

Gokyo Lakes and Everest Base Camp

with Mark Inglis



Filled with glaciers, turquoise lakes and savage mountain scenery, the Gokyo valley north of Khumjung offers an exciting alternative to the traditional Everest Base Camp approach. The huge massifs of Cho Oyu (8201m) and Gyachung Kang (7922m) dominate the head of this rugged canyon. Countless other summits loom to either side. This trek is perfect for the committed trekker who wants to see every aspect of the Khumbu region.

In addition to an ascent of the 5483m Gokyo Ri peak, we take in the Cho La pass which links Gokyo to the main Everest trek at Loboje; the summit of Kala Pattar for close up views of Everest's South-West Face and a traverse to the pretty Imja Tse valley and the imposing wall of the Lhotse face. Finally, we return down to Lukla via the famous Buddhist monastery at Tengboche. Please note that the narrow Gokyo valley rises quickly in altitude and therefore some of our trekking days are very short. This is vital if everyone is to be properly acclimatized before tackling Gokyo Ri and the Cho La.

Best Seasons:

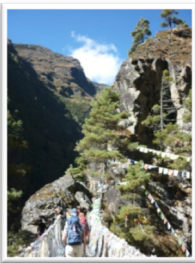
March to May, October to December



Trek Itinerary:

- 01: Arrive Kathmandu and overnight hotel
- 02: Kathmandu and overnight hotel
- 03: Fly Kathmandu to Lukla and trek to Chumoa and overnight trekking camp 2743m
- 04: Trek from Chumoa to Namche and overnight trekking camp 3445m
- 05: Namche - Rest/acclimatisation day and overnight trekking camp.
- 06: Trek from Namche to Phortse and overnight trekking camp 3840m
- 07: Trek from Phortse to Dole and overnight trekking camp 4100m
- 08: Trek from Dole to Marcherma and overnight trekking camp 4410m
- 09: Trek from Marcherma to Gokyo Lakes and overnight trekking camp 4750m
- 10: Summit Gokyo Ri (5483m) and return to Gokyo and overnight trekking camp 4750m
- 11: Gokyo - Acclimatisation/exploring day
- 12: Trek from Gokyo to Thangna and overnight trekking camp 5040m
- 13: Trek from Thangna to Dzonglha via the Chola Pass 5420m and overnight trekking camp 4843m
- 14: Trek from Dzonglha to Loboje and overnight trekking camp 4931m
- 15: Summit Kala Pattar Peak 5545m and return to Loboje and overnight trekking camp 4931m
- 16: Trek from Loboje to Chukung and overnight trekking camp 4350m
- 17: Optional summit of Chukung Ri 5043m and trek to Tengboche and overnight trekking camp.
- 18: Trek from Tengboche to Namche and overnight trekking camp 3445m
- 19: Trek from Namche to Lukla and overnight trekking camp 2880m
- 20: Fly Lukla to Kathmandu and overnight hotel.
- 21: Overnight Kathmandu at hotel.



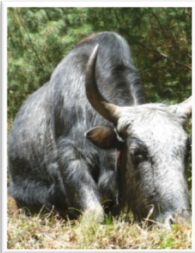


What is a typical day?

The day normally starts at 7am with a cup of hot tea and a warm bowl of wash water at your tent door.

After packing for the day breakfast is served – while that is happening, porters will pack your tents up and distribute loads.

After breakfast it is out on the trail, most days are only 3 – 5 hrs of slow and steady trekking – no racing at altitude! You will be carrying just what you need for the day – a warm jacket, hat and gloves, any drinks and snacks and of course your camera, a very light load.



On long days lunch will be served enroute otherwise a late lunch will be enjoyed at the evening campsite.

Afternoons are free to immerse yourself in the local environment, afternoon tea and a wash bowl always a delight.

Dinner is usually 6 – 7pm, the rest of the evening is a great chance to have some fun around the dining table with your other trekkers and Sherpa.



