We then descend very carefully as the terrain is steep and rocky through a narrow and steep valley which opens up to a wide shallow valley leading to our camp at Kharka Chhyugima 5170m. This collection of yak sheds has grown in the last couple of years to include two real lodges which are normally open while the Chugima La is passable. Gokyo is still an hour or two from here over rough ground. **(BLD) 2/10**

### **Day 11 Chungima – Gokyo**

A long day and the most difficult part of this trek. We cross the southern end of the Ngozumpa Glacier to our campsite at Gokyo 4750m. The path across the glacier is well used but not always obvious and there are older paths further down. (glaciers move!) Do not attempt to cross in thick cloud. The walking is tough for tired feet but eventually climbing the moraine on the opposite you drop between the first pond and the second lake at Gokyo **(BLD) 3/10**

### **Day 12 Gokyo a day to Rest and Explore**

A free day to explore the area around Gokyo or rest. For enthusiasts a rigorous hike up Gokyo Ri 5360m, the small peak above camp provides spectacular views of the Everest trinity, Nuptse 7879m, Lhotse 8511m, and Everest 8848m, as well as Makalu 8463m looming to the east, Cho Oyu 8153m to the north and the smaller but closer peaks of Cholatse and Tawachee to the south. There is a wonderful view of Gokyo and Dudh Pokhari spread out below us. **(BLD) 4/10**

**Day 13 Gokyo - Renjo La pass 5400mtrs** From Gokyo to the top of the Renjo La 5417m is described as a day trip from Gokyo but you will be then descending quite steeply over large boulders and scree. After the busy trails of the Everest and Gokyo area the remoteness of the Bhote Kosi Valley will capture you. From the top of the Renjo pass it is about another 3 hours to your accom for the night. **(BLD) 5/10**

### **Day 14 Kangchung – Lhahuche**

We follow the trail and reach to Lhahuche in about approximately 4-5 hours. **(BLD) 6/10**

### **Day 15 Kangchung – Thame 4-5 hrs (BLD) 7/10**

### **Day 16 Thame – Monjo**

After leaving Thame, descent to the Themgpo river west contouring the Nangpo Tsangpo Valley, passing the village of Phurte (3475mtrs) to Namche. **(BLD) 8/10**

### **Day 17 Monjo – Lukla return on the same trail from Namhe to Lukla (BLD) 9/10**

### **Day 18 Lukla – Kathmandu (B) 10/10**

### **Day 19 Kathmandu**

Today enjoy a 1/2 day guided sightseeing tour of Katmandu's most famous places. Baktapur - the oldest city in Nepal, Boddanath - the worshipping place of the Buddhist people - Pasapatanath - the holiest place for the Hindu people. On the bank of the sacred Bagmati River, the temple of Lord Shiva Pashupatinath is famous for its architecture with its two-tiered golden roof and silver doors. It is the centre of annual pilgrimage on the day Maha-Shibaratri. Bouddhanath - this colossal and ancient Stupa, 8km from Kathmandu is one of the biggest in the world and has the ""all seeing eyes" of Lord Buddha. You will also visit one of Kathmandu's oldest City's, Bhaktapur, whose traditional industries are pottery and weaving and is a home of

medieval art and architecture. The main square of the City contains innumerable temples and the masterpiece of Bhaktapur's Durbar Square (and of the entire valley) is the "Sun Dhoka" or "The Golden Gate", set centrally in the palaces lining the northern edge of the square. Built in 1753, the Sun Dhoka is often compared to the renaissance Florentine Baptistery doors of Ghilberti. **O/N Hotel (B) 11/10**



**You may choose how many days you would like to spend in Kathmandu either side of the trek. I recommend 4 nights in total.**

**Day 20 Free Day Kathmandu 12/10**

**Day 21 Kathmandu –13/10**

**TREK COST: \$3350**

**Trip Inclusions**

- \*Airport Transfers
- \*Fully inclusive Lodge trek
- \*All meals included
- \*Internal flights Kathmandu/ Lukla return: US\$240
- \*Guide's flight Ktm/Lukla/Ktm
- \*Experienced English Speaking Nepalese Guide
- \*Porter to carry your kit bag
- \*Trekking permit and National Park Fees
- \*4 nights Kathmandu hotel (B)

**Not Included**

International Flight

Visas

Airport Departure taxes ex Kathmandu US\$25

Items of personal nature ie. Soft/hard drinks, tips etc.

Travel Insurance (this is a mandatory condition of booking)

Guide and Porter tips.  
Mandatory Travel Insurance

**We care for our porters and staff**

For this trek we rely on porters to carry sometimes heavy loads, and our staff work in sometimes challenging conditions but we truly care about them. We ensure that all porters going above the tree line are given wool sox, spare shoes (usually given at the beginning of the trip), wool gloves, wool hat, jacket and pant set, sunglasses, have adequate shelter and all have access to our medical knowledge and supplies.



LYN TAYLOR'S ADVENTURE TRAVEL  
*Nepal... Africa... Where ever !!!*

[www.tayloradventure.com](http://www.tayloradventure.com)