

# EVEREST / GOKYO / KALAPATHAR



# EVEREST / GOKYO / KALAPATHAR

Url: <https://mandalatrek.com.np/trip/everest-gokyo-kalapathar/>

## Country

Nepal

## Difficulty

easy

- 15 DAYS KTM/KTM

### **Day 01: KTM/LUKLA FLIGHT THEN GHAT TREK (2H-2500M).**

An early morning flight from Kathmandu to Lukla offers a panoramic view of the Eastern Himalayas of Nepal Langtang, Gaurishanker, Numéro, Manglungtse, and finally Everest appearing during this 35 minute flight. At Lukla, the sherpa are waiting for us with the equipment. The trek begins with a short descent towards the valley of the dudh kosi. From the village of Chaurikharka, the path heads north through the Sherpa villages where are cultivated wheat, potatoes, corn and vegetables. Night at the lodge.

### **Day 02: NAMCHE (5H-3446M).**

The day begins with a walk along the dudh Kosi. We cross several suspension bridges. The path climbs gently. Four times we cross the river, pass the village of Jorsale and then collect the steep climb to Namche Bazaar. Half an hour later, we can see Everest. We arrive at Namche Bazaar early to get to know the famous Sherpa village and its people; there are a few shops and Tibetan merchants selling jewelery and handicrafts from their country. Every Saturday, from 9 a.m. to noon, an important market is held in Namche where the surrounding farmers sell their harvests of wheat, corn, millet, etc. Time from Phakding to Jorsale: 2 1/2 hours. Jorsale to Namche bazaar: 2h 1/2.

### **Day 03: DAY ALTITUDE ACCLIMATIZATION.**

Visit Himalayan Museum which is located in Namche.

### **Day 04: PHORTSE KHOLA: (5H-3600M).**

Just above Namche Bazaar. We discover Ama Dablam and Kantega, two of the most spectacular peaks in Nepal. We reach the Dudh Kosi valley again and set up

our camp on the banks of the . Just before the point that gives access to Phortse, an isolated village of 50 houses. Namche Bazaar in Phortse: an easy day to acclimatize to the attitude.

### **Day 05: NA (4H-4300M).**

It is still a day of easy walking to perfect our acclimatization. We climb steeply through rhododendrons, junipers, then coniferous forests. This part of the trek is especially beautiful in spring, when the rhododendrons are in bloom. Along the way, we meet many hoods used in summer when the mountaineers take their herds of yaks here. some of these huts are occupied until the end of December. We pass through Tongba (3900m), Gyele (3960m), and Lhabarma (4220m). The view of Khumbila and Tawachee is magnificent throughout the day; and it is possible from our camp in Luza, to make a climb which allows to have a panoramic view of the whole valley.

### **Day 06: GOKYO LAKE (4H-4750M)**

High above the river. We continue our climb to Machermo at 4360 m altitude. We pass this village and climb up to a ridge from where we can admire the fortress of snow and ice that is Cho Oyu (8135m). We pass Pangka at 4390m, then descend to the river before beginning the ascent of the terminal moraine of the Ngozumpa glacier. The slope is steep. We reach a first lake located at 4720m where we are usually greeted by a family of yellow ducks. We pass a second lake at 4690m and finally reach Lake Gokyo at 4720m.

### **Day 07: TAGNAG: (5H-4950M).**

In the morning, we start crossing the Cho Oyu glacier. an easier climb of two or three hours, before arriving at Tagnag. After lunch we continue climbing gradually up to Chola.

### **Day 08: DZONGLA (6H-4600M)**

There is no visible path and you will have to walk on blocks of stone for an hour, then in the snow before reaching the top of the pass don't worry, if you have to, we will assure you with ropes, and a great view will reward your efforts at the

top. The descent to Zongla, difficult at first, will require the use of ropes, then we find a path that will lead us gently this time to Zongla.

### **Day 09: LOBUCHE (5H-4900M)**

From Zongla we descend to Dughla. In front of us, very close, the Jobo Lapsthan and the Tawachee. We have lunch at Dughla. Two hours of steep climb then before settling in a lodge in Lobuche.

### **Day 10: KALAPATHAR/LOBUCHE (6H-5545M)**

This is a hump on the southern flank of Pumori. From its summit, the ascent of which takes three hours, there is a 360° panoramic view of the Himalayas and Everest. LOBUCHE above Gorkhasep, Khumbu Icefall and West Cwm become visible. The path continues along the glacier itself among the giant seraces of the Everest glacier. Everest itself is not visible from base camp. We return to spend the night in Lobuche.

### **Day 11: CHUKUNG (6H-4500M)**

- Cross by Khumbu glacier and 5200 khongmala pass, 3 hours then descent to Chukung. Nice view of island Peak and Makalu from the pass.
- Lodge in Chukung.

### **Day 12: PANBOCHE. (6H-4000M)**

We retrace our steps and join the Pangboche path where one of the ancient Gompas of Nepal is located, containing what would be the scalp and hands of the Yeti. Lodge in Panboche.

### **Day 13: NAMCHE:.(5H-3446M)**

We reach the famous monastery of Thyangboche, a magnificent site dominated by Ama Dablam, Katenga, Nuptse, Lhotse and Everest. Then we climb to the village of Namche where we spend the night.

## **Day 14: LUKLA: (6H-2700M)**

We descend directly to Lukla. Last evening with local staff. In the evening, a small party to keep the memory of the trek. Night at the lodge.

## **Day 15: MORNING FLIGHT LUKLA/KATHMANDU.**

Transfer to the hotel. Free afternoon.

## **Day 16: DEPARTURE**