Gokyo Vally + Ama Dablam BC+ EBC (Combined Trek) - 21 Days

3 Star Hotel Package

2700USD per person

*Including healthy meals

5 Star Hotel Package

2970USD per person

*Including healthy meals

Trip Style: Hiking & Trekking

Trip Difficulty: Hard

This trek is suitable for those wanting to explore the best of Gokyo Valley and Everest Base Camp without tackling Cho La Pass.

Our Gokyo Vally + Ama Dablam BC+ EBC (Combined Trek) is a remarkable journey that begins with the breathtaking Gokyo Valley, renowned for its stunning landscapes and **pristine lakes**. As you traverse this picturesque valley, you'll immerse yourself in its beauty before seamlessly joining the famed Everest Base Camp Trek route at Phorste Village.

Crafted for adventurers seeking the ultimate Khumbu Valley experience, our **itinerary carefully avoids the challenging Cho La Pass**. After marveling at the serene Gokyo Lakes and conquering the heights of Gokyo Ri, you'll seamlessly transition to the Everest Base Camp route.

En route to Everest Base Camp, you'll have the exclusive opportunity to **hike to Ama Dablam Base Camp**, where you'll be awestruck by the majestic beauty of one of the Himalayas' most iconic peaks. Additionally, our journey includes a captivating exploration of Dingboche Village, led by our expert Sherpa guide, who will treat you to the most beautiful day hikes.

This itinerary is tailor-made for those who relish longer treks in the Khumbu region and cherish authentic encounters with Sherpa culture. Should you desire any customization, our itinerary can be adjusted to meet your specific preferences. Embark on this unforgettable adventure and uncover the wonders of the Khumbu Valley in the most immersive and rewarding manner possible!

DURATION: 21 days

ITINERARY

Day 01:: ARRIVE KATHMANDU, NEPAL | Transfer to luxury city hotel

As you fly into Kathmandu on a clear day, you're in for a treat right from your airplane window. Picture-perfect views of snow-capped mountains surrounding the Kathmandu Valley set the stage for your upcoming vacation. It's like a sneak peek from the sky, igniting the excitement for the adventures ahead that you'll cherish for a long time.

Once you touch down, our team from **Mountain Sherpa Trekking** will be right there to welcome you. You'll spot our representative waiting for you at the airport exit, ready to whisk you away to your chosen hotel in a comfy private ride that we've arranged for you.

After settling into your digs, take some time to freshen up and unwind. Maybe even take a little stroll around the neighborhood to get your bearings and soak in the vibe. Later on, we'll gather for a quick meet and greet with our

seasoned guide. They'll fill you in on all the juicy details about the thrilling trekking expedition that awaits.

It's your first night in this ancient city of temples, and it's nothing short of magical. Whether you opt for a top-notch 3-star or luxurious 5-star hotel, we'll ensure your accommodations match your preferences perfectly. So kick back, relax, and get ready for an unforgettable journey ahead!

Day 02:: KATHMANDU - City Tour and Trek preparation-Hotel

After a hearty and nutritious breakfast to fuel up for the day, we head out for a guided half-day tour of Kathmandu Valley. Our first stop is the **Boudhanath Stupa**, known as the largest stupa globally, and it's a big deal for Tibetan culture here in Kathmandu. **UNESCO** even recognizes it as a cultural world heritage site. This massive Buddhist monument draws pilgrims from all over, and there are some fascinating stories behind its creation.

Next up, we're off to the **Pashupatinath Temple**, a major pilgrimage spot for Hindus. Dedicated to Lord Shiva, it's one of Nepal's top Shiva temples. You can wander around the temple grounds, taking in the serene atmosphere and maybe even catch a glimpse of the Hindu funeral rites along the Bagmati River nearby. **Pashupatinath** offers a profound glimpse into Nepali spirituality and culture.

After our cultural excursion, we head back to the hotel. You can freshen up or indulge in a bit of shopping. We'll grab an early dinner and hit the hay early to ensure we're well-rested before our trekking adventure begins.

Day 03:: Fly to Lukla & Trek to Phakding |2,652meter/8,700feet.

We woke up early and grabbed a packed breakfast before heading to Tribhuvan Airport. From there, we caught a thrilling flight to Lukla, enjoying stunning views of snow-capped peaks along the way.

After touching down, we met up with our crew, sorted our gear, and fueled up with hot tea or coffee. Then, we started our trek to Phakding, trekking alongside the Dudh Koshi river. The trail led us through lush forests and charming villages, and after about 3-4 hours, we reached Phakding.

