



OAKWOOD YOGA

Trekking to Everest Base Camp via Gokyo Lakes and Cho La Pass, Nepal
19th October to 12th November 2017



20th Oct: Arrival in Kathmandu (1,350m/4,428ft)

Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, Binay or Sami will meet us.
We will stay at Hotel Moonlight.

21st Oct: Kathmandu: Sightseeing and trek Preparation

Today after breakfast we start a guided tour to several of the most historical and spiritual attractions in Kathmandu which are also listed as UNESCO World Heritage sites. We visit the famous 'Monkey Temple' (Swayambhunath) and Buddhist shrine (Boudhanath), which is also one of the largest stupas in the world.

At noon, we get our equipment checked by Binay or his brother Dhirga.

Overnight at Hotel Moonlight.

22nd Oct: Fly to Lukla, trek to Phakding (2,651m/8,700ft): 8km, 3 - 4 hours trek

During the 40-minute flight from Kathmandu to Lukla (9,186ft), we enjoy one of the most beautiful air routes in the world culminating on a hillside surrounded by high mountainous peaks. At Lukla, a gateway destination from where our trek begins, we meet our other crew members and begin packing and arranging with them. From Lukla, we start trekking. After an hours gradual descent, we will be at a Cheplung village from where we have a glimpse of Mt. Khumbila (18900 ft), a sacred mountain which has never been climbed. From Cheplung, we then gradually descend until we reach Phakding and spend the night.

Included meals: Breakfast Lunch Dinner

23rd Oct: Phakding to Namche Bazaar (3,438m/11,280 ft): 11km, 5 - 6 hours

Walking through a beautiful pine forest, we follow the trail north up the valley of Benkar. We then cross Dudh Koshi River and go on passing Chumoa to Monjo, the entrance to Everest National Park. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. A steep ascent of around an hour, brings us to the prime heartland of Sherpa village - Namche Bazaar. If the weather permits, we may have views of Mt. Everest and Mt. Lhotse. Overnight in Namche Bazaar.

Included meals: Breakfast Lunch Dinner

24th Oct: Acclimatization Day - Namche Bazaar: (3,440m/11,284ft)

At Namche Bazaar. Optional walk up to the Sherpa Museum or a longer day hike to the village of Thame. Namche Bazaar is tucked away between two ridges amongst the giant peaks of the Khumbu. Known as the Trekkers Mecca of Nepal, Namche now boasts an abundance of lodges and souvenir shops. It is an ideal place to spend a rest day, acclimatizing to the new altitude before heading off towards Gokyo. Options for acclimatization walks range from climbing the hill above the town for a visit to the Museum of Sherpa Culture, to a full day's outing to Thame Monastery located in the Thame Valley - a round trip of approximately 8 – 9 hours from Namche Bazaar.

Included meals: Breakfast Lunch Dinner

25th Oct: Trek via the Sherpa villages of Kumjung and Kunde to Kangjuma (3620m).

A relatively easy day, though at this altitude the first leg of climbing to the airstrip of Syangboche will feel anything but easy! The spectacular views of Ama Dablam, Lhotse and Everest however will certainly help



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alleviate the pain! Leaving the main trail out of Namche, we climb first to the tiny airstrip of Syangboche, tucked away on a level platform above the town. The great amphitheatre of Namche market becomes well defined below as we continue to the ridge crest where we are confronted with spectacular views of Everest, Lhotse, Ama Dablam, Kang Tega and Thamserku. A high level traverse now takes us to the famous Everest View Hotel where we can sit on the terrace and enjoy the usually clear morning views. After a short descent we arrive at the twin Sherpa villages of Khunde and Khumjung. Whereas Namche is (and always has been) the centre of commerce for the Sherpas, this is their traditional home. Much quieter than the busy market town below, we take some time here in these peaceful villages before continuing our descent to rejoin the main trail close to our lodge at Kangjuma (3620m.). The porters will reach Kangjuma by an easier contour trail from Namche and anyone who at this stage is having difficulty with the altitude can take this route instead.

Included meals: Breakfast Lunch Dinner

26th Oct: Cross the Mon La (3900m) towards the Gokyo Valley and continue trekking to Dole (4050m).

From Kangjuma the main Everest trail drops down to Phunki, whereas our trail now climbs to the prominent skyline chorten of the Mon La (3900m). The Mon La is not really a pass but rather a convenient point to turn the ridge into the Gokyo Valley. However, it will certainly feel like a real pass when we plunge almost 300 metres down to Phortse Tenga just above the river. Our route now begins to climb again through a dense rhododendron forest until after an hour the trees begin to thin and cresting a ridge, we are rewarded with our first view of Cho Oyo. A little way beyond we come to our overnight halt at the tiny settlement of Dole (4050m).

