



TREKKING ITINERARY

Everest - Gokyo Valley Trek

- DAY 1.** Fly from Kathmandu to Lukla (2.800m), commence trek to Phakding (2.652m)
- about 3 hours walk
- DAY 2.** Trek to Namche Bazaar (3.466m) - about 6 hours walk
- DAY 3.** Rest day at Namche for acclimatisation
- DAY 4.** Trek to Phortse Tenga (3.500m) - about 5 hours walk
- DAY 5.** Trek to Machhermo (4.410m) - about 6 hours walk
- DAY 6.** Trek to Gokyo (4.750m) - about 5 hours walk
- DAY 7.** An early morning start ascent of the Gokyo Ri (5.357m) - about 3 to 4 hours walk, which provides 360 degree of the panoramic Himalayas including Everest, Makalu, Island Peak and other many gigantic peaks
- DAY 8.** Trek back to Dole (4.200m) - about 5 hours walk
- DAY 9.** Trek back to Namche Bazaar (3.446m) - about 6 hours walk
- DAY 10** Trek down hill to Mondzo (2.800m) - about 4 hours walk
- DAY 11** Trek back to Lukla (2.806m) - about 4 hours walk
- DAY 12** Fly out from Lukla to Kathmandu. Upon arrival, meet assist and transfer to hotel

TREKKING TIPS

TREKKING TIME	11 days
DIFFICULTY	Moderate to Hard
BEST SEASONS	Spring & Autumn
HIGHEST POINT	5.357, Gokyo Ri
ACCOMMODATION	Teahouses / Camping

CONTACT

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