We kept the hike short for better acclimatization, and if anyone wanted, they could check out a nearby monastery or just soak in the beauty of Phakding. We spent the night at a cozy teahouse or guesthouse there.

Day 04:: Trek from Phakding to Namche Bazaar | 3,440m/11,286feet

Early start after breakfast in Phakding. Trekking 5-6 hours today, navigating ups and downs, pine forests, and suspension bridges over Dudh Koshi river. Enjoy stunning views of Thamserku (6618m). Pass through Benkar, Chumoa, and Monjo settlements, checking permits at Sagarmatha National Park entrance. Gradual uphill to Jorsale village, then onto Namche Bazaar. Trek through forests and bridges, reaching Dudh Koshi and Bhote Koshi rivers' confluence. First glimpse of Everest over Lhotse-Nuptse ridge. Pause at Chautara for a close-up view of Everest and other peaks. Another 1.5 hours to Namche Bazaar, the hub of Everest region [Las Vegas of the Khumbu]. Overnight in Namche.

Day 05:: Acclimatization Day in Namche Bazaar | 3,440m/11,286 feet

Today is our first acclimatization day, crucial for adjusting to the altitude. We'll hike a bit higher to help our bodies adjust. First stop is the tourist center near Sagarmatha National Park HQ, where we'll dive into the history of Everest climbers and learn about Sherpa culture and local flora/fauna.

Next, we can trek up to Khumjung and Khunde Sherpa villages, maybe even check out the famous Syangboche airstrip, where the Everest View Hotel offers stunning mountain vistas. Khumjung valley, nestled between Kongde and Thamserku peaks, hosts the Edmund Hillary School.

After lunch and some chill time at Syangboche, we'll head back down to Namche Bazaar.

Day 06:: Trek from Namche Bazaar to Dole | 4,200 m/13,780 feet

The trek from Namche Bazaar to Dole is a picturesque journey through the heart of the Himalayas. Starting from Namche, nestled in the mountains, the trail gradually ascends, offering stunning views of Everest and neighboring peaks. As we leave Namche behind, the landscape changes, transitioning from lush greenery to alpine terrain.

The trail winds its way through rhododendron forests, crossing streams and traversing rocky paths. Along the way, we may encounter yak herders and pass by small Sherpa villages, each with its own charm and character.

As we gain altitude, the air becomes thinner, and the scenery becomes even more awe-inspiring. Towering peaks surround us, their snow-capped summits glistening in the sunlight. We continue our ascent, taking in the beauty of the Himalayan landscape.

After several hours of trekking, we reach Dole, a quaint village nestled in a valley surrounded by towering peaks. Here, we can relax and unwind, enjoying the tranquility of the mountains and the warm hospitality of the local Sherpa people. Dole marks another milestone on our journey through the Himalayas, offering a glimpse into the rugged beauty and rich culture of this remarkable region.

Day 07:: Trek from Dole to Machhermo | 4,470m/14,665feet

After a hearty breakfast in Dole, we lace up our boots and hit the trail towards Machhermo. The journey kicks off with a challenging uphill stretch before leveling out, treating us to panoramic vistas of valleys and mountains in every direction.

Over the course of about 4 hours, we wind our way through the hillsides above Dudh Koshi river, passing sandy spurs and quaint hamlets along the way. Machhermo emerges as the final major settlement before the Gokyo trek's ultimate destination.

Tonight, we rest our weary legs in Machhermo, soaking in the tranquility of the mountains and relishing the sense of accomplishment that comes with each step of our journey.

Day 08: : Trek from Machhermo to Gokyo | 4,800m/15,744feet

Today, we're heading to the gorgeous spot of Gokyo. We kick things off with a hike up a ridge, soaking in breathtaking views of the Himalayas along the way. Traversing a glacial moraine, we eventually arrive at Gokyo village nestled beside a pristine lake. The trek takes about 4 hours from Machhermo.

As we ascend, iconic peaks like Everest, Lhotse, and Makalu reveal themselves, painting a stunning backdrop. Once in Gokyo, we can explore the village and soak up the tranquil vibes of the serene lake. It's a day of awe-inspiring scenery and unforgettable moments. Tonight, we'll rest up in Gokyo, ready for whatever adventures tomorrow brings.

Day 09:: Exploration Day in Gokyo| hike to Gokyo Ri 17,575 ft.

We rise with the dawn, embarking on a journey upwards towards the summit of Gokyo Ri. The ascent is arduous, taking us a good 2-3 hours of steep climbing. But the exertion is well worth it, for atop this peak lies a breathtaking reward: the awe-inspiring vistas of the magnificent Gokyo Valley, and the sprawling expanse of the Ngozumpa Glacier.

