

# EVEREST BASE CAMP TREK VIA GOKYO RI

**27 SEP 2017 - 15 OCT 2017**

# Overview



Live your dream to get up close with some of the world's highest mountains including, Mount Everest, Lhotse, Makalu, Nuptse, Cho Oyu, Ama Dablam to name a few.

To top it up, we have included a side hike to one of the most beautiful lake in the world, Gokyo Ri.

From the high summit of Kala Patthar at 18,450ft where you will stand face to face with Sagarmatha or Chomolungma – the Goddess of Mother Earth, to the Journey into the famed and spectacular Gokyo Valley. You'll explore the source of the grand Dudh Koshi River, Gokyo Peak, the sparkling lakes, and the 360 panoramic views from Gokyo Ri of the surrounding 8000 meter peaks- many say this view is even more spectacular than the view from Kala Patthar.

Email: [hello@firstpilgrim.com](mailto:hello@firstpilgrim.com)

Phone: +91-7799656664 | +91-8050109704

Region: Nepal

Difficulty: Difficult

Highest Altitude: 5,643 m

Cost: INR 64,990 Per Person  
(Kathmandu to Kathmandu)

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# Itinerary



Day 1: Arrival in Kathmandu (1334m.) and transfer to the hotel. Welcome Dinner

Day 2: Kathmandu City Sightseeing and trekking preparation.

Day 3: Scenic flight to Lukla (2834m) (45 minutes) and trek to Phakding (2,652m.) 4-5 hours trekking/ 8km approx.

Day 4: Trek to Namche Bazar (3,440m) 5-6 hours trekking/ 10km approx.

Day 5: Acclimatization Day: In Namche Bazar

Day 6: Trek to Tengboche (3870m) 5-6 hours trekking/ 10km approx.

Day 7: Trek to Dingboche (4360m) 5-6 hours trekking/ 8km approx.

Day 8: Acclimatization Day: In Dingboche.

Day 9: Trek to Lobuche (4940m.) 5-6 hours trekking/ 7km approx.

Day 10: Lobuche to Gorakshep (5170m.)- Everest Base Camp (5364m.) and trek back to Gorakshep (7-8 hours trekking. /15km approx.

Day 11: Gorakshep to Kalapathar (5545m.) and trek to Dzongla (4846m.) 6-7 hours trek/ 15km trekking

Day 12: Dzongla to Thangna (4748m.) Via Chola Pass (5365m.) 9-10 hours trekking/ 15km approx.

Day 13: Thangna to Gokiyu (4798m.) Hike to Gokyo Ri (5356m.) and back to Gokyo – Stay in Gokyo (7-8 hours trekking/ 7 km approx.)

Day 14: Gokyo to Macchermo (4450m.) 6-7 hours trekking/10km approx.

Day 15: Macchermo to Phortse Thanga (3657m.) Via Dole 5-6 hours trekking/ 9 km approx

Day 16: Phortse Thanga to Namche Bazar (3,440m) 5-6 hours trekking/ 10km approx.

Day 17: Namche Bazar to Phakding (2,652m.) 4-5 hours trekking/ 8km approx.

Day 18: Phakding to Lukla (2834m) 4-5 hours trekking/ 8km approx.

Day 19: Scenic Flight back to Kathmandu (45 minutes flight). Farewell Dinner

Day 20: Departure

**For Detailed Itinerary go to the Everest Page on our Website here: <https://goo.gl/n1C68Y>**

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# Trek Inclusions



## Trek Amenities Include:

- Airport pickups and drops in a private vehicle (4 times)
- 3 Nights accommodation in Kathmandu in twin sharing basis with breakfast and Dinner
- Kathmandu Valley Sightseeing (Private Vehicle and Guide)
- Welcome & Farewell Dinner at authentic Nepali restaurant
- Teahouse accommodation during trekking
- Three meals (breakfast, lunch and dinner) during the trek
- Flight (Kathmandu- Lukla -Kathmandu)
- An experienced, English-speaking and government-licensed trek and their all expenses
- Porter (1 porter for 2 trekkers) and his all expenses.
- Necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit

## Trek Amenities Exclude:

- International airfare
- Travel and rescue insurance
- Entrance fees during Kathmandu Valley sightseeing
- Excess baggage charge(s)
- Extra night accommodation in Kathmandu
- Lunch in Kathmandu
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Wi-Fi charge, bottle or boiled water, shower, etc.)
- Tipping
- Any additional food items purchased during Trek
- Anything not mentioned above

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# Useful Information



To Register for the Trek

Send us an email to : [hello@firstpilgrim.com](mailto:hello@firstpilgrim.com)

**Call / Whatsapp:**

Atul: +91-8050109704 | Neeraj : +91-7799656664

Register on Our Website: [firstpilgrim.com/everest](https://firstpilgrim.com/everest)



[fb.com/firstpilgrim](https://fb.com/firstpilgrim)



Youtube Channel



[first\\_pilgrim](https://first_pilgrim)

## About Us:

At First Pilgrim, we like to call ourselves as an 'Experience Provider', with our core expertise in organizing Leisure Hikes, Trekking Expeditions and Long distance bicycle touring in the Himalayan Region of India and Nepal.

Pilgrim is defined as someone who makes a difficult journey to a special place, traveling on foot. True to the definition, we believe the best way to explore any place or region is on foot and that's how the name First Pilgrim came into existence.

### Our Core Mission at First Pilgrim is:

1. Our Clients get the experience they seek
2. Creating a culture of Outdoors in India by spreading awareness about the positive effects of hiking
3. Creating Awareness about Eco/Green Hiking (How to leave the trail beautiful and litter-free)
4. Ensuring Local Himalayan economy is supported (generating Employment opportunity for Local People)
5. Documenting Himalayan Culture and traditions (which needs preservation)