



**Everest Base Camp via Gokyo Valley trek - 17 Days** is one of the most popular treks in Nepal. As Gokyo valley lies in the west part of Khumbu region with a breathtaking view of turquoise lakes and yaks grazing around it. From here the view is a stupendous panorama extending from Cho Oyu (8,201m/26906ft) and Everest (8,848m/29,047ft) to Lhotse (8,516m/27,933ft), and all the way to Makalu. This view is arguably better than the one above Gorak Shep.

This 17 days Trek is designed for those who enjoy traveling and exploring in ease, therefore, there is no rush for reaching the base camp but leisurely enjoying the Himalaya experience.

Guided by experienced Guide, Everest base camp trek takes you deep into the awe-inspiring landscapes of Great Himalaya; offering some of the rarest sightings of majestic glaciers, towering peaks, and exotic flora and fauna.

### 17Days Everest Base Camp Trek via Gokyo Valley

Date	Day	Itinerary	Altitude	Lodging	Meals
	01	Arrival in Kathmandu Airport@1600hrs, meet our guide and transfer to hotel	1340m 4396ft	Hotel	Welcome Dinner
	02	Kathmandu - Lukla by Air - Trek to Phagding	2600m 8530ft	Guest House	Breakfast Lunch Dinner
	03	Phakding Trek to Namche Bazar	3440m 11286ft	Guest House	Breakfast Lunch Dinner
	04	Namche bazar (Acclimatize day)	3440m 11286ft	Guest House	Breakfast Lunch Dinner
	05	Namche Bazar - Phortse Thangna	3680m 12037ft	Guest House	Breakfast Lunch Dinner
	06	Phortse Thangna - Mochermo	4,470m 14665ft	Guest House	Breakfast Lunch Dinner
	07	Mochermo to Gokyo Lake	5,000m 16400ft	Guest House	Breakfast Lunch Dinner
	08	Explore the Gokyo Ri 5383m (Rest, Acclimatize)	5000m 16400ft	Guest House	Breakfast Lunch Dinner



09	Gokyo - Trek to Dragnak ( 3-4 hours )	4,700m/ 15,419ft	Guest House	Breakfast Lunch Dinner
10	Dragnak - Trek Dzongla	4990m 16371	Guest House	Breakfast Lunch Dinner
11	Dzongla - Trek to Gorakchep	5146m 16883ft	Guest House	Breakfast Lunch Dinner
12	Gorakshep - Everest Base- Gorakchep	5146m 16883ft	Guest House	Breakfast Lunch Dinner
13	Gorakchep -Kalapathar 5545m - return to Lobuche	4940m 16207ft	Guest House	Breakfast Lunch Dinner
14	Lobuche - trek to Tyangboche	3870m 12696ft	Guest House	Breakfast Lunch, Dinner
15	Tyangboche - by Heli <b>copter (USD170)</b>	2860m 9383ft	Guest House	Breakfast Lunch, Dinner
16	Lukla Fly to Kathmandu		Hotel	Breakfast
17	Kathmandu -free at leisure till transfer to Tribhuvan International Airport.			Breakfast

### Cost/Service includes:

- International Travel SIN-KTM-SIN (by SQ direct flight and return via Delhi SQ)
- Air travel Kathmandu -Lukla -Kathmandu/ Ramechhap with all taxes
- Airport pick up and drop off by private bus
- Hotel accommodation in Kathmandu & Pokhara with breakfast as per itinerary
- All meals during trek Breakfast/Lunch/Dinner
- Assistance/cook during trek for look after your food & drinks (Make sure Hygienic, water properly boiled)
- Additional Supplements food
- Everest National Park fee
- Village development entrance fee
- Lodge/ accommodation during the trek
- All necessary ground transportation as per itinerary in Nepal.
- Sleeping bags with inner sheet (can take up to -20degrees)
- Service of professional guide and yak /porters during trek and their insurance and wages.
- Coordination quick rescue service in case of emergency (cost covered by your insurance)

**Cost does not include:**

Fees US\$50, Personal Travel insurance, Heli charge, soft drinks and alcoholic beverages, Airline tax and fuel Sur charge S\$130, Tipping for porters and guide US5 Per participant per day.

**Suggested Trekking packing List:**

- Backpack or duffel bag
- Day Pack
- Sport shoes
- Sandal /slippers
- Track pants/suits
- Underwear (preferably disposable)
- Warm Jacket
- Woolen Sweater
- Raincoat or Umbrella (incase rain)
- Sun hat, sun glass
- Personal toiletries
- Glove
- Hit pad
- Sun block lotion
- Insect repellent
- Poncho (incase rain)
- Torch light, batteries, Camera, binocular(Optional)
- Snacks (Museli bars, chocolates, dried nuts and fruits, vitamin-supplant etc)
- Personal First aid kits
- Passport (Check for six months validity before departure)