Food:

All of our chefs are very well trained for making different dishes such as Chinese, continental, Nepali, Tibetan etc. The delicious meals will be prepared hygienically and in cleanliness within our camp.

We use both local supplies and imported foods. Special diets, including vegetarian should be requested when booking. We strive to cater to all your requirements; however, at remote locations the possibility of your dietary requirements being met isn't always possible.

Guest Services:

All of our guides speak fluent English as well as a few other languages. They are always ready to help you sort out a problem or answer an inquiry.

Transportation:

Nepal is famous for its roads, vehicles and drivers - not!!

We are pleased to say that we run a very modern fleet with safety being our greatest concern. All drivers are given a medical check up twice a year to make sure that they are in good health. Also we use the most reliable and up to date airline for all flights.



Expedition Equipment:

All team equipment (such as high quality tents) are provided.

All stoves, kitchen gear, closed cell foam mattresses, folding tables & chairs are provided though a 'Thermarest' style sleeping pad is recommended.

We provide a comprehensive first aid kit including a Gammow Hyperbarric pressure bag and all members are supplied with a warm down jacket and Everest standard sleeping bag.

A comprehensive list of crucial and suggested equipment will be provided.



Accommodation:

We recommend either the Radisson (5 Star) or Hotel Tibet (3 Star) for your Kathmandu stay (twin share basis will be quoted, please request other options at booking).

Pricing is based on Hotel Tibet.

On the trek pricing is based on share twin tents – Single occupancy tents are available at an extra cost.

Where lodges are required they are of the best standard for the region we are in.

Pricing:

\$5000 NZD ex Kathmandu

Price Includes:

Trek full hosted by Mark Inglis, first double amputee Everest summitter

All airport transfers in Nepal

4 nights accommodation in Kathmandu and 2 team dinners

All your meals on trek prepared by our staff

The services of our professional Sherpa team

All group equipment (such as mattresses, sleeping, dining and toilet tents, crockery etc.)

Sherpa equipment allowance and insurance

Daily wages for our staff, including Sirdar, Sherpa, cook, kitchen and porter staff and insurance for them

Domestic tax and flights Kathmandu/ Lukla/Kathmandu

Group First Aid medical kit and Gammow bag

National Park and trekking fees

Price Excludes:

International travel to and from Kathmandu
2 evening meals and lunches in Kathmandu
Sightseeing in Kathmandu
Medical and Travel insurance
Personal expenses such as gratuities, laundry, phone calls etc.
Personal clothing and equipment (A down jacket and sleeping bag are provided)
International departure airport tax
Any emergency rescue flight
Visa fees



A note on Expedition Sherpa Tipping:

It is customary to allow at least \$4USD per day for a general Sherpa/ Cook/Porter tip, to be presented to the staff at the end of the trip. The funds are pooled and the team leader (Mark) and the Sirdar divide it up in the fairest way possible. (allow approximately \$100USD)

The Sirdar is also generally tipped at this time, allow \$3USD per day for this tip also.

(approx \$70-100USD for this)

Mountain Experience Pvt Ltd - Quality Service:

Mountain Experience Nepal is a well established Trekking and Expedition Company in Nepal.

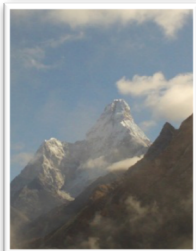
Mark has been to the summit of both Cho Oyu and Everest as well as trekking the valleys of the Khumbu with the team from Mountain Experience.

What makes ME special is that they always try and go one step further to making sure that you, our clients, receive the best treatment that can be offered.

They believe in doing their best for their staff and for the environment, areas that many other companies pay no attention to.

This is why Mark uses them time and again. It is a great satisfaction that the majority of the business comes from the recommendations of past clients.

Always first class equipment is supplied, excellent catering and some of the most friendly and experienced staff in the business.



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