



Global Adventure Trekking

A best holiday maker

17 Days Everest High Pass Trekking

Summary: A challenging High pass trekking in Everest-Khumbu region takes us to the Everest Base camp, Kalapathar view point, Over a pass to tranquil Gokyo Lake and Gokyo Ri at 5400m. and over the Renjo-la pass through Nangpal Gotaya valley to the home of legendary Sharpa village to Thame. The diverse landscapes, panoramic views of Himalaya and world famous challenging trade route are the major advantage of this challenging trek.

High light of the Trek

- Dramatic flight to and from Lukla
- Sherpa Culture and mountain life
- Stunning view of Everest from Kamala pass
- Trans Himalayan Trade centre –Namche Bazar
- Sunrise view from kalapathar and Gokyo Ri
- Cross kongma la 5140m, Cho-la 5420m and Renjo-la 5483m.

Day 01 -Kathamndu-Lukla 30min flight 2780m.-Thade Koshi 1hrs.-Chiplung 1hrs.-Phakding 1hrs.2620m. Morning fly to Lukla and begins the trek through the Tamang and Sherpa village. Lukla is mostly inhabited my Sherpa tribes. The trail goes gradually flat to Phakding. Over night at Guest house. B.L.D.

Day 02 -Phakding-Manjo 2hrs.-Namche Bazaar 3hrs.(3440m). You are approaching to the himalaya closely. Viewing all mountain and pine forest and following the yak take you to Namche Bazar. On the way you will have the first encounter of mount Everest, Amadablem, Themserku and many more. Over night at Guest House. B.L.D.





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Day 03- Rest day in Namche for acclimatization Optional hike to Khumjung Monastery- This monastery is famous for Yeti Skull, Everest view Hotel, Hillary School and its surroundings. Over night at Guest house. B.L.D.

Day 04- Namche-Sanasha 1.5hrs. 3580m- Phunki Tanga 1.5hrs. 3217m.-Tyangboche 2hrs. 3680m. Trek begins very easily first part then trail goes downhill to Phunki Tanga on the river side. From here the Bouddhism was introduce into the Khombu valley. Then ascends about 800m to Tyangboche through the pine forest. Over night at Guest House. B.L.D.

Day 05-Tyangboche-Dibuche 1hrs.-pangboche 1.5hrs..-Dingboche 2hrs. 4400m. Tyang boche is the best place to view Mount Everest, Amadablam and Thanserku in the back. Tyang boche monastery is another attraction of the tourist so GAT staffs take you there in the morning to participate for Puja and descend through the Rhododendron forest. Facing always giant mountain range towards Chhukung valley. Over night at Guest house.



Day 06- Dingboche-Chhukung 2hrs. 4500m. GAT always want to make sure that our clients have well acclimatizes to go up. This day you will hiked up to Chhukung valley for your well acclimatizes and over night at guest house. B.L.D.

Day 07- Chhukung to Kangma-la 5535m-Lobuche 4900m 9hrs. We start early morning to Kangma-la for breath taking view of Everest, Lotse, Amadablam and all neighbors. The way is very long way ascending and descending.

Day 08- Lobuche-Gorekshep 3hrs. 5110m. Your on the lap of the Himalayan range. Gorekshep is the initial base camp of Everest. Until 1950s climber set their camp at this place. Optional hiked up to Everest base camp and back to lodge. Over night at Guest house. B.L.D.



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Day 09- Gorekshep-Kalapather 2hrs. 5545m.-Dzongla 4hrs. This is your remarkable day in your life time due to the Sun rise in to the Everest and its neighbors. It is always nice to see the biggest glacier which flows from Everest. Trek back to lodge and down to Dzongla 4800m. Total 5hrs walking. Over night at Guest. B.L.D.

Day 10- Dzongla-Chola pass to Dragnag 4700m, 6hrs. We are walking on the lap of all mountain range through the fragile rocky path. Some time it is danger due the rock falls from the up hills. Over night at Lodge. . B.L.D.

Day 11- Dragnak- Gokyo lake 4790m. 4hrs. Gradually down hill to Gokyo lake. You need cross the small glacier and arrive in the Gokyo lake. Over night at Lodge. . B.L.D.



Day 12- Exploration day at Gokyo. Optional hiked to Gokyo

Ri. 5300m. Today we are going upto 5130m for the panoramic view of Pumori, Everest, Lhotse, Makalu, Cho-yuo and its surrounding and get back to lodge and explore the day.

Day 13- Trek to Lungdeng (4380m) over a Ranjola pass. 5/6 hours walking) and then stay overnight at Lodge. The most great scenery including mountain, lakes, diverse landscap can be seen and trek all downhill to Lunden for Overnight stay.

Day 14- Lingden to Thame 4hrs. 3800m. Trek to Thame overnight at lodge, we explore to Thame Monastery in the afternoon. This village is well known by all Everest climbers, overnight at Lodge.

Day 15- Thame to Namche Lunch and Trek to Manjo 2hrs. The path is gradually down which will takes about 2hrs to Namche. Along the way you will see many mountain goats, birds, different kinds of flowers Mani wall and prayer flag. After breakfast descend 2hrs to Manjo for Overnight at longe.



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Day 16- Manjo- Lukla 5hrs.We are trekking down to Lukla to catch your next day flight back to Kathmandu. Mostly flights leave in the morning for good visibility. Overnight at Guest house. B.L.D



Day 17- Morning fly back to kathmandu. Transfer to Hotel/ Guest house. Your earlier trip

booking is highly appreciated due to the flights and so on. We try our utmost best to accommodate you in the reliable airlines. Give your valuable feed back to the company and fare well.

Note-

Your safety is of paramount concern while travelling with Global Adventure Trekking. Please keep in mind that above itinerary is just the guideline, it might be customized if required. The weather could be change quite often in the Himalaya, we may have heavy rain fall or snow fall which caused flooding, land-slide and road blockage which is beyond the human control. We can't give any guarantee for natural disaster, weather condition, health condition of the group member and unexpected natural disasters. Our team leader/ group leader will try to ensure that the trek runs according to our original plan.
