



EVEREST BASE CAMP TREK VIA GOKYO RI

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Trekking

ACCOMMODATION

Hotel/Lodge

WALKING

5-6 hrs

MAX ALTITUDE

5,420

m

DURATION

18

Days

DIFFICULTY

Moderate

Difficult

BEST SEASON

Summer, Spring, Winter, Autumn

Overview

The **Everest Base Camp Trek via Gokyo Ri** offers one of the most complete and scenic trekking experiences in the Everest region, combining the turquoise glacial lakes of Gokyo, the panoramic summit of Gokyo Ri (5,357m), the thrilling crossing of Cho La Pass (5,420m), the iconic Everest Base Camp (5,364m), and the legendary viewpoint of Kala Patthar (5,545m).

Following a quieter and more diverse route through the heart of **Sagarmatha National Park**, this adventure takes you across pristine alpine landscapes, traditional Sherpa villages, ancient monasteries, and beneath some of the world's highest mountains, including Mount Everest, Lhotse, Nuptse, Ama Dablam, Makalu, and Cho Oyu. With carefully planned acclimatization, experienced local guides, and seamless logistics, **14 Peaks Expedition** delivers a premium Himalayan trekking experience that combines adventure, safety, and exceptional service from arrival to departure.

Experts

- Tashi Lakpa Sherpa
- Nima Rinji Sherpa
- Phurkitar Sherpa
- Pasang Phurba Sherpa
- Dinesh Rai
- Mitenji Sherpa

Services

INCLUDES

- **1. Arrival & Departure Services** – Enjoy private airport transfers between Tribhuvan International Airport and your hotel in Kathmandu, together with professional meet-and-assist services by the 14 Peaks Expedition team upon arrival and departure.
- **2. Accommodation & Meals** – Your package includes luxury hotel accommodation in Kathmandu on a bed and breakfast basis, a welcome dinner with the 14 Peaks Expedition team, comfortable mountain lodge accommodation throughout the trek, and three freshly prepared meals daily (breakfast, lunch, and dinner) with tea and coffee during the trekking period.

- **3. Transportation & Trekking Logistics** – All transportation required for the itinerary is included, featuring domestic flights between Kathmandu (or Ramechhap) and Lukla, private airport transfers, porter services throughout the trek, and transportation of your personal duffel bag, allowing you to trek comfortably with only your daypack.
- **4. Permits & Government Fees** – All necessary trekking permits and government fees are included, including the Sagarmatha National Park Entry Permit, Pasang Lhamu Rural Municipality Permit, TIMS Card (where applicable), and all administrative arrangements required for trekking in the Everest region.
- **5. Professional Trekking Team** – Your journey is led by an experienced, government-licensed English-speaking trekking guide, supported by professional porters and the dedicated operations team of 14 Peaks Expedition. All staff salaries, insurance, accommodation, transportation, meals, and equipment are fully covered.
- **6. Guided Sightseeing** – Before beginning the trek, enjoy a guided sightseeing tour of Kathmandu Valley, including visits to UNESCO World Heritage Sites, providing an excellent introduction to Nepal's cultural and historical heritage.
- **7. Safety & Medical Support** – Your safety is our highest priority. Comprehensive first-aid medical kits are carried throughout the trek, while emergency evacuation coordination and continuous operational support are provided by our Kathmandu office. Comprehensive insurance is also provided for all Nepalese trekking staff.
- **8. Expedition Souvenirs** – Each participant will receive an official 14 Peaks Expedition duffel bag, expedition T-shirt, cap, and neck warmer as memorable keepsakes of the journey.
- **9. Documentation & Certificate** – Upon successful completion of the trek, every participant will receive an official 14 Peaks Expedition Trek Completion Certificate recognizing their achievement.

EXCLUDES

- **1. International Travel** – International airfare to and from Kathmandu, airport taxes outside Nepal, and excess baggage charges on international flights.
- **2. Nepal Entry Requirements** – Nepal entry visa fees and any visa extension charges required during your stay.
- **3. Accommodation & Meals in Kathmandu** – Lunches and dinners while staying in Kathmandu, as well as additional hotel accommodation resulting from early arrival, late departure, flight delays, itinerary changes, or early return from the trek.
- **4. Personal Travel Insurance** – Comprehensive travel insurance covering high-altitude trekking, emergency helicopter evacuation, medical treatment, search and rescue, trip cancellation, trip interruption, repatriation, and personal accident. A valid insurance policy must be provided before the trek.
- **5. Personal Trekking Equipment** – Personal clothing, trekking boots, sleeping bag, backpack, trekking poles, personal first-aid supplies, and any trekking equipment not specifically listed under "What's Included."
- **6. Personal Expenses** – Telephone calls, internet access, Wi-Fi, battery charging, hot showers, laundry services, snacks, bottled beverages, alcoholic drinks, personal shopping, and other incidental expenses during the trek.
- **7. Staff Gratuities** – Tips for your trekking guide and porters, which are customary in Nepal and greatly appreciated for their dedication and service.
- **8. Additional Services** – Any service, activity, or expense not specifically mentioned under the "What's Included" section, including costs arising from unforeseen circumstances such as weather

delays, flight cancellations, natural disasters, or changes beyond the control of 14 Peaks Expedition

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	5 Oct, 2026	Arrival in Kathmandu and transfer to your luxury hotel.	1,400 m	B	Hotel	
2	6 Oct, 2026	Guided sightseeing tour of Kathmandu Valley and expedition briefing.	1,400 m	B	Hotel	
3	7 Oct, 2026	Fly to Lukla (2,860m) and trek to Phakding (2,610m).	2,610 m	B/L/D	Lodge	
4	8 Oct, 2026	Trek from Phakding to Namche Bazaar (3,440m).	3,440 m	B/L/D	Lodge	
5	9 Oct, 2026	Acclimatization day at Namche Bazaar with an excursion to Hotel Everest View and Khumjung Village.	3,440 m	B/L/D	Lodge	
6	10 Oct, 2026	Trek from Namche Bazaar to Dole (4,200m).	4,200 m	B/L/D	Lodge	
7	11 Oct, 2026	Trek from Dole to Machhermo (4,470m).	4,470 m	B/L/D	Lodge	
8	12 Oct, 2026	Trek from Machhermo to Gokyo (4,790m).	4,790 m	B/L/D	Lodge	
9	13 Oct, 2026	Early morning ascent of Gokyo Ri (5,357m), followed by the trek to Thagnak (4,700m).	4,700 m	B/L/D	Lodge	
10	14 Oct, 2026	Cross Cho La Pass (5,420m) and trek to Dzongla (4,830m).	4,830m	B/L/D	Lodge	
11	15 Oct, 2026	Trek from Dzongla to Lobuche (4,940m).	4,940 m	B/L/D	Lodge	
12	16 Oct, 2026	Trek to Everest Base Camp (5,364m) via Gorakshep and return to Gorakshep (5,164m).	5,364m	B/L/D	Lodge	
13	17 Oct, 2026	Early morning ascent of Kala Patthar (5,545m) for sunrise views over Mount Everest, followed by the trek to Pheriche (4,371m).	4,371 m	B/L/D	Lodge	
14	18 Oct, 2026	Trek from Pheriche to Namche Bazaar.	3,440 m	B/L/D	Lodge	
15	19 Oct, 2026	Trek from Namche Bazaar to Lukla.	2,860 m	B/L/D	Lodge	
16	20 Oct, 2026	Fly from Lukla to Kathmandu (or Ramechhap) and transfer to your hotel.	1,400 m	B/L/D	Hotel	
17	21 Oct, 2026	Leisure day in Kathmandu or contingency day in case of flight delays.	1,400 m	B	Hotel	
18	22 Oct, 2026	Final departure from Kathmandu.	-	B	-	

Gear List

Lower Body

- Gaiters for Trekking Boots
- Thermal Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Down Pant
- Under Wear

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Emergency Contact Details

Medicine / First Aid Kits

- Paracetamol 500 mg
- Electrolyte tablets
- Ibuprofen 400mg
- Oral Rehydration Salts (ORS)
- Loperamide
- Cetirizine
- Omeprazole
- Antacid Tablets
- Antiseptic Wipes
- Lubricating Eye Drops
- Cough Lozenges
- Blister Plasters
- Acetazolamide (Diamox) 250 mg
- Dexamethasone 4 mg
- Ondansetron 4 mg
- Aspirin 300mg
- Nifedipine 30mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Dry-Fit Tshirt
- Light Down Jacket

Foot Wear

- Normal Socks
- Trekking Shoes
- Sport Shoes
- Slippers

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Head

- Glacier Glasses (Polarized UV Protection)
- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter
- Snow Goggles (UV Protection)
- Balaclava

Sun Stuff

- Lip Guard (SPF)
- Sunscreen
- Moisturizer

Eating & Drinking

- Water bottle
- Thermos

Toiletries

- Toothbrush
- Towel
- Wet Wipes
- Body Lotion
- Shampoo
- Toothbrush

Sleeping Stuffs

- Sleeping Bag
- Sleeping Bag Liner
- Inflatable Pillow

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- Power Bank
- Camera

Climbing Equipment

- Trekking Pole
- Unlock Carabiner
- Head Light
- Tape Sling

Gallery



FAQs

How difficult is this trek?

It's a challenging high-altitude trek, mainly because of the demanding Cho La Pass crossing — so solid fitness and endurance are important.

What are the main highlights?

You'll experience Gokyo Lakes, Gokyo Ri, Cho La Pass, Everest Base Camp, Kala Patthar, Sherpa villages, monasteries, and incredible Himalayan views.

Are meals and accommodation included?

Yes. Three meals a day are included, with accommodation in tea houses or mountain lodges throughout the trek.

How do I book my seat?

Contact 14 Peaks Expedition directly. We'll confirm departure dates, group or private options, and guide you through the deposit to secure your seat.

What is the Everest Base Camp Trek via Gokyo Ri?

It is an alternative Everest Base Camp route that combines the beautiful Gokyo Valley and Gokyo Lakes with Everest Base Camp, while crossing the challenging Cho La Pass.

Are trekking permits included?

Yes. The package includes the required National Park Entry Permit, Local Municipality Permit, and TIMS Card, along with other applicable entry fees.

What is Gokyo Ri?

Gokyo Ri is a high viewpoint at approximately 5,357m, offering spectacular panoramic views of Everest and surrounding Himalayan peaks.

What is Cho La Pass?

Cho La is a high mountain pass at approximately 5,420m that connects the Gokyo Valley with the Everest Base Camp route.

How long do we walk each day?

The package generally involves around 5–7 hours of walking per day, depending on the day's route and altitude.

How much baggage can I take?

The package includes porter service with approximately 20–25 kg shared between two trekkers, along with duffel bag transportation throughout the trek.