Included meals: Breakfast Lunch Dinner

27th Oct: Dole to Machhermo (4,470m/ 14,663ft): 10km, 4-5 hours

We continue up the valley on a fairly level path for one hour to Lhabarma Kharka and a further 45 minutes to Luza Kharka, eventually skirting around a ridge to gain our first views of Machhermo Village (4465m) spread out in the valley below. After checking into the lodge there are plenty of possibilities for exploration above the village. Just above our lodge there is an excellent view encompassing Cho Oyo (8210m) and all the mountains that flank the Ngozumba Glacier.

Included meals: Breakfast Lunch Dinner

28th Oct: Machhermo Acclimatization Day

We spend an acclimatisation day at Machhermo. There is the option of a walk above the village, on an excellent ridge, which offers tremendous panoramic views of the Khumbu peaks. This is also an opportunity to catch up on laundry, diary writing etc.

Included meals: Breakfast Lunch Dinner

29th Oct: Machhermo to Gokyo (4,800 m/15,744 ft): 7km, 4-5 hours

We begin today by climbing a ridge for an excellent view down the valley to Kangtaiga and also up towards Cho Oyu (8153 m). The valley now widens as the trail passes through Phangkha, where an avalanche in 1995 killed 40 people. We then descend to the riverbank before climbing onto the terminal moraine of the Ngazumpa Glacier on a steep trail. Upon crossing an iron bridge over a stream, the trail levels out as it follows the valley past the first lake, known as Longpongo, at 4690 m. At this juncture, we get a chance to



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observe lama footprints on a stone. At the sight of the second lake, Taboche Tsho, we become mesmerized by the shimmering turquoise blue sheet of water sparkling in the sun. (It really is stunning...this is a great walking day) Little ahead of the second lake, we reach the third lake, the two linked by a stream. Gokyo village stands by the third lake and Cho-Oyu Mountain as a backdrop sets an amazing spectacular sight here. After lunch, we explore around the third lake, Dudh Pokhari. Overnight in Gokyo.

Included meals: Breakfast Lunch Dinner

30th Oct: Gokyo Valley: Acclimatization Day - Optional Hike to 5th Lake: 6-7 hours

We can spend this day taking a rest in the Gokyo Valley or hike to the 5th lake. If the weather is good, another option could be to climb Gokyo Ri, a popular viewpoint to enjoy stunning views of the mountain vista. We walk 3 km north of Gokyo to reach the fourth lake also called Thonak Tsho. We take pleasure in the lake's serene beauty and continue to the 5th lake, called Ngozumba Tsho. If we want to, we can climb a hill, also called the Scoundrel's Viewpoint, which is located at the edge of the 5th lake. From here we get astounding views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makalu mountains. From here, we also see the Cho Oyu base camp. In fact, Cho Oyu and Gyachung Kang seems just a stone's throw away. Another treat for us is the view of the biggest glacier of the world- the Ngozumba Glacier. We trek back to Gokyo and spend the night.

Included meals: Breakfast Lunch Dinner

31st Oct: Gokyo to Thagnak (4750 m/15,580 ft): 4km, 4 - 5 hours

If we did not climb the Gokyo Ri the previous day, we can do that today. Climbing to the top of Gokyo Ri is demanding as it is steep and takes about 3 to 4 hours to reach the top. But the scenery of Gokyo village, on the edge of third lake overlooked by Cholatse and the broad Ngozumpa Glacier, is magnificent. We are surrounded by panoramic mountains like Kusum Kanguru, Thamserku, Kangtega, Taboche, Cholatse, Makalu, Lhotse, Nuptse, Everest, Changtse, and Pumori. The sight of sunrays kissing Everest which towers over all the surrounding peaks is astounding. If going up Gokyo Ri this would be done before breakfast. When we leave Gokyo, we trek through the Ngozumpa Glacier to the mountain on the other side. Next, traverse along the edge of that mountain and then meander into Thagnak. It will be a short hike today with an afternoon of rest which will prepare us for long hiking days and elevation gain to come.

Included meals: Breakfast Lunch Dinner

1st Nov: Thagnak to Cho La pass (5,367m/17,604 ft) to Dzongla (15, 939 ft): 7km, 7 - 8 hours

Today is going to be one of the toughest days of the trip. The Cho La pass is not itself difficult, but it is steep and involves a glacier traverse on the eastern side. We need to be careful as the trail is vertical and the rocks can be icy therefore making the trail slippery. The trail from Phedi climbs through a ravine and a rocky trail. While trekking through the side of a frozen lake, we reach the top of the pass, decorated with prayer flags. The pyramidal Ama Dablam presides over a range of mountains on the south even as Cholatse soars to the west and Lobuche East and Baruntse rises sharply to our right. We need to pass through some crevasses before we reach Dzongla Village. The village provides great views of Cholatse, Ama Dablam, Lobuche Mountains along with the Pheriche Village far below.

Included meals: Breakfast Lunch Dinner



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2nd Nov: Dzongla to Gorak Shep (5,170 m/16,961ft),

Leaving Dzongla we continue our descent. Crossing a shallow stream the main path drops down to Pheriche on the Everest trail. Our route contours the grassy slopes of Chola Tso to join up with the main Everest trail just 20 minutes below the seasonal settlement of Lobuche. From here, a trail climbs steadily up the ablation valley by the side of the Khumbu Glacier. After crossing the rubble of a side glacier we arrive at Gorak Shep (5140m) a summer yak herding settlement at the foot of Kala Patar, which now boasts several of the highest tea houses in Nepal. We check into one of these quite basic establishments after a longish day.