From this vantage point, the panorama unfolds before us in all its glory—the majestic peaks of the Khumbu Valley Himalayas stand tall and proud. Mount Everest, Nuptse, Lhotse, Makalu, Cho-Oyu, and more, they grace the skyline in a stunning display of nature's grandeur. Some say the view from Gokyo Peak surpasses even that from Kala Patthar, and as we gaze upon the majestic beauty surrounding us, it's easy to see why.

Our day is spent immersed in the wonders of Gokyo, exploring its surroundings and soaking in its natural splendor.

Each moment etches itself into our memories, creating an unforgettable experience that will remain vivid in our minds for a lifetime.

Day 10:: Trek to Phorste Village | 3,810 meters/12,500 feet

After breakfast, we leave the breathtaking heights of Gokyo behind and head towards the peaceful Sherpa village of Phorse. Descending from Gokyo Valley, we traverse rugged terrain and picturesque landscapes, passing through charming mountain hamlets along the way.

The trail treats us to lush forests and babbling streams as we make our way closer to Phorse Village, nestled in the Himalayan foothills. Upon arrival, we're embraced by the village's tranquil atmosphere and rustic beauty, finding solace in the simplicity of mountain life.

As the day draws to a close, we reflect on our journey thus far, filled with a sense of fulfillment and excitement for the adventures that await. Tonight, we rest and recharge, eagerly anticipating the next chapter of our expedition.

Day 11:: Trek to Pangboche Village | 3,985 meters (13,074 feet)

After a cozy night at our Sherpa lodge in Phortse Village, we're up and ready to roll by 7:30 AM. Today's adventure takes us on a scenic hike from Phortse to Pangboche, promising jaw-dropping views of the Khumbu valley along the way. Keep your camera handy for glimpses of the Imja Khola, the iconic Tengboche Monastery, and the towering Thamserku peak standing tall at 21,680 feet.

After about three hours on the trail, we'll reach the charming Sherpa village of Pangboche. Once we've fueled up with a satisfying lunch, our expert local Sherpa guide will lead us to one of the oldest monasteries in the Himalayas. Dating back some 400 years, this sacred site holds deep religious and cultural significance for the Sherpa community. Don't miss the chance to soak up the traditional Sherpa architecture in Pangboche, a real treat for history buffs.

Feeling adventurous? You might opt for a blessing from the high Lama and a leisurely stroll through upper Pangboche. And for some unbeatable views, we'll squeeze in a quick acclimatization walk, where you'll be treated to panoramic vistas of the iconic Ama Dablam peak. Today's itinerary is packed with culture, history, and stunning scenery—get ready for an unforgettable experience in the heart of the Himalayas.

Day 12:: HIKE TO AMA DABLAM BASE CAMP BACK TO PANGBOCHE

After breakfast, we're in for a real treat today! We start by crossing the lively Imja Khol river, gearing up for the thrilling climb to Ama Dablam Base Camp. Leaving the crowds of Everest Base Camp Trek behind, we take a quieter path that feels like our own secret adventure.

With our packed lunches and hot drinks in hand, we pause to admire the breathtaking views of the Himalayas. It's a moment of pure bliss amidst the rugged beauty.

After soaking it all in at Ama Dablam Base Camp, we reluctantly head back to Pangboche for the night. But don't worry, the memories of today will stay with us, keeping us excited for what's to come on this incredible journey.

Day 13:: TREK TO DINGBOCHE | High-altitude Himalayan Haven

After a hearty breakfast and a well-deserved rest in Pangboche, we're back on the trail bound for Dingboche. This leg of the journey typically lasts about 3 hours, with a climb to 4,410 meters (14,469 feet). Along the way, we'll pass through the quaint village of Shomare, treating ourselves to breathtaking views of Ama Dablam and the surrounding peaks. Don't forget to snap some photos and soak in the Himalayan beauty!

Upon arrival in Dingboche, we'll refuel with a hot, hearty lunch. Then, our trusty Sherpa guide will lead us on a brief hike around the village, helping us acclimatize to the altitude. It's crucial to take it slow and steady to ensure a

safe and enjoyable trek.

Day 14:: DAY HIKE TO NAGARJUNA | 5,100 meters (16,732 feet)

Today, we're focusing on **acclimatization**, a vital part of our journey. After breakfast, our Sherpa guide leads us on a day hike from Dingboche to Nagarjuna peak, situated at about 14,469 feet (4,410 meters) above sea level. The trail winds through rocky terrain as we ascend towards the ridge on Dingboche's north side. Along the way, we enjoy stunning panoramic views of towering mountains like Mt. Lhotse, Mt. Makalu, and Mt. Cho Yu.

Our experienced **Sherpa guide** ensures our safety and shares valuable insights into the local environment, helping us adjust to the altitude. We take regular breaks to let our bodies adapt gradually as we approach Nagarjuna peak, reaching nearly 16,733 feet (5,100 meters).

At the summit, we're rewarded with breathtaking views of the Himalayan landscape, making the challenging ascent truly worthwhile. After soaking in the scenery and capturing memorable moments, we descend to Dingboche to rest and recharge, feeling more acclimated for the altitude as we continue our journey towards Everest Base Camp.

Day 15:: TREK TO LOBUCHE | 4,940 meters (16,207 feet)

The hike from **Dingboche** to Lobuche is an exhilarating adventure through the Khumbu region, showcasing stunning landscapes and majestic mountain views. As you leave Dingboche, the trail gradually climbs, offering incredible panoramas of Ama Dablam, Lhotse, Nuptse, and other towering peaks. Trekking across rocky terrain, glacial streams, and moraines, you'll experience the breathtaking high-altitude environment.

After a quick stop at Thukla, where the trail steepens toward the Thukla Pass, you'll come across memorials honoring climbers lost on Everest. Descending past the pass, you'll arrive at Lobuche, situated at around 16,109 feet, a tranquil village surrounded by snow-capped peaks.

Lobuche serves as a peaceful oasis for rest and relaxation before you continue your journey toward Everest Base Camp, offering unforgettable mountain vistas and an iconic Himalayan adventure.

Day 16:: Trek to Gorak Shep and Hike to Everest Base Camp

Today's trek begins after breakfast in Lobuche, promising a challenging journey as we hike to Everest Base Camp and return to Gorakshep for the night. The trek covers approximately 4 kilometers from Lobuche to Gorakshep, then another 3 kilometers to Everest Base Camp.

The hike from Lobuche to Gorakshep takes about 3 hours, followed by a 3-hour trek to Base Camp and another 3 hours back to Gorakshep, totaling approximately 6 hours from Gorakshep round trip.

Situated at 5,164 meters, Gorakshep provides a comfortable resting place, with our guide ensuring accommodations are arranged before we embark on the final leg to Everest Base Camp at 5,364 meters. Safety and enjoyment are paramount as our guide expertly navigates the terrain, ensuring a secure and memorable experience amidst the flat trails and rocky sections.

Upon reaching Everest Base Camp, soak in the awe-inspiring views before our Sherpa guide leads us back to **Gorakshep**, maintaining a steady pace and prioritizing our well-being. With their expertise, the trek guarantees not only safety but also unforgettable moments amidst the Himalayan wonders.

Day 17:: Hike to Kala Patthar and Trek back to Pheriche

Today, join our expert Sherpa guide for an exhilarating hike to Kala Patthar from **Gorak Shep**, promising an unforgettable sunrise spectacle over Everest. Starting from Gorak Shep at 5,164 meters (16,942 feet), trekkers will face a challenging ascent to Kala Patthar's peak at 5,643 meters (18,513 feet).

Navigating rugged terrain and rocky slopes, trekkers will push themselves in the thin air of high altitude, with stunning views of Everest's neighboring peaks like Nuptse, Lingtren, and Pumori adding to the adventure's thrill. As they near the summit, anticipation builds, culminating in panoramic views that unfold at the top.

At the summit, adorned with Cairns and vibrant prayer flags, trekkers will be rewarded with unparalleled vistas of Everest and its majestic neighbors, spanning the vast Himalayan landscape. Capturing this breathtaking moment with photographs, trekkers will revel in the serene beauty of the Himalayas, feeling a deep sense of accomplishment and gratitude.

After soaking in the magnificence of the surroundings, it's time to descend back to Gorak Shep for a hearty breakfast before continuing the journey to Pheriche.

DAY 18: : Trek to Namche Bazzar | 3,440m/11,286 feet

After breakfast, we kick off our exciting trek from Pheriche to Namche Bazaar, a journey filled with stunning landscapes and charming Sherpa villages. Starting at 4,371 meters (14,340 feet), the 15-kilometer (9.3 miles) trek usually lasts 6-7 hours, depending on your pace and acclimatization.

The trail begins with a gentle descent alongside the Dudh Koshi River, winding through rhododendron and pine forests. You'll catch occasional views of snow-capped peaks like Ama Dablam and Thamserku, adding to the beauty of the journey. Crossing suspension bridges adds an extra thrill to the adventure.

Namche Bazaar, nestled at 3,440 meters (11,286 feet), is bustling with activity, serving as a vibrant hub for trekkers and climbers. This trek not only treats you to breathtaking scenery but also offers a chance to immerse yourself in Sherpa culture and hospitality.

Day 19:: Trek to Lukla | Your Lifetime Adventure with Sherpa

Starting from Namche Bazaar, a vibrant Sherpa town at 3,440 meters (11,286 feet), the trek to Lukla spans about 13 kilometers (8 miles). Initially descending, we follow the Dudh Koshi River through charming Sherpa villages and lush rhododendron forests. Crossing sturdy suspension bridges, we revel in stunning views of Thamserku, Kongde Ri, and Kusum Kanguru.

After hours of trekking, we reach Phakding, nestled at 2,610 meters (8,560 feet), before gradually ascending through pine forests and quaint villages. Encountering fellow trekkers, porters, and yaks along the way adds to the lively atmosphere. As Lukla appears, we celebrate completing our trek, grateful for our Sherpa guide's expertise.

In Lukla, we confirm our flight tickets and gather for a festive dinner with our crew. Laughter fills the air as we share stories and toast to our successful journey. The evening is a joyful celebration, strengthening the bonds formed during our unforgettable adventure.

As we bid farewell to the mountains, we express gratitude to our Sherpa guide for their unwavering support, professionalism, and dedication throughout the journey. Their guidance ensured everyone returned safely to Lukla, with cherished memories and a deep appreciation for the incredible adventure shared.

Day 20:: Fly to Kathmandu from Lukla | Transfer to Hotel

After bidding farewell to Lukla, we prepare for our flight back to Kathmandu. Lukla Airport, also known as Tenzing-Hillary Airport, is famous for its short and challenging runway, nestled amidst the mountains. We make our way to the airport, filled with a mix of excitement and nostalgia for the journey we have just completed.

The flight from Lukla to Kathmandu offers breathtaking aerial views of the Himalayas, including the majestic peaks we trekked through. As the small aircraft takes off, we soar above the picturesque valleys and snow-capped mountains, marveling at the beauty of the landscape below.

During the approximately 35-minute flight, we can catch glimpses of Mount Everest, Lhotse, Nuptse, and other prominent peaks that have captured the imagination of mountaineers and adventurers for centuries. The panoramic vistas from the aircraft window serve as a final reminder of the awe-inspiring nature that surrounded us throughout our trek.

Day 21:: Transfer to Airport and Fly back to Home

After a hearty breakfast, our team will be ready and waiting at your hotel to whisk you away to the airport for your connecting flight home. It's been an absolute pleasure serving you during your time with us. At Mountain Sherpa Trekking and Expeditions, we truly value the connections we've made with you and appreciate you choosing us as your travel partner for your visit to Nepal.

We're confident that your trekking experience in the stunning Sherpa land of the Khumbu region will leave you with memories to last a lifetime. Until we meet again, take care, friends!

Please keep in mind that while we aim to stick to the itinerary provided, local trail conditions or weather may sometimes require minor adjustments. Additionally, the trekking schedule might vary slightly depending on our trekkers' acclimatization progress. As we venture into remote areas above the timberline, your safety is our utmost priority, and we appreciate your understanding and flexibility in this regard. Thank you for entrusting us with your adventure.

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Enjoy 3 comfortable nights in a centrally located city hotel with free local guide services to explore tourist and local markets.
- We accommodate you for 17 nights in Sherpa lodges during trek, including 9 nights in rooms equipped with attached bathrooms and hot showers for added comfort.

Meals & Drinks Included As Per Below

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- Unlimited warm beverages, such as tea or hot lemon will be provided every day to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

Staff Wages, Insurance & All Permits Included

- Your package includes fair wages and full insurance for your Sherpa guide and porter. We provide the highest daily pay and comprehensive insurance—because we believe those who make your journey unforgettable deserve the very best care and respect.
- Sagarmatha National Park entry permit fee & Khumbu Pasang Lhamu Rural Municipality Entrance Permit.

- Full-day Kathmandu city tour with a private guide and driver—an immersive experience to explore Nepal’s rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Experienced Sherpa Guides & Porters Included

- Our package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa from the Everest region.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- If you don't have your own warm sleeping bag and down jacket, we will provide them for you, which must be returned after the trek. Their rental value is around US$17–20 if rented from shops in Thamel.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
- We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation