



**THE EVEREST HIGH TREK
WITH GOKYO LAKES |
KHUMBU, NEPAL |
10-30 December 2018**



**HIMALAYA
ALPINE
GUIDES**



A CLASSIC EVEREST TREK

Nepal, the famous Himalayan kingdom. Known worldwide for its iconic peaks, including Mount Everest. This is a classic Everest trek with all the amenities to keep you at your best while you experience the highest mountains on Earth.

Sherpa-led, interact with the fascinating local people with a local guide to introduce you and bridge the cultural gap into the vast and intricate world of Sherpa and Nepalese culture.

Lodge-based, you'll trek on nice trails and stay in warmer lodges at night with heaters and hot meals. December is a spectacular month. Why do we like it best for an Everest base camp trek? No crowds (like October), best mountain views with clear and crisp weather, and time to visit with Sherpas in their homes (they're too busy in October).





FEATURES

- **Spectacular and scenic trek through the Himalaya**
- **Two 5000m+ peak summits (Gokyo Ri, Kala Pattar)**
- **Group size: Max 8 people**

LEADERSHIP A qualified Sherpa guide, Gomba Sherpa, will be leading this trip working alongside his team of top notch local guides and staff.



GOMBA SHERPA

Trekking Leader

Gomba Sherpa hails from the Khumbu region of Nepal. He is a trained mountain guide under the Nepal Mountaineering Association, and has 21 years of expedition experience.

Gomba started out as an expedition porter at a young age, then worked as a cook, then a trekking guide, and finally a mountaineering guide. For this reason, Gomba is one of the best in the industry because he knows the fine details of the job for every expedition staff member.

Gomba is fluent in Nepali, Sherpa, and Japanese.



OUTLINE ITINERARY

Day 1 – Arrive Kathmandu – Mon 10 Dec'18

2 – Kathmandu |

Optional World Heritage Sightseeing

3 – Fly Lukla. Trek Monjo

4 – Trek Namche Bazaar

5 – Namche Bazaar

6 – Trek Khunde | Visit Khumjung

Monastery + Hillary Viewpoint

7 – Trek Phortse

8 – Trek Pangboche

9 – Trek Dingboche

10 – Trek Chukhung

11 – Trek Lobuche

12 – Trek Gorak Shep | Hike Kala Pattar

13 – Trek Lobuche | Day Hike Everest
Base Camp

14 – Trek Dzongla

15 – Trek Dangnak | Cross Cho La pass

16 – Trek Gokyo

17 – Gokyo | Hike Gokyo Ri

(best Everest view of the trek)

18 – Trek Dole

19 – Trek Namche

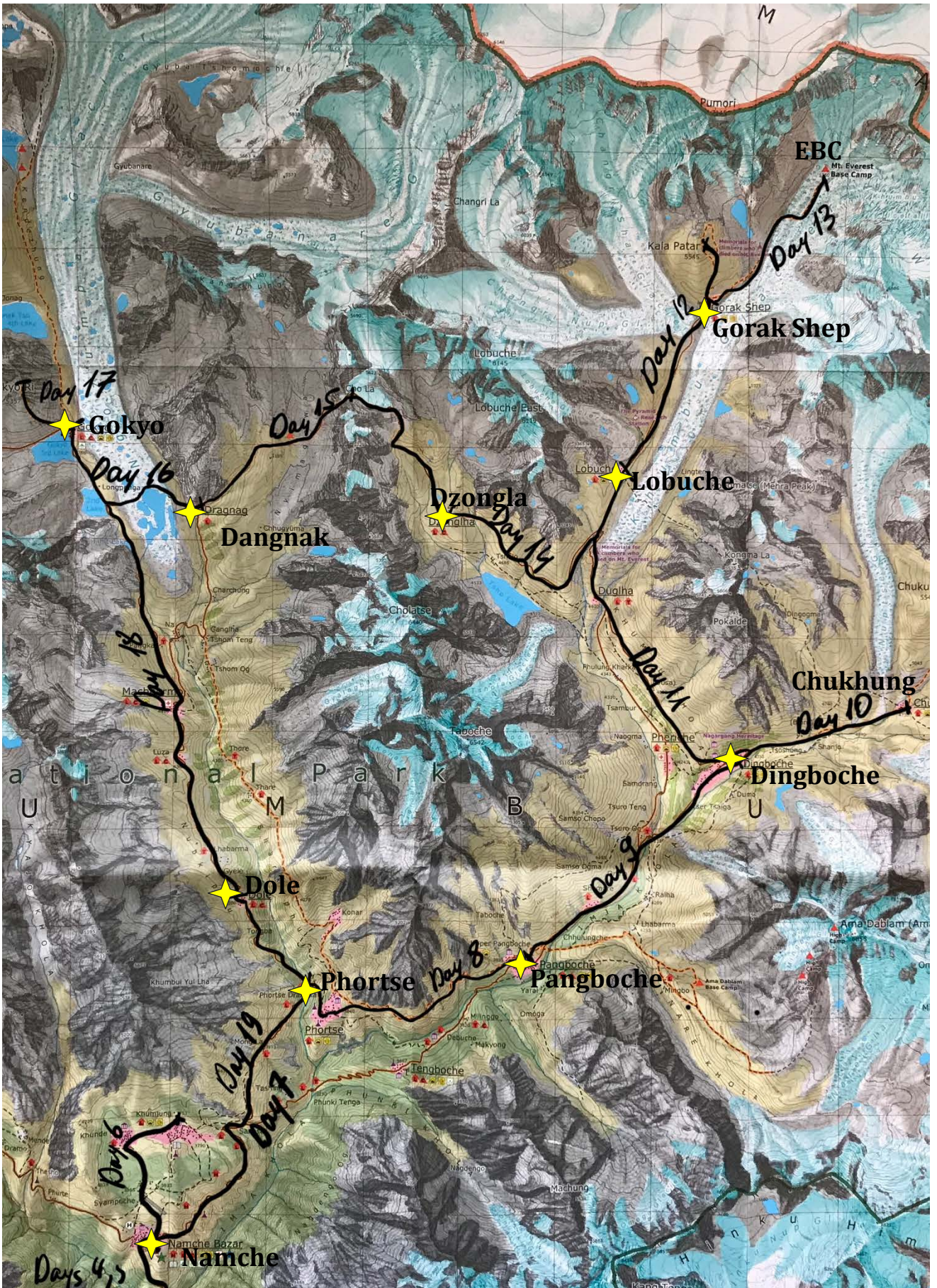
20 – Trek Lukla

21 – Fly Kathmandu

22 – Depart Kathmandu – Sun 30 Dec'18



ROUTE MAP





PRICE

US\$3,880 (US\$3,680, if you book before 31 Oct'18)

[SIGN UP HERE](#)

Non-refundable trip deposit US\$1000

Our service includes:

- 3 nights hotel in Kathmandu – [Dalai La Boutique Hotel](#) in Thamel (single supplement)
- Flight to Lukla roundtrip
- Sagarmatha National park permit
- All lodges (single supplement) and meals during the trek (breakfast, lunch and dinner)
- Airport transfers by private vehicle/ taxi
- All portorage/ yaks on approach/retreat
- Solar charging for electronics

Our service excludes:

- Trip/medical/[rescue](#) insurance
- International flights
- [Nepal Visa](#)
- Any extra night of accommodation in Kathmandu
- Meals while not on trek (Kathmandu)
- Puja cost (allow US\$15)
- Personal expenses during the trek (movie night, phone calls, laundry, bar/alcohol, food from local bakeries, extra porters, bottled water, shower)



**FOR DETAILED INFORMATION
VISIT OUR WEBSITE**

WWW.HIMALAYA-ALPINE.COM



EQUIPMENT LIST

- Sleeping bag
- Inflatable Sleeping Pad
- Sleeping bag liner (optional)
- Day pack 30 – 45 liter size range
- Trekking Boots
- Camp shoes
- Sandals
- Socks
- Down/synthetic jacket
- Rain jacket
- Base layers
- Fleece/down pants
- Trekking shirt
- Trekking pants
- Warm hat
- Trekking poles (if you use them)
- Sunglasses
- Gloves
- Water Bottle / Hydration bladder
- Head lamp/torch + extra set of batteries
- Towel
- Sun hat
- Bandana

Water Purification

- We purify our own water morning and evening for you. If you think you'll drink more water than you'd prefer to carry in a day, then bring water purification tablets to purify mid day bottles filled in a stream.

Snacks

- Bring snacks for in-between meals, and for longer pass and climb days. You'll appreciate having a snack even if you normally don't snack between meals

Medical Kit

- We carry a full medicine / first aid kit. Bring any personal medication that you need, and let your guide know so they can assist if there could be an emergency

Insurance

- Check that your insurance policy covers travel in isolated and mountainous areas, and which also includes helicopter rescue. We recommend *Global Rescue*.