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Gokyo Lake to Everest Base Camp Trek

URL: <https://nepalbasecamptreks.com/trip/gokyo-lake-to-everest-base-camp-trek/>

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

17

Per Person From

USD 1,270

Accommodation

Teahouse

Region

Everest Region Treks

Max. Altitude

5,555m

Nature Of Trek

Lodge to Lodge

Best Season

Mar, May, Sep, Nov

Activity Per Day

6-8 hrs walking

Transportation

Round Flight

Teahouse

BLD

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Trip Highlights

The Gokyo Lake to Everest Base Camp trek is one of Nepal’s most exciting, offering beautiful glacial lakes, majestic mountains, and Sherpa culture. A usual day’s walk is through steep trails from Gokyo (4,790m) up to Gokyo Ri, where one can view **Mt. Everest** & Cho Oyu in the background through the challenging Cho La Pass (5,420m). The tour progresses to the Khumbu Valley and passes through villages like Lobuche, Gorak Shep, and finally, the mountain base at 5,364 meters, known as the Everest Base

Camp.

On the way, travelers taste **sherpas'** hospitality. Even basic meals and shelter can be found in trekking 'teahouses.' The unique attractions of the trek are the crystal clear Gokyo lakes, the viewpoint of Gokyo Ri, and the adventure of crossing through Cho La pass, making the trekking trail more spectacular and passing through the central Himalayas.

Gokyo Lake to Everest base camp trek Highlights

- The best viewpoint for close-up views of Everest, Lhotse, and Nuptse.
- Offers panoramic vistas of Everest, Makalu, and the pristine [Gokyo Lakes](#).
- Situated at 5,364 meters, it provides a direct view of the world's highest peak.
- A challenging trek at 5,420 meters, connecting Gokyo Valley with [Everest Base Camp](#).
- The highest peak in the world, standing at 8,848 meters, is a dream for trekkers.
- Home to high-altitude lakes, considered sacred and part of UNESCO heritage.
- Explore historical Buddhist monasteries in the Everest region.
- Immerse in the unique cultural heritage of the Sherpa people.
- The milky white waters flow through Sagarmatha National Park.
- A UNESCO World Heritage site with rich biodiversity.
- Often described as the most scenic trek in the world, offering unparalleled views.

Trip Itinerary

Day 1: Arrival in Kathmandu

On the first day, you arrive in Kathmandu, the capital city of Nepal, situated at an altitude of 1,400 meters. After your flight, which varies in duration depending on your departure location, you'll be warmly welcomed and transferred to your hotel. Today is considered a day off, but it is also the day when the participants get ready for the trek.

The days can also be spent strolling Kathmandu, tasting local food, and making all necessary preparations. Meals for the day (Breakfast, Lunch, and Dinner) are provided, and you'll stay overnight at a comfortable hotel in Kathmandu, gearing up for the adventure ahead.

Trek Distance:

6km

Trek Duration

20 Minutes Drive

Highest Altitude:

1,400 meters (Kathmandu)

Flight Hours:

Varies based on your departure location

Meals:

Welcome Lunch, Or Dinner

Accommodations:

Hotel Kathmandu Suite Home

Day 2: Fly to Lukla and Trek to Phakding

On Day 2, you start with an early morning 35-minute flight from Kathmandu to Lukla, offering stunning aerial views of the Himalayas. Upon landing at Lukla, the gateway to the Everest region, you begin your trek to Phakding.

The trek takes about 3-4 hours, leading you through picturesque Sherpa villages, lush green valleys, and across the Dudh Koshi River via suspension bridges. The trail is relatively gentle, allowing you to acclimatize to the altitude gradually. You'll spend the night in a cozy teahouse in Phakding, enjoying your first trekking experience in the Everest region.

Trek Duration

3-4 hours

Flight Hours:

35 minutes

Accommodations:

Teahouse in Phakding.

Day 3: Trek from Phakding to Namche Bazaar

This day, you'll embark on a 5-6 hour trek from Phakding to Namche Bazaar, the vibrant hub of the Khumbu region. The trail follows the Dudh Koshi River, leading you through pine forests and several thrilling suspension bridges, including the famous Hillary Suspension Bridge.

As you trek, you'll enter Sagarmatha National Park, a UNESCO World Heritage Site, where you'll officially begin your ascent towards the higher altitudes. The final stretch involves a steep climb, offering your first glimpses of Everest on a clear day before reaching the bustling village of Namche Bazaar (3,440m). You'll stay overnight at a teahouse in Namche Bazaar, where you can rest and acclimatize.

Trek Duration

5-6 hours

Accommodations:

Teahouse in Namche Bazaar.

Day 4: Acclimatization Day in Namche Bazaar

Today, you'll spend the day acclimatizing to Namche Bazaar and adjusting to the higher altitude. You can explore the bustling market town, visiting local shops, cafes, and the Sherpa Museum to learn about the region's rich culture and history.

For acclimatization, a hike to the Everest View Hotel or Khumjung Village is recommended. These hotels offer spectacular views of Everest, Ama Dablam, and other peaks. This gentle hike helps your body adjust while providing stunning panoramas. You'll return to Namche Bazaar for an overnight stay at a teahouse, where you can relax and enjoy the vibrant atmosphere of the village.

Trek Duration

Teahouse in Namche Bazaar

Day 5: Trek from Namche Bazaar to Dole

On the fifth day, you will proceed on the Namche to Dole trek, which takes 5-6 hours to walk from Namche Bazaar. The next day starts with the ascent from Namche and provides a magnificent panorama of the peaks surrounding the area.

The trek takes you through the most scenic of all the Nepalese treks, the flowering rhododendron forests during spring, through the culturally rich and pristine terraced Sherpa villages, including the villages of Khumjung and Mong La just as you get to the higher altitude, the vegetation becomes sparse and the views are of rough mountain terrains. Following this gradual ascent, you will arrive at the tiny village of Dole (4,200m), where you will have a night in a teahouse while experiencing the calmness of the mountain atmosphere.

Trek Duration

5-6 hours

Accommodations:

Teahouse in Dole.

Day 6: Trek from Dole to Machhermo

On Day 6, you'll trek 4-5 hours from Dole to Machhermo, steadily ascending through the increasingly rugged terrain. As you climb higher, you'll be treated to breathtaking views of Cho Oyu and other towering peaks. The trail passes through scenic landscapes with fewer trees, reflecting the higher altitude.

Upon reaching Machhermo (4,470m/14,665ft), you can attend an altitude sickness briefing at the local clinic, which provides valuable information on acclimatization and staying safe at high elevations. You'll spend the night in a teahouse in Machhermo, resting and preparing for the next stage of your trek.

Trek Duration

4-5 hours

Highest Altitude:

4,470m/14,665ft

Accommodations:

Teahouse in Machhermo.

Day 7: Trek from Machhermo to Gokyo

On this day, you will travel at higher altitudes for 4-5 hours from Machhermo to Gokyo. While trekking, you will enjoy splendid views of the Ngozumpa Glacier, the biggest glacier in Nepal.

When you reach Gokyo, the first glimpse will be of Gokyo Lake, which is picturesque with its blue-green waters and snow-capped mountains towering around it. This part of the trek offers scenic views, making it one of the most impressive sights. You will spend one night in a teahouse in Gokyo where you can enjoy the beautiful mountain view.

Trek Duration

4-5 hours

Accommodations:

Teahouse in Gokyo.

Day 8: Acclimatization and Exploration Day in Gokyo

This day is dedicated to acclimatization and hiking with stunning views of the Gokyo Valley. After breakfast, we set off for an arduous trek to Gokyo Ri (5357m / 17575 ft). The trek will be followed by excellent views of some of the world's highest mountain systems, including Mount Everest, Lhotse, Makalu, and Cho Oyu.

You can also visit the other beautiful Gokyo Lakes, as each one is interesting and offers a stunning view of the crystal clear water amidst the massive Himalayas. This day will enable one to enjoy a spectacular view of that region's natural scenery and ease the body's acclimatization process to altitudes. You will spend the night in a teahouse in Gokyo Valley, allowing you to enjoy the tranquillity of the place

Highest Altitude:

5357m / 17575 ft

Day 9: Trek from Gokyo to Thagnak

On the 9th day, you will do a 3-4 hour trek from Gokyo to Thagnak. The first challenge comes while crossing the Ngozumpa Glacier, an expansive and treacherous icy terrain. Soon after crossing the glacier, the terrain changes to rocks, leading to the small barren settlement of Thagnak, located at the base of the strenuous high-altitude Cho La pass.

This point is very strategic since it acts as a transit hub where preparations for the crossing occur the next day. Tonight, you will spend time in a teahouse in Thagnak relaxing and preparing for a tough day on the trail the next day.

Trek Distance:

3-4 hour

Accommodations:

Teahouse in Thagnak.

Day 10: Trek from Thagnak to Dzongla via Cho La Pass

On Day 10, the physical journey is one of the strenuous ones, a full-day hike from Thagnak to Dzongla and Cho La pass at the height of 5410 meters/17752 feet. The day starts quite early as you climb over the steep and stony ground and rocks to the pass, where you will get a breathtaking view of the mountains, including Ama Dablam and Cholatse.

The terrain descending to Dzongla is just as beautiful since the mountains are rather steep and magnificent. This challenging trekking day is considered one of the most difficult ones. However, the

opportunities it offers are precious. For this, you will stay overnight in the teahouse in Dzongla after such a wonderful day on the trail.

Trek Distance:

7-8 hours

Highest Altitude:

5,420m/17,782ft

Accommodations:

Teahouse in Dzongla.

Day 11: Trek from Dzongla to Lobuche

Today, you'll undertake a relatively short 3-4-hour trek from Dzongla to Lobuche. The trail is scenic and less demanding than previous days, offering a more relaxed pace as you traverse along the base of towering peaks.

As you approach Lobuche, the terrain becomes more barren, with the majestic Khumbu Glacier visible in the distance. Lobuche is a crucial stopover, providing a final rest before the push towards Everest Base Camp. You'll stay overnight in a teahouse in Lobuche, surrounded by the dramatic beauty of the high Himalayas.

Trek Duration

3-4 hours

Highest Altitude:

4,940m/16,207ft

Day 12: Trek from Lobuche to Gorak Shep and Everest Base Camp

You'll embark on a 7-8 hour trek from Lobuche to Gorak Shep and onward to Everest Base Camp. The journey begins with a steady climb to Gorak Shep, the last settlement before Everest Base Camp, where you'll drop your bags at the teahouse. From there, you'll continue trekking across rocky terrain alongside the Khumbu Glacier until you reach the iconic Everest Base Camp (5,364m/17,598ft).

Here, you'll have the opportunity to soak in the awe-inspiring surroundings and reflect on the accomplishment of reaching this legendary site. After spending some time at the base camp, you'll return to Gorak Shep for an overnight stay at a teahouse, resting and reliving the incredible experience.

Trek Duration

7-8 hours

Highest Altitude:

5,364m/17,598ft

Accommodations:

Teahouse in Gorak Shep.

Day 13: Hike to Kala Patthar and Trek to Pheriche

On Day 13, you'll start early with a hike to Kala Patthar (5,555m/18,225ft), the highest point of your trek. This point offers unparalleled, close-up views of Mount Everest and a stunning panorama of the surrounding peaks. It is also a prime spot for sunrise photography, capturing Everest in the morning light.

After soaking in the breathtaking views, you'll descend back to Gorak Shep, where you'll gather your belongings and begin the trek down to Pheriche. The descent brings you back into lower altitudes and more verdant landscapes. After a 7-8 hour trek, you'll reach Pheriche, where you'll stay overnight in a teahouse, enjoying a well-deserved rest.

Trek Duration

7-8 hours

Highest Altitude:

5,555m/18,225ft

Accommodations:

Teahouse in Pheriche.

Day 14: Trek from Pheriche to Namche Bazaar

The fourteenth day offers an energetic 6-7 hours of trekking from Pheriche to Namche Bazaar after struggling in the hills throughout the previous days. The villages you will hike are the Pangboche and the Tengboche, where you will revisit the Monastery of Tengboche, one of the most significant religious places in the region.

Then there are gorgeous views of the mountains, including Mount Everest and greenery. The trek involves a flat forest track and exposed ridges, and finally, we are back to the bustle-bulk of Namche Bazaar. You will spend the night in a teahouse and do nothing but embrace the wonderful experience you have had throughout the Himalayas.

Trek Duration

6-7 hours

Highest Altitude:

3,440m/11,286ft

Accommodations:

Teahouse in Namche Bazaar.

Day 15: Trek from Namche Bazaar to Lukla

On this day, you will spend 6-7 hours trekking from Namche Bazaar back to Lukla. The journey leads back through the Sherpa villages, which presents the last opportunity to admire the marvelous panorama of the Khumbu region. After reaching the Lukla, there is a chance to rest and rejoice with the accomplishment of the trek.

Finally, the last day is free for leisure activities. Later in the evening, you will have the last dinner with

your trekking crew to celebrate your moments together. You will spend the night in Lukla's teahouse, which will also be the final day of the trip to the Himalayas.

Trek Duration

6-7 hours

Highest Altitude:

2,840m/9,318ft

Accommodations:

Teahouse in Lukla.

Day 16: Fly from Lukla to Kathmandu

On Day 16, you'll take an early morning 35-minute flight from Lukla back to Kathmandu, enjoying a final aerial view of the Himalayas. Upon arrival in Kathmandu, you'll transfer to your hotel, where you can spend the day at your leisure.

This free time allows you to relax, explore the city's vibrant streets, or shop for souvenirs. You may enjoy a celebratory dinner or reflect on your trek in the evening. You'll stay overnight at a hotel in Kathmandu, concluding your incredible Himalayan adventure.

Flight Hours:

35 minutes

Accommodations:

Hotel in Kathmandu.

Day 17: Departure from Kathmandu

On Day 17, your incredible journey concludes with a transfer to the airport for your onward flight. After a final morning in Kathmandu, reflecting on your adventure, you'll depart with lasting memories of the Himalayas and the warm hospitality of Nepal. Safe travels as you head to your next destination!

Include

- All Airport Transportation in Kathmandu.
- Flight Fair Kathmandu-Lukla-Kathmandu.
- 2 Nights Deluxe hotel with Breakfast in Kathmandu
- Choice of meals on trek and accommodations on trek
- Choice of hot beverages, such as tea, coffee, or ginger tea.
- National Park Permit and Local Permit.
- Mountain guide, Fluent English-speaking.
- Emergency Helicopter Service Available.
- Helicopter Service paid by clients.
- A first aid kit will be available on trek.

- All government taxes and service charges.

Exclude

- Extra Meals & Hotel in Kathmandu.
- Deserts (cakes, bakes, and pies).
- Any size of Pots Hot Drinks.
- Bottled drinks (Mineral Water).
- Boiled water for Drinking.
- Electronic device recharge.
- Hot shower during the trek.
- Telephone, Laundry, Wi-Fi.
- All Personal expenses.
- Sharing Porters from Lukla
- Your Travel insurance.
- Your Medical Insurance.
- Tip for Guide and Porter.

Group Discounts Available

No. of Persons	Price per Person
2 - 3	USD 1,290
4 - 5	USD 1,280
6 - 7	USD 1,270
8 - 9	USD 1,260
10 - 15	USD 1,200

Trip Information

Gokyo Lake to Everest base camp trek Trip Grade and Difficulties

Trip Grade:

The Gokyo Lake to [Everest Base Camp trek](#) is rated as **Strenuous**. It suits trekkers with good physical fitness and prior trekking experience. The trek involves long walking hours, steep ascents and descents, and crossing high-altitude passes.

Trek Difficulties:

Altitude: The trek reaches high altitudes, with the highest point at Kala Patthar (**5,555m/18,225ft**). Altitude sickness is a significant concern, making proper **acclimatization** essential.

Trek Duration: The trek involves long days of walking, often **6-8** hours a day, over rugged terrain, including rocky paths and glaciers.

Weather: The weather in the Himalayas can be **unpredictable**. It is cold, especially at high altitudes. Snowfall and strong winds can add to the difficulty.

Pass Crossing: Crossing the Cho La Pass (**5,420m/17,782ft**) is challenging. It requires skillful navigation and endurance.

Fitness Level: Good physical health is required for essential hiking activities, such as carrying a daypack and controlling altitude.

Technical Aspects: While the trek does not require technical climbing skills, certain sections, especially the **Cho La Pass**, can be tricky and may involve scrambling over rocks and snow.

Isolation: Parts of the trek, especially around Gokyo, are less frequented by trekkers, leading to fewer facilities and more remote conditions.

Types of Accommodation available during this trek

Teahouses/Lodges

Teahouses are the most common accommodation along the Gokyo Lake to Everest Base Camp trek. These basic lodges *offer trekkers a simple bed and meals in a warm, communal environment*. Rooms are typically twin-sharing with minimal furnishings—just a bed, blankets, and pillows. As you ascend to higher altitudes, the rooms become less insulated, making a suitable sleeping bag essential.

Bathrooms are usually shared. **Hot showers** cost extra. They become less frequent and more expensive as you go higher. The teahouses have communal dining areas. Trekkers can order from a menu of local and international dishes. The lower-altitude villages have more variety.

Most teahouses have electricity, but charging devices usually cost extra. **Wi-Fi** is offered in some teahouses, especially in busier villages like Namche Bazaar. Still, the connection can be slow and is often charged by the hour.

Hotels/Guesthouses in Namche Bazaar

Namche Bazaar is a larger, more developed village. It has better, more comfortable lodging than other areas along the trek. Trekkers can find **guesthouses and hotels** with private rooms, some with attached bathrooms. These rooms offer more comfort, with better insulation and sometimes even thicker blankets or duvets.

Namche Bazaar has better dining. It offers a broader variety of food, including more elaborate international dishes. Hot showers and Wi-Fi are generally more reliable and readily available, although they still come at an additional cost. Namche Bazaar's lodgings are a welcome rest for trekkers, helping

them **acclimatize** to the altitude.

Basic Teahouses in Remote Areas (e.g., Gokyo, Dzongla, Thagnak)

The teahouses become vital as trekkers explore remote areas like Gokyo, Dzongla, and Thagnak. These accommodations are often more straightforward and rustic, with minimal amenities. Rooms might be less comfortable, sometimes with limited insulation and essential bedding.

In some cases, dormitory-style rooms may be the only option. Shared bathrooms are the norm, and hot water is nonexistent. Dining options are also more restricted, focusing on simple local dishes like dal bhat (lentil soup with rice) and basic Western meals. In remote areas, electricity and Wi-Fi, if available, are less reliable and more expensive. They are often accessible for only a few hours.

Camping (Rare)

While most trekkers opt for teahouse accommodations, some may choose to camp, mainly if they are part of a more **customized or guided trek**. Camping requires trekkers to carry their tents and camping gear, which can be more physically demanding.

Meals are typically prepared by a guide or cook, often simple and cooked on portable stoves. The experience is more rugged. Trekkers rely on portable or makeshift toilets and have limited access to teahouse amenities. Camping is more adventurous. It lets trekkers stay in remote, offbeat spots.

Food and drinking water facilities during this trek

Food Facilities during the Gokyo Lake to Everest Base Camp Trek:

Throughout the trek, teahouses and lodges provide meals, which typically include a **mix of local and Western dishes**. The staple food in the region is dal bhat, a traditional Nepali meal consisting of lentil soup, rice, and vegetable curries. This dish is highly nutritious and provides the energy needed for trekking.

Other common foods include noodles, soups, momo (dumplings), potatoes, rice dishes, and a variety of bread such as chapati or Tibetan bread. Trekkers can expect breakfast options like porridge, pancakes, eggs, and toast. At higher altitudes, food may become less varied and more expensive. It's harder to transport supplies to remote areas. We can usually accommodate special diets, like vegetarian or vegan. But it's best to bring snacks or energy bars for extra sustenance.

Drinking Water Facilities during the Gokyo Lake to Everest Base Camp Trek:

Water is available throughout the trek. In teahouses, you can purchase bottled water, though this can be expensive and contribute to environmental waste. A more sustainable option is to use refill stations. You can fill your bottle with filtered or boiled water. Most teahouses have these for a small fee.

Another popular method is to get water from natural sources, like streams or taps. Use water purification

tablets or a portable water filter. A reusable water bottle and purification method are recommended to ensure a safe and steady water supply throughout the trek. Staying hydrated is crucial, especially at high altitudes. There, the risk of dehydration and altitude sickness rises.

When is the best time of year to trek to EBC Gokyo Lake?

Spring (March to May):

Spring is one of the **most popular times** for trekking to Everest Base Camp (EBC) and Gokyo Lake. During this season, the weather is mild, with daytime temperatures ranging from 10°C to 15°C (50°F to 59°F) at lower altitudes and colder at higher elevations. The trails are lined with Rhododendrons and other flowers, and the park is especially in the spring season.

The morning is usually straightforward, with good visibility. It's an excellent time to see the views of Everest, Lhotse, Makalu, and Cho Oyu. However, the popularity of this season means that the trails and teahouses can be crowded, especially around EBC and Namche Bazaar.

Summer/Monsoon (June to August):

The summer season coincides with the monsoon and is the **least popular time** to trek to EBC and Gokyo Lake. This period is characterized by a lot of rainfall, particularly on the low ground, which makes the trails sloppy and slippery. The clouds often obscure the mountain views, and there is a higher chance of flight delays to and from Lukla due to poor weather conditions.

However, those who trek during this time can experience the lush greenery of the valleys and fewer crowds. Trekking in the rain shadow area beyond Namche Bazaar can be drier. However, this season has more challenges due to the weather and trail conditions.

Autumn (September to November):

Autumn is the **best time** to trek to EBC and Gokyo Lake. After the monsoon, the skies clear up, offering breathtaking panoramic views of the Himalayan peaks. Temperatures are moderate, with daytime highs around 12°C to 20°C (54°F to 68°F) at lower altitudes, making trekking comfortable.

The weather is perfect, as the air is clear and the visibility is good, making it ideal for photography. This season has good weather, so flights are less likely to be delayed, making the trip easier. Like spring, autumn is busy, so booking accommodations and flights in advance is essential.

Winter (December to February):

Winter trekking to EBC and Gokyo Lake is possible but **challenging**. The temperatures drop significantly, especially at higher altitudes, where they can fall below -20°C (-4°F) at night. Due to the cold climate, travelers should ensure they have the proper clothing and gadgets, including a warm sleeping bag.

The trails are not busy in winter, offering a more serene and solitary experience. Some teahouses in that region might close then. Also, snow may block trails, especially at passes like Cho La. Winter trekking lets you enjoy the beautiful, snowy countryside. It's a chance to find peace in the quiet, low season.

Visa, Permits, & Travel insurance are required for this trek.

Visa Requirements:

For most travelers, a visa is required to enter Nepal. Tourists can get a visa on arrival at Tribhuvan International Airport in Kathmandu or at some land border crossings. *Visas are available for 15, 30, or 90 days, depending on the **length of stay**.* Ensuring your passport validates at least six months from your entry date is essential. Additionally, visa extensions can be arranged if you extend your stay in Nepal.

Permit Requirements:

Two main permits are required for trekking to Everest Base Camp (EBC) and Gokyo Lake:

Sagarmatha National Park Permit: This permit is required to enter the Sagarmatha National Park, which encompasses the EBC and Gokyo Lake regions. It can be obtained in Kathmandu or at the park's entrance in Monjo.

Khumbu Pasang Lhamu Rural Municipality Entry Permit: This permit replaces the earlier TIMS (Trekking Information Management System) card for the Everest region. It can be obtained in Kathmandu or at the checkpoint in Lukla.

These permits are **mandatory** for all trekkers and are checked at various points along the trek.

Travel Insurance:

Travel insurance is highly recommended and, in many cases, required for trekking to EBC and Gokyo Lake. The insurance should cover trekking up to 6,000 meters (19,685 feet) and, if needed, emergency helicopter evacuation.

The remote location and risks make travel insurance crucial. These include altitude sickness, injuries, and sudden weather. The policy should also cover trip cancellations, loss of baggage, and medical expenses. Make sure your insurance provider knows about your trek. They should cover all possible risks.

The most suitable SIM card For Communication

For Communication during the Everest Base Camp (EBC) and [Gokyo Lake trek](#), here are the most suitable SIM cards:

Ncell SIM Card

Ncell is a popular choice for both locals and travelers in Nepal. It provides extensive coverage in the Everest region, including most trekking routes. Ncell offers various prepaid SIM cards with data packages suitable for staying connected during your trek.

You can purchase Ncell SIM cards and data packs in Namche Bazaar and other major villages. Coverage and data speeds are generally good in these areas, but connectivity can be limited in more remote locations.

Nepal Telecom (NTC) SIM Card

Nepal Telecom, also known as NTC, is another reliable option. Its broad network covers many trekking regions, including the Everest area. NTC SIM cards are widely available in Kathmandu and other major towns.

They offer various data plans and packages, making it easy to stay connected. While NTC has good coverage in lower and mid-altitude areas, its signal strength may decrease in more remote locations.

Buying SIM Cards

You can purchase SIM cards from authorized shops or mobile service providers in Kathmandu, including at the airport. You'll need to provide a copy of your passport and a passport-sized photo for registration. SIM cards are also available in major trekking hubs like Namche Bazaar. Still, getting one before you start your trek is advisable to ensure you have access to Communication from the beginning.

Considerations

- **Coverage:** Ncell and NTC provide good coverage in populated areas along the trek. However, signal strength can be weak or intermittent at higher altitudes, particularly beyond Gorak Shep.
- **Data Plans:** Choose a data plan that suits your needs. Internet access is valuable for checking weather updates, communicating with family, and updating social media.
- **Backup:** For critical Communication, consider carrying a satellite phone or renting a portable Wi-Fi device as a backup in case of connectivity issues.

Choosing between Ncell and NTC **depends** on your preferences and the service availability at your starting point. Both provide adequate communication options for most trekking needs.

Frequently Asked Questions

How long is the Gokyo Lake trek?

The Gokyo Lake trek typically takes 12-14 days, depending on the specific itinerary. This includes acclimatization days and the time spent exploring the Gokyo Lakes and Gokyo Ri. The trek covers a round trip of approximately 92 kilometers (57 miles).

What is the difference between Everest Base Camp and Gokyo Lakes?

The main feature of the EBC trek is to get as close as possible to Mount Everest and contemplate its face, the Khumbu Icefall, and other peaks. The Gokyo Lakes trek takes you to a chain of beautiful glacial lakes and up to the top of Gokyo Ri to view the mighty Everest and other peaks, including Cho Oyu.

How long does it take to trek to Everest Base Camp?

The Everest Base Camp trek typically takes 12-14 days, including acclimatization days. The round-trip distance is around 130 kilometers (81 miles). The trek has a gradual ascent. This allows time to

acclimatize and avoid altitude sickness.

Can a beginner do Everest Base Camp?

A beginner can trek to Everest Base Camp with proper preparation, physical fitness, and acclimatization. Training beforehand, gradually increasing endurance and stamina, is essential. Guided treks are recommended for beginners to ensure safety, proper pacing, and support.

How challenging is the trek to Everest Base Camp?

The trek to Everest Base Camp is arduous. It's due to the high altitude, steep climbs, and long days of trekking. The altitude can cause fatigue and sickness, making it essential to acclimatize properly. Physical fitness and mental determination are vital to completing the trek.

How risky is the Everest Base Camp Trek?

The Everest Base Camp trek involves some risks related to severe altitude sickness. Weather conditions can change rapidly, leading to cold temperatures, snow, or avalanches. However, these risks can be minimized with proper acclimatization, guidance, and preparation.

Can an average person climb Everest Base Camp?

Yes, an average person can trek to Everest Base Camp with adequate preparation. Physical fitness, proper acclimatization, and a positive mindset are essential. With fitness, determination, and guidance, most can complete the trek. Prior trekking experience is optional.

Can I go to Everest Base Camp alone?

Yes, you can trek to Everest Base Camp alone, but it's not recommended for beginners. Solo trekking increases risks, especially in case of emergencies or altitude sickness. Guided treks offer support, safety, and help with logistics. This is beneficial for those unfamiliar with high-altitude trekking.

How much weight do you lose on the Everest Base Camp trek?

Trekking to Everest Base Camp can cause a weight loss of 2-4 kg (4-9 lbs). It depends on metabolism, diet, and effort. The long treks and rugged terrain challenge many calories, often exceeding what we can eat.

How much is the food on the Everest Base Camp trek?

Food on the Everest Base Camp trek typically costs \$5 to \$10 per meal, with prices increasing as you ascend. A daily food budget of \$20 to \$40 is reasonable. Meals primarily consist of local dishes like dal bhat, noodles, and soups, with limited options for meat and snacks at higher altitudes.

Address

Nepal Base Camp Treks Pvt. Ltd

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