

Everest Base Camp Trek Via Gokyo Lake



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

Duration

15 Days

Per Person Cost

USD 1735

Difficulty

Moderate

Group Size

1+

Best Seasons

March - May and September-5545m
December

Maximum Elevation

Accommodation

Hotel/Tea House

Transportation

Private Vehicle/Flight

Meals

Full Board

Trip Route

Lukla-Gokyo Lakes-EBC

Trip Highlights

- Witnessing scenic masterpiece from the 40-minute flight to Lukla.
- Spectacular views of the majestic Mount Everest.
- Astounding views from the renowned Gokyo Ri.
- This a rare opportunity to witness the world's highest-altitude airport.
- Visit a UNESCO world heritage site (Sagarmatha National Park).
- Schools and Hospitals funded by Edmund Hillary.
- Distinct prayer wheels, colorful flags, high suspension bridges, Mani stones.
- Awe-inspiring views of the Khumbu Icefalls.

Trip Overview

The Everest Base Camp trek via Gokyo Lakes occurs in the Gokyo region. You will get a chance to witness the astounding natural beauty including pristine Gokyo Lake, Cho La Pass, Khumbu Icefall, and the renowned Gokyo Ri viewpoint. You will get a chance to witness the majestic mountains including; Everest, Lhotse, Pumori, Nuptse, Cho You, and so on.

The Everest base camp Trek via [Gokyo Lake](#) itinerary is a non-conventional, adventurous, and serene path that allows you to soak in the divinity of the pristine natural surroundings. The path is covered with lush rhododendron forest, offering spectacular views of the majestic mountains including; Mt. Khumbila, and Mt. Ama Dablam.

Reaching the top of the [Everest base camp](#) is nothing less than a huge achievement. Your physical strength, patience, and determination are tested along the way, and reaching the top will bring you a rush of adrenaline and a sense of fulfillment. Our 15 Days Everest Base Camp Trek via Gokyo Lake trek price range from **USD 1150 to USD 1650**.

Trip Itinerary

Day 01: Fly to Lukla(2,860m/9,383ft) and Trek to Phakding (2,610m/8,563ft) 8km

Our EBC journey starts with a spectacular flight from Kathmandu to Lukla. You will witness astounding mountain ranges along with splendid landscapes. Upon landing at the **Tenzing Hillary airport**, we take hold and start trekking towards Phakding. The trekking starts on the very first day so we take it at ease so we get time to acclimatize on the short trek. We walk through Chaurikharka village and finally reach our destination for the day, Phakding.

Time:

9km/5.6 miles/ 3 hrs

Accommodation

Lodge/Tea house

Meals:

B.L.D

Altitude:

2,860m/9,383ft, 2,610m/8,563ft

Day 02: Trek to Namche Bazar(3,440m11,286ft) from Phakding(2,610m/8,563ft) 11km

On day 2, we will be trekking from Phakding to Namche Bazaar. We will head north across the banks of the Dudhkoshi river from where you will witness the awe-inspiring views of the snow-covered mountain peaks. We will cross numerous suspension bridges along the way, including the **Hillary suspension bridge**.

Time: 12km/7.4 miles/ 6-7 hrs	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
3,440m/11,286ft,
2,610m/8,563ft

Day 03: Acclimatization day at Namche

Day 3 of the trek is exclusively assigned for acclimatization. You can explore the renowned [Namche Bazaar](#). You will also have access to numerous cafes, restaurants with wifi, shops for souvenirs, and gear shops. You have numerous options here like visiting the Sagarmatha national park visitor center, Buddhist monasteries, Hillary school, yak farms, and many more.

Accommodation Lodge/Tea house	Meals: B.L.D
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Day 04: Trek to Dole (4,100m/13,451ft) from Namche(3,440m/11,286ft)

After the acclimatization at Namche, we head straight towards Dole. The path to Dole is rugged and filled with ups and downs. After trekking for two hours, we reach Mong La Pass. You witness spectacular views of majestic mountains including; Mt. Ama Dablam and Mt. Khumbila. From here, the trail descends through lush rhododendron, and pine forests. We progress further toward Phortse Tenga, and eventually, we reach Dole, which will be our destination for the day.

Time: 12km/7.4 miles/ 7-8 hrs	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
4,100m/13,451ft,
3,440m/11,286ft

Day 05: Trek to Machhermu (4,470m/14,665ft) from Dole(4,100m/13,451ft)

We leave Dole and elevate further towards alluring meadows which is also a yak pasture, you will also see numerous shrines and prayer flags as well. Additionally, you will witness mesmerizing view of the 5th tallest mountain, Mt. Cho Oyu. Eventually, the trail leads to Lapahma village, Luza, and then finally Macchhermu.

Time: 6km/3.7 miles/ 3 hrs	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:

4,470m/14,665ft,

4,100m/13,451ft

Day 06: Trek to Gokyo Lake (4,790m/15,715ft) from Machhermu(4,470m/14,665ft)

Day 6 will be dedicated to sightseeing the Lakes in the Gokyo region. After trekking for about an hour we will cross the uphill grazing land to reach a place called Phanga. Eventually, we follow the narrow path and reach the first Gokyo Lake outlet. This is the smallest among the 5 major Gokyo lakes. You will witness the Gokyo village just ahead of Gokyo Lake, which is one of the highest settlements in Nepal.

You will see the Gokyo Ri viewpoint in the middle of the Gokyo valley.

Time:

8km/ 4.9 miles/ 4-5 hrs

Accommodation

Lodge/Tea house

Meals:

B.L.D

Altitude:

4,790m/15,715ft,

4,470m/14,665ft

Day 07: Early in the morning hike Up to Gokyo Ri (5360m) for sunrise then back to Hotel. Afternoon free and easy day

On the seventh day of the trek, we wake up early and hike up to the Gokyo Ri to watch the glorious sunrise with astounding mountain views. Then, we return back to the hotel and relax. We will take this day as the day of acclimatization.

Accommodation

Lodge/Tea house

Meals:

B.L.D

Altitude:

5360m

Day 08: Trek to Thagnak (4,700m/15,420ft) from Gokyo(4,790m/15,715ft)

After acclimatization at the Gokyo village, we continue the trek to Thagnak. On the way, we pass through Ngozumpa glacier. Thagnak village lies in a perfect spot that also helps the trekkers reach Cho La Pass.

Time:

3.7km/ 2.3 miles/ 3 hrs

Accommodation

Lodge/Tea house

Meals:

B.L.D

Altitude:

4,700m/15,420ft,

4,790m/15,715ft

Day 09: Trek to Zongla (4,855m/15,918ft) from Thagnak (4,700m/15,420ft) via Chola Pass (5420m/17,782ft))

After we spend the night at Thagnak, we hike over rugged trails and cross the glacial moraines to reach the top of the Cho La Pass, offering splendid views of the pristine Cho La Lake and Mt. Cholatse. Descending further the trail gets slippery. Then we eventually reach our destination for the day, Zongla. Which will take us about 7-8 hours to reach here.

Time:

16km/ 9.9 miles/ 7-8 hrs

Accommodation

Lodge/Tea house

Meals:

B.L.D

Altitude:

4,855m/15,918ft,

4,700m/15,420ft,

5420m/17,782ft

Day 10: Trek to Lobuche (4,910m/19,109ft) from Zongla(4,855m/15,928ft)

On day 10 of our trek, we leave the Zongla and accompany the moraines, and then descend along the Cho La Lake. Then we follow the Khumbu Glacier and Imja Khola and finally reach our destination for the day, Lobuche.

Time:

8.4km/5.2 miles/ 3-4 hrs

Accommodation

Lodge/Tea house

Meals:

B.L.D

Altitude:

4,910m/19,109ft,

4,855m/15,928ft

Day 11: Trek to Everest Base Camp (5,364m/17,598ft) from Lobuche(4,910m/16,109ft) and then back to Gorekhshep (5,185m/17,011ft))

This will be an exceptional day of our trek as we reach the Everest Base Camp trek. Our journey starts from Lobuche, following an elevated path we approach Gorakshep. We leave our belongings here at Gorakshep and then head towards the Everest base camp. You will witness spectacular views from the Everest base camp and the pristine Khumbu Glacier. After enjoying the awe-inspiring views and spending some time here. We will then trek down to Gorakshep and spend the night here.

Time: 15km/9.3 miles/ 7-8 hrs	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
5,364m/17,598ft,
5,185m/17,011ft

Day 12: Hike up to Kalapathar (5,545m/18,192ft) viewpoint for sunrise, trek to Gorekhshep then to Pangbuche (4000m/13123ft)

Waking up early in the morning, we then hike to the Kalapathhar to catch the jaw-dropping views of the majestic Mt. Everest. After we spend some time here at Kalapathar viewpoint, we then descend towards Gorakhshep where we enjoy our breakfast and spend some time here. Then we walk towards the final destination of the day, Pangbuche. The entire journey of the day will be about 8-9 hours.

Time: 16km/9.9 miles/ 8-9 hrs	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
5,545m/18,192ft,
4000m/13123ft

Day 13: Trek to Namche (3,440m/11,286ft) from Pangbuche(4000m/13,123ft)

On the thirteenth day, we wake up early and head towards Namche. The trail entails lush forests and you might also get rare sightings of wildlife like, pheasants, Musk deer, Mountain goats, and so on. On the way, you will also notice several prayer flags and chortens. This day will also be the last day of the trek where you will see the majestic Mt. Everest. Then we trek further toward Namche Bazaar where we spend the night.

Time: 11km/6.8 miles /5-6 hrs	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
3,440m/11,286ft,
4000m/13,123ft

Day 14: Trek to Lukla(2,860m/9,383ft) from Namche (3440m/11,286ft)

This will be the last day of our beautiful trekking experience. After enjoying our breakfast, we hike down

a steep trail. We then cross the renowned Hillary suspension bridge and pass-through numerous local villages. Mainly, our trek takes place around the Dudhkoshi river. Once we reach Lukla, we freshen up at our hotel and chill. Day 14 will be our last night in the Khumbu region.

Time:

21km/13 miles 7 hrs

Accommodation

Lodge/Tea house

Meals:

B.L.D

Altitude:

2,860m/9,383ft,

3440m/11,286ft

Day 15: Fly back to Kathmandu(1,350/4,429ft) from Lukla(2860m/9383ft)

If we are able to stick to the schedule, we fly back to Kathmandu from Lukla. This 40-minute flight is going to be a memorable experience. You can enjoy the astounding views on your way back, you can also reflect back on the mesmerizing journey.

Time:

40 min

Altitude:

1,350/4,429ft, 2860m/9383ft

Includes

Accommodation

- 14 Nights Mountain standard twin-sharing Accommodation During the trek

Meals

- All the meals (Lunch, Breakfast, Dinner/The main course) Three times a day

Transportation

- Kathmandu/ Lukla/Kathmandu by Flights with Airport Tax

Extras

- One English Speaking Guide and require porter(One porter for 2 clients)
- Guide's Porter's Salary, Meals, insurance, equipment accommodations, etc
- Sagarmatha National Park Fee
- Pasang Lhamu Municipality fee
- Hillary Step Treks T-shirt & Warm hat
- Hillary Step Treks Duffel bag & Sleeping bag(return) after the trek
- Trekking Map
- Seasonal Fruits
- First Aid Kit
- Government Taxes, officials' expenses
- Trekking completion certificate
- Farewell Dinner end of the trek in Kathmandu

Excludes

- International airfare
- Nepal visa fees at Tribhuvan International Airport (15 Days US 30, 30 Days -\$50, 90 Days- \$125)
- Accommodations and meals in Kathmandu.
- All the drinks like tea, coffee, Coke, Fanta, mineral water, boiled water, hot shower, battery charge, desert, hot soup etc
- Extra accommodation in Kathmandu due to early arrival late departure or early return from the Trek
- Your trekking gear.
- Your travel insurance should include emergency rescue.
- Tips for guide and porters.

Trekking Information

Accommodations

On starting the trip to the Everest base camp with Gokyo lakes, you will spend one night in Kathmandu in a tourist standard hotel. Then we spend the rest of the nights in comfortable teahouses. These teahouses

are run by the locals in this region. Teahouses are the source of livelihood for people residing here.

When in Lukla, Namche, and Phakding you will get the facilities of attached bathrooms and hot showers. After this point, you will only get basic facilities.

Meals

We will start with a delicious breakfast in Kathmandu. Once we leave Kathmandu, we will devour our breakfast and dinner at the lodge. We will be enjoying our lunch en route. You don't have to worry about good food on the Everest base camp trail. Nepali daal bhaat, Chinese food, noodles, soups, momos, and fried rice, you will get a variety of options for food.

Electricity And Battery Charges

Electricity is available throughout the trail. Lower regions get the electric supply from hydroelectricity whereas the upper regions are powered by solar panels. You can charge your batteries throughout the trek. However, you have to pay extra charges for this.

Phone Network And WiFi Availability

You can use a NTC sim for an excellent network in the Everest region. You can easily find the NTC sim card in Kathmandu. Except for Gokyo Lake, you will get excellent network coverage in the Everest region.

You will find a stable internet connection in the tourist hub of the Everest region, Namche Bazar. Wifi connectivity is available at several spots like Lukla, Phakding, and Monju as well.

Drinking Water

While you are on this journey, you will be walking about 6-7 hours daily so be sure to stay hydrated. We recommend you drink about 3-4 liters of water daily. You can easily get bottled mineral water in several teahouses in the Everest region, It cost 1-3\$. If you carry water-purifying products along then it will be easier as we progress forward in the remote trails.

Acclimatization

Elevating to a higher altitude every day, you might get prone to altitude sickness on the trail. So how do we prevent this?

To prevent acute mountain sickness, you need to acclimatize properly. It is crucial to listen to your body and pace yourself accordingly. You will be walking 6-7 hours every day for about 14 days so take enough rest and listen to your body.

Travel Insurance

The Everest base camp trek via Gokyo lakes is a difficult trek in the higher elevations. You might face challenges regarding sudden climate changes, acute mountain sickness, and so on. So, travel insurance is crucial during this trip. Trekkers must provide a copy of their travel insurance to us before traveling.

Your insurance plan must pay for medical and emergency repatriation, as well as high-altitude helicopter rescue and evacuation costs (up to 6000m).

Based on the experiences of our clients, we can suggest insurance providers to you, but we do not engage in the insurance sales business. In the event that a trekker's travel insurance is inadequate, incorrect, or nonexistent.

Once they have made a reservation for the walk, trekkers are kindly asked to give their complete insurance information. It will assist us in planning an efficient rescue effort in case of an emergency.

Difficulties Of Everest Base Camp Trek via Gokyo Lakes

Trekking to the base of the tallest mountain in the world is no joke. It is definitely not going to be a walk in the park. Elevating every day for about 6-7 hours at a higher altitude will demand you to be physically fit and motivated.

This trek does not require any prior experience, however, you must be physically fit for the tough walk along the elevated trails. Adding up to the challenging journey, you might get prone to acute mountain sickness or altitude sickness. So you must pace yourself and listen to your body.

If you wish to trek to the Everest base camp via Gokyo lakes during summer or winter then it comes with its own sets of struggles. Summer accompanies the monsoon in Nepal, which invites bugs, leeches, and wet and slippery trails. Winter also is a challenging time for trekking to the Everest region due to the frosty climates and unforeseen weather conditions. So, if you wish to trek to the [Everest base camp trek 14 days](#) during the off-season then you must be prepared for unforeseen circumstances.

You might have to face challenges regarding accommodations during Spring and Monsoon as well. This is the peak season with huge traffic so make sure you book your trip prior to be safe.

The Best Time To Visit

Jan -Feb

Jan-Feb is the winter season in Nepal and winter is not the best time to travel to the Everest region. Unfavorable and frosty climatic conditions make it difficult to trek the Himalayan trails. The trails also get slippery and the views are fogged, so you cannot make the most out of your trekking experience. However, if you want to travel during this time then make sure you have prior management and are fully prepared to face adverse climates.

March-April

March to April, The spring season is the most favorable time for trekking in Nepal. Offering the best of

views, a favorable climate along with the rhododendron blooms makes spring an ideal time to trek to the Everest region.

May-June

May- June, the summer season is relatively easier compared to the winter. Warm weather, clear blue skies, and breathtaking views. You can easily trek to the Everest region during this time.

July- August

Summer is accompanied by Monsoons in Nepal. This is not the most favorable time for trekking in Nepal. Wet and slippery trails, unpredictable climatic weather conditions, and monsoon rains invite bugs, leeches, and other insects making this time a difficult period for trekking to the Everest region. However, if you are fully prepared for these challenges then you can still trek from July-August.

Sep-Oct

Sep-Oct, the Autumn season is one of the most favorable times of the year to trek in Nepal. This is considered the peak season for trekking and you might also face challenges regarding accommodations during this time. So, make sure you book the trip prior.

Nov -Dec

This is also a good time for trekking to the Everest region. Mornings and Evenings get chilly during this time, however as the day progresses; warm weather, clear blue skies, and astounding mountain views make this time a favorable period for trekking to the Everest region.

Reaching The Starting Point Of EBC via Gokyo Lakes

The Everest base camp trek via Gokyo Lakes starts after you fly to Tenzing Hillary airport, Lukla from Kathmandu. Lukla is a small village in the lap of mountains, which can only be accessed via hiking or flight. From here you start your trek to the Everest region.

Physical Fitness For Everest Base Camp Trek via Gokyo Lake

The Everest Base Camp trek via Gokyo Lake is a difficult trek. However, you don't need prior experience or numerous trekking experiences. You can embark on this journey if you have decent physical fitness and are able to walk for about 6-7 hours daily on the rugged mountain trails. Attaining the necessary fitness level for Everest Base Camp is crucial, as it significantly helps in your remarkable journey.

Everest Base Camp Trek Via Gokyo Lakes Safety

Everest base camp trek via Gokyo lakes is not a conventional route to the Everest region, However, it is still a safe trekking trail. But if you are a solo traveler then you might want to stick to the best season (spring and Autumn) for trekking. You might have to face adverse climatic situations during winter and monsoons. Otherwise, it is a safe trekking trail for group travelers.

Trekking To Everest Base Camp Trek via Gokyo Lake Responsibly

The core value, we carry as a travel company is to make sure that our journey does not harm anyone. We have tried out numerous solutions to keep our treks eco-friendly. We are making sure that we give our best to this purpose so we expect the same efforts from our fellow travelers as well. Isn't it wonderful to be walking with a purpose for preserving the world where we live?

You can support us by carrying sustainable products, carrying your reusable water bottles, respecting the locals and their traditions and culture, and being mindful of disposing of trash.

Last Minute Booking For Everest Base Camp Trek via Gokyo Lake

If you are not able to book the trek in advance for any reason then we provide last-minute bookings as well. However, you need to provide full payment 24 hours prior to the departure time.

But you must be aware of the fact that there might be delays due to unforeseen weather, lack of accommodation, and other difficulties that are beyond our control. So, we cannot be held responsible for things that are out of our control.

Can I extend My Trip?

Yes, you can extend the trip if you want. We can customize the trip according to your needs. However, you have to pay extra for the customization.

Benefits Of Choosing Hillary Step Treks (HST)

- Our experienced team of over one decade has accomplished treks in the Everest region treks and other treks too.
- Our guides are fluent in English, and Nepali dialects. They know the terrain, culture, people, and the Everest region through & through.
- HST provides you with the best value services for your money. No hidden cost, every step with HST is transparent and clear. We value our clients over profit any day.
- Your safety is the top priority while trekking with the HST team. Thus, in case of an emergency first-aid kit or provision of rescue teams as a requirement.
- We are a government-registered company providing you with real care services at the best reasonable rate.
- Our company also has 70% repetitive clients over the years which shows their trust in us.
- We go the extra mile to assure you of a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

FAQs of Everest Base Camp Trek via Gokyo Lake

How Safe Is Everest Base Camp Trek via Gokyo Lake?

The Everest base camp trek is a challenging trek, However, with tour guides, it is absolutely safe. Unless you are a solo traveler or are traveling without your health insurance, you shouldn't worry about the safety of this trek.

What Is The Weight Limit For Porters And Lukla Plane?

The weight limit for both the Lukla plane is about 15 kgs. 1 porter is available for two trekkers and the weight limit is 18 kgs, 9 kgs each.

I Have Never Trekked Before, Can I Make It To The Everest Base Camp Trek via Gokyo Lake?

The Everest base camp trek via Gokyo Lakes is not an easy trekking experience, However, even beginners can make it to the Everest base camp trek via Gokyo Lakes.

Is Lukla Airport Convenient For The Flight?

Lukla flight is the most convenient option for traveling to the Everest region.

What If My Flight To Or From Lukