

TREKKING

EVEREST BASE CAMP AND GOKYO LAKES

Trekking through the Khumbu, Cho La, Gokyo Ri, and Everest Base Camp



NEPAL



A great 20-day trek through the Khumbu that combines Everest Base Camp with Kala Patthar, the Cho La pass, and the Gokyo Lakes. Walk through Sherpa villages, high-altitude valleys, and glacial landscapes on one of the most complete routes in the Himalayas.

[View program on the web](https://b4experience.com/everest-base-camp-and-gokyo-lakes)

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RECOMMENDED MONTHS

MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER,
DECEMBER



PRICES

From 1.900€ /person

Group discounts





Highlights

- REACH EVEREST BASE CAMP AT 5,364 M
- CROSS THE CHO LA PASS AT 5,368 M
- EXPLORE THE SPECTACULAR GOKYO LAKES
- CLIMB GOKYO RI AND KALA PATTHAR.

Private group

100% customizable

From (People)	Category	Availability	Days	Price per pers.
5	Standard	09/01/2027 12:00:00 PM - 12/19/2027 01:00:00 PM	20	1.900€
5	Standard	03/01/2027 12:00:00 PM - 05/31/2027 01:00:00 PM	20	1.900€
2	Standard	09/01/2027 12:00:00 PM - 12/19/2027 01:00:00 PM	20	2.020€
2	Standard	03/01/2027 12:00:00 PM - 05/31/2027 01:00:00 PM	20	2.020€
1	Standard	09/01/2027 12:00:00 PM - 12/19/2027 01:00:00 PM	20	2.280€
1	Standard	03/01/2027 12:00:00 PM - 05/31/2027 01:00:00 PM	20	2.280€

Travel with your family or group of friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open group

Share the experience with other travelers

Dates	Nº days	Avail. spots	Price per pers.
20 Mar 2027	20	T:8 O:1 7	2.020€

*Check availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com



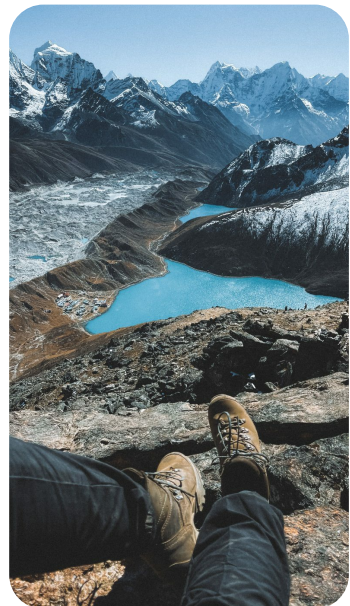
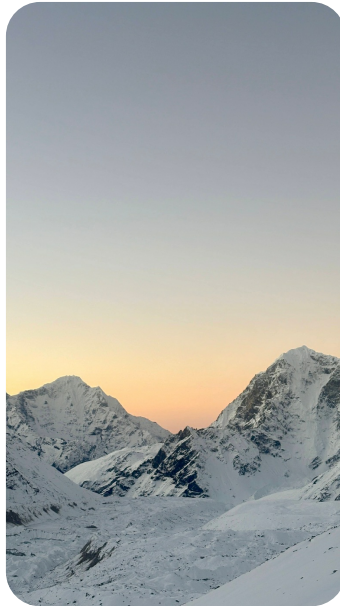
Includes

- Pick-up and transfers for international and domestic flights as per itinerary.
- 3 nights at a 3-star category hotel in Kathmandu.
- Bed and breakfast basis in Kathmandu.
- Private transport between Kathmandu and Manthali/Ramechhap by car or jeep with guide.
- A welcome dinner in Kathmandu.
- Round-trip domestic flights to Lukla via Ramechhap.
- Trekking guide accompaniment on domestic flights.
- 1 certified and experienced trekking guide.
- 1 additional assistant guide for groups of more than 5 participants.
- 1 porter for every 2 participants.
- Transport of up to 15 kg of personal luggage per participant.
- Indicated distribution: 12 kg of luggage + 3 kg in backpack.
- 16 nights / 17 days of hotel/lodge accommodation during the trek, as per program.
- Necessary permits to carry out the trek to Everest Base Camp.
- Breakfast, lunch, and dinner during the trek.
- Tea or coffee during the trek.
- Insurance for local staff participating in the trek.
- Domestic ground and air transport for staff involved.
- First aid kit carried by the trekking guide.
- Service fees and government taxes.

Not included

- Nepal entry visa for 30 days.
- International flights (we can arrange them)
- Permits for drones or special filming.
- Lunches and dinners during the stay in Kathmandu, except the welcome dinner.
- Travel, medical and emergency rescue insurance with a minimum coverage of 15,000 USD.
- Personal trekking gear and equipment.
- Alcoholic beverages.
- Mineral water.
- Battery charging.
- Laundry.
- Hot showers.

- Hot water.
- Meals additional to those indicated in the "Included" section.
- Tips for guide and porters, with a minimum recommendation of 8–10% of the total cost per participant.
- Additional expenses caused by delays or cancellations of Lukla flights.
- Additional meals and accommodation resulting from delays or cancellations.
- Helicopter flights if this alternative is chosen due to delays.
- Expenses arising from missed international flights.
- Any service not expressly indicated in the "Included" section.



Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Arrival in Kathmandu, located at 1,375 m, where the programme begins. Upon arrival, the planned pick-up service and transfer to the hotel will be carried out. This first day allows you to settle in, rest after the international flight and begin to prepare for the upcoming trekking days in the Khumbu and Everest region.

Accommodation: 3-star hotel

DAY 2: FORMALITIES AND FINAL PREPARATIONS

A day in Kathmandu dedicated to completing the necessary formalities and finishing any last-minute shopping before the trek. The programme sets aside this day to prepare everything needed before heading to Ramechhap and Lukla. The stay is once again in a hotel and a welcome dinner in Kathmandu is included.

Accommodation: 3-star hotel

Meals: breakfast + welcome dinner

DAY 3: RAMECHHAP, FLIGHT TO LUKLA AND TREK TO PHAKDING

Early morning departure, at approximately 02:00, by road to Ramechhap. From there we will take the flight to Lukla, located at 2,860 m, the starting point of the trek. We will then begin walking to Phakding, at 2,650 m, completing our first stage on foot through the Everest region.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 4: TREK TO NAMCHE BAZAAR

We continue walking from Phakding to Namche Bazaar, located at 3,440 m. The route progresses through the Khumbu valley, following the itinerary that leads towards the higher-altitude areas. Namche will also serve as our base for two nights, allowing us to complete an acclimatisation day the following day before continuing towards Tengboche.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 5: EVEREST VIEW POINT AND ACCLIMATIZATION

Active acclimatization day from Namche Bazaar. We will hike up to the Everest View Point, reaching approximately 3,900 m, before returning to Namche. The ascent allows us to gain altitude during the day and sleep lower down, promoting progressive adaptation before continuing towards higher elevations.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 6: TREK TO TENGBOCHE

We leave Namche Bazaar to continue to Tengboche, located at 3,860 m. The route crosses the Everest region and allows us to keep advancing into the Khumbu valley. The programme highlights this area for its mountain landscapes, the presence of Sherpa communities and the strong influence of Buddhist culture throughout the journey.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 7: TREK TO DINGBOCHE

We continue on foot from Tengboche to Dingboche, located at 4,410 m. We now enter a phase of the trek in which we will remain continuously above 4,000 metres. Dingboche will be our base for two days, as the following day is reserved for further acclimatization before advancing towards Lobuche.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 8: ACCLIMATIZATION IN DINGBOCHE

Acclimatization day from Dingboche. The programme includes a hike up to Nakarsing Hill before returning to Dingboche, at 4,410 m. This day allows us to continue with the altitude progression before tackling the next stages towards Lobuche, Gorakshep and Everest Base Camp.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 9: TREK TO LOBUCHE

We resume our trek from Dingboche and continue to Lobuche, situated at 4,900 m. We are now drawing closer to Everest Base Camp and entering one of the highest-altitude stages of the itinerary. After several days of progression and acclimatization, we will spend the night near the 5,000-metre mark before continuing towards Gorakshep.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 10: GORAKSHEP AND EVEREST BASE CAMP

From Lobuche we will walk to Gorakshep, situated at 5,140 m. From there we will continue to Everest Base Camp, at 5,364 m, one of the main highlights of the trip. After completing the visit we will return to Gorakshep, where we will spend the night before tackling the ascent to Kala Patthar the following day.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 11: KALA PATTHAR AND RETURN TO LOBUCHE

We will make the ascent to Kala Patthar, situated at 5,644 m according to the document's itinerary. After completing the climb we will begin our descent and return to Lobuche, at 4,900 m. Having already reached Everest Base Camp, this day completes one of the most iconic sections of the route before we head towards Gokyo.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 12: TREK FROM LOBUCHE TO DZONGLA

We leave Lobuche and continue trekking to Dzongla, situated at 4,830 m. The route begins to turn towards the second major section of the itinerary: the crossing of the Cho La pass and the arrival at the Gokyo valley. Tonight serves as a preparatory stage before tackling one of the most demanding mountain days of the trip the following day.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 13: CHO LA PASS AND ARRIVAL AT GOKYO

One of the key days of the trek. From Dzongla we will head towards Gokyo, located at 4,790 m, crossing the Cho La pass, whose altitude indicated in the itinerary is 5,368 m. This stage connects the Everest area with the Gokyo valley and introduces us to one of the most representative high-mountain landscapes of the route.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 14: GOKYO LAKES AND ASCENT TO GOKYO RI

A day dedicated to discovering the Gokyo area. The programme includes exploring the Gokyo Lakes or making the ascent to Gokyo Ri, located at 5,357 m. From this point, the document highlights the panoramic views over some of the great mountains of the Himalayas, as well as the glacial and high-mountain landscape surrounding the valley.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 15: EXPLORATION OF THE GOKYO LAKES

A second full day in the Gokyo area, dedicated specifically to exploring its lakes. This extra time allows us to discover at a more leisurely pace one of the most outstanding spots in the Everest region. The programme describes the glacial lakes of Gokyo as one of the great highlights of the route, surrounded by mountains and high-altitude landscapes.

Accommodation: Lodge

Meals: breakfast + lunch + dinner

DAY 16: TREK TO MACHHERMO

We begin the return journey from Gokyo, descending to Machhermo, located at 4,465 m. After the highest-altitude days around Cho La and Gokyo Ri, we start a gradual loss of elevation through the valley. The itinerary then continues towards Namche Bazaar before completing the final trekking days to Lukla.

Accommodation: Lodge

Meals: Breakfast + lunch + dinner.

DAY 17: DESCENT TO NAMCHE BAZAAR

We continue descending from Machhermo to Namche Bazaar, located at 3,440 m. We return to one of the main points of the approach route, this time on our way back. After having visited Everest Base Camp and the Gokyo valley, we keep losing altitude before tackling the last full day's walk to Lukla.

Accommodation: Lodge

Meals: Breakfast + lunch + dinner

DAY 18: TREK FROM NAMCHE TO LUKLA

Last major walking day. From Namche Bazaar we descend to Lukla, located at approximately 2,800 m according to the return itinerary. With this stage, the trekking through the Everest region comes to an end. We will spend the night in Lukla before taking the return flight to Ramechhap the following day.

Accommodation: Lodge

Meals: Breakfast + lunch + dinner

DAY 19: FLIGHT TO RAMECHHAP AND RETURN TO KATHMANDU

From Lukla we will take the return flight to Ramechhap. From there we will continue by road to Kathmandu. Upon arrival we will spend the last night at a 3-star hotel, thus concluding our journey through the Khumbu before the international flight the following day.

Accommodation: 3-star hotel

Meals: Breakfast.

DAY 20: RETURN

Free day in Kathmandu. Final departure, transfer to the airport.

Meals: Breakfast.

Payment and cancellation policies

Initial deposit: To secure your place, an initial payment of 30% of the total trip cost is required at the time of booking.

Final payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional travel costs, such as insurance, flights or other optional services, must be paid in full at the time of booking.

Cancellation insurance: The client may take out a travel cancellation insurance policy in order to obtain a full refund of the amount paid (subject to the policy conditions).

The end user may withdraw from the booked trip and is entitled to a refund of the amounts paid, except for the penalties indicated. However, once the trip has been confirmed, the following amounts must be paid to the agency.

Cancellation policy 3

- Full refund within 24 hours of purchase
- Up to 60 days before the trip: 100% refund of the trip cost
- Up to 45 days before the trip: 50% refund of the trip cost
- For periods shorter than those described above: no refund will be made.

*A management fee of €250 will apply

*If there are other non-refundable costs already issued, these will also not be refunded and will be deducted from the total amount to be reimbursed

*The cancellation cost of already issued flights is 100% of the ticket price.

Off Trail S.L. acts in this package holiday as a retailer/seller. For open scheduled departures, the trip requires a minimum of 2 confirmed registered participants; the traveller will be informed through the customer portal once this minimum has been reached in order to confirm the departure. If the minimum number indicated is not reached, the organiser may cancel the trip and notify the traveller within the applicable legal deadline of up to 20 calendar days before departure. For private departures or tailor-made trips, the programme shall be considered confirmed from the acceptance of the booking, as it is a trip designed specifically for the number of people indicated in the contract and priced accordingly. In the event of cancellation due to failure to reach the required minimum, the traveller shall be entitled to a full refund of the amounts paid, without additional compensation.

Equipment list**FUNCTIONAL CLOTHING**

- Hardshell jacket (waterproof Gore-Tex)
- Lightweight waterproof trousers
- Warm jacket: down jacket or primaloft
- Lightweight fleece
- Thermal trousers and t-shirt for sleeping in the refuge
- Trekking trousers
- Technical t-shirts (quick-drying)
- Underwear (non-cotton recommended)

HEAD

- Lightweight sun cap
- Wool hat
- Neck gaiter (buff type)
- Sunglasses

HANDS

- Thermal gloves for the cold
- Trekking poles

FEET

- Socks (non-cotton recommended)
- Trekking boots or trail running shoes
- Flip-flops for the lodge or trekking sandals with heel strap

BACKPACKS

- Lightweight daypack for trekking
- Rain cover for backpack
- Duffel bag (max 12.5 kg per person)

LODGE EQUIPMENT

- Sleeping bag
- Earplugs

ACCESSORIES

- Headlamp and spare battery or batteries
- Sunscreen, lip balm and after sun

EATING/DRINKING

- Hydration system minimum 1L (Camelbak or water bottle)
- Thermos (optional)
- Snacks, nuts, energy bars...

TRAVEL GEAR

- Casual clothing
- Passport, Visa, cash, insurance documentation, vaccination card
- Microfibre towel
- First aid kit and medication.
- Thermal blanket
- Mobile phone and watch with route tracking (optional)
- Powerbank, camera, charging cables, headphones, book...

FAQs

What physical and technical level do I need to do this trekking?

A minimum level is required that allows you to complete a mountain route with 1,200 m of elevation gain in a single day. It is a moderate-level route; it includes acclimatisation stages and high-mountain days such as Cho La, Kala Patthar and Gokyo Ri. It takes place over 20 days and reaches altitudes above 5,000 m. No specific technical requirements are needed. During the route we can carry a small daypack with the items we will use throughout the day. Porters will transport our bags to the next lodge.

How to organise the bag with the gear the porter will carry?

The porter carries the gear of 2 people (maximum 12 kg per person). You must share one bag between every two people and hand it to the porter. Ideally, this should be a duffel bag of approximately 80 L. The other suitcase will be left at the hotel in Kathmandu.

Backpack during the route

Bring a small backpack that allows you to carry a jacket, water bottle and some energy bars or dried fruit. All the gear you do not use during the day will be carried by the porters.

Crampons

In the higher sections of the trek there may be snow or ice, although this is not common. Conditions can change rapidly, especially at passes above 5,000 metres. Some people bring chain crampons to improve grip on slippery surfaces; spiked crampons are not necessary for trekking.

Does the trip include Everest Base Camp?

Yes. On day 10 you walk to Gorakshep, located at 5,140 m, and from there you continue to Everest Base Camp, at 5,364 m. After completing the visit, you return to Gorakshep to spend the night before making the ascent to Kala Patthar.

Cash

In Kathmandu you can usually pay by card (in restaurants, taxis, souvenir shops... not common). Beyond that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly into rupees at the airport or in Thamel on the day of arrival. It is recommended to bring a minimum of €250 in cash for non-included expenses, such as drinks or meals in Kathmandu and for tips.

Tips

A tip is usually given at the end of the trip (not mandatory, but highly recommended), in cash (they do not have a card reader). Guides: 5 to 10 USD per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips can increase, reaching 10–15 USD per person per day. Porters: 3 to 5 USD per day per person. On longer or more demanding treks, you could consider increasing this to 5–7 USD.

Do I need rescue insurance?

Travel, medical and emergency rescue insurance is not included, and the program requires a minimum coverage of 15,000 USD. Therefore, you must take out an appropriate policy before the trip.

Hygiene conditions in the lodges

As you gain altitude, the accommodations become much more basic. It is recommended to bring wet wipes and a sleeping bag to avoid using the blankets.

Showers and hot water

In the higher areas, hot water showers are very scarce. It is VERY easy to catch a cold, which multiplies the problems related to altitude sickness. WE RECOMMEND avoiding showering. Wet wipes are a good alternative to maintain hygiene.

Altitude medication

The routes are gradual to avoid altitude sickness (as much as possible). The guides carry a complete first aid kit, which includes an oxygen saturation monitor. For medications such as Diamox or similar, consult your doctor, although they are not necessary.

Mobile phone and SIM

You can buy a SIM card upon arrival. Each region of Nepal has a different operator. Ask our team which one works in each area. A top-up of €15–20 will give you enough data to use WhatsApp when there is coverage. Regular calls are much more expensive.

Is it necessary to bring any type of supplement or recovery product?

Supplements can be useful, but they are not essential. It is interesting to take iron in the days before starting an activity at altitude. You can consult your doctor or nutritionist about this. We recommend that you bring your own energy bars, nuts... so that you can eat while doing the activities.

Water purification tablets

Always buy bottled or boiled water at the lodges.

Mosquito repellent

Repellent can be useful during the first few days, but at high altitudes it is not necessary (optional).

Vaccination card

There are no mandatory vaccines to travel to Nepal. Please consult your doctor about recommended vaccines.

What type of accommodation is used?

In Kathmandu, three nights are included in a 3-star category hotel on a bed and breakfast basis. During the trekking, you will stay in lodges, in shared rooms.

What are the Gokyo Lakes within the itinerary?

The Gokyo Lakes are one of the main highlights of the trip. The programme dedicates two days to exploring the area after crossing Cho La. These are high-altitude glacial lakes located in the Gokyo Valley, surrounded by some of the most remarkable landscapes in the Everest region.

What happens if the Lukla flight is delayed or cancelled?

Lukla flights depend on weather conditions and may be subject to delays or cancellations. If this occurs, the additional costs of food and accommodation are to be covered by the traveller. A helicopter may also be used as an alternative, but its cost must be paid by the participant.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months of validity. Nepal has a VISA on arrival for most countries. Upon arrival, go to the bank counter at Tribhuvan International Airport and then proceed to the immigration officer's counter with your original passport to process the visa. In the case of a visa, keep yourself updated, as immigration policies change frequently. That is why it is advisable to verify the information closer to your intended travel date. Currently, the costs of Nepal's tourist visa are as follows: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125.



Contact

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[View program on the web](#)

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