Included meals: Breakfast Lunch Dinner

3rd Nov: Trek to Everest Base Camp on the moraine of the Khumbu Glacier. Return to Gorak Shep.

For some this will be the climax of the trip although it is not as tough or as long as the day over the Cho La. We begin at first light walking first on the moraine crest and finally on the Khumbu Glacier itself. In 3 to 4 hours we reach the traditional base camp for Everest below the stupendous Khumbu Icefall. We will spend some time here before returning to our lodge at Gorak Shep which we should reach by mid afternoon.

Included meals: Breakfast Lunch Dinner

4th Nov: Gorak Shep to Kala Patthar (5,545m/18,192ft) to Pheriche (4,288m/14,070ft): 16km, 7-8 hours

We prepare for an early morning departure, amid pre-dawn darkness and cold temperatures (-10 to -14 C)!

Plus, there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, and Changtse tower to the east even as Everest begins to reveal itself. But, it is upon reaching Kala Patthar that we get to see 360 degree up-close and formidable views of Mt. Everest. The best views of Everest are from here. We take pictures, enjoy the magnificent mountain panorama, and then trek to Lobuche or Pheriche, depending on how we all feel, for a good night's rest.

Included meals: Breakfast Lunch Dinner

5th Nov: Lobuche or Pheriche to Namche Bazaar or Kangjuma: 20km, 6 - 7 hours

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colorful pheasants and mountain goats. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We also pass winding trails then through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar. This may change depending on how we all feel, as we could stay in the smaller village of Kangjuma.

Included meals: Breakfast Lunch Dinner

6th Nov: Namche Bazaar or Kangjuma to Manju, 6 - 7 hours

An easy morning's walk as we follow the contour trail around the hillside to reach Namche Bazaar. We will take lunch here and there is plenty of time for a second look round the town or to do some souvenir buying. Leaving Namche the trail drops steeply down to the river and then more gently as we follow the Dudh Kosi to Monjo and our overnight halt.

Included meals: Breakfast Lunch Dinner



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7th Nov: Manju to Lukla

We retrace our first day's walk to Phakding before the final climb up to the airstrip at Lukla. We check into our lodge and no doubt we will have a party at Lukla. It will be time to say farewell to our trekking crew.

Included meals: Breakfast Lunch Dinner

8th Nov: Fly back to Kathmandu:

We catch an early morning flight to Kathmandu after our long mountain journey. Sometimes there are flight delays and we need to be prepared for this. Flights are all dependent on the weather.

Overnight at Hotel Moonlight in Kathmandu.

Included meals: Breakfast Lunch

9th Nov: Visit to Manegaun Village where Dhirga and Binay and Sami come from.

This is this the village Binay, Dhirga and Sami come from. It is where we have helped rebuild houses and where the Tara Women's Project is based. We will spend time wandering around the village and stay the night...which may be in a tent or family home.

Meals will be taken with families...I don't think there is a shop or restaurant! A great opportunity to experience traditional village life.

10th Nov: Explore around Maneguan Village

Time to wander around the area...visit the monastery, get involved with marathon organization that is happening on the 12th Nov. You could stay and take part. Overnight in the village. Meals will be taken with families.

11th Nov: Return to KTM.

Time for shopping and cleaning up before returning home. Celebratory meal together.

Overnight at Hotel Moonlight.

12th Nov: Return to Home

Early morning pickup to take us to the airport for flights home.



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Important Note :

Your safety is of paramount concern while traveling with Sacred Himalaya. (www.sacredhimalaya.com). Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. Every effort will be made to keep to the above itinerary; however, since this adventure entails travelling in remote mountainous regions, we cannot guarantee that we will not deviate from it. Weather conditions, health condition of a group member, unexpected natural disasters, etc., can all contribute to changes in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required.

Cost for Trip: £1700.00 Per Person.

Included in the Cost

Teahouse accommodation during the trek
All meals (breakfast, lunch and dinner) during the trek
All ground transportation on a comfortable private vehicle as per the itinerary
Domestic flights (Kathmandu- Lukla -Kathmandu)
An experienced, English-speaking and government-licensed trek leader and assistant trek leader
Porter service (2 trekkers: 1 porter)
Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
All necessary paperwork and trekking permits (National Park Permit, TIMS)
Medical kit (carried by your trek leader)
All government and local taxes
4 Wheel Jeep Transportation for village tour.

Not Included in the Cost

Nepalese visa fee (approx \$40)
Accommodation in Kathmandu
Breakfast, Lunch & Dinner in Kathmandu
Excess baggage charge(s)
International flights
Travel and rescue insurance (you MUST have insurance)
Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
Tips for guide(s), porter(s) and driver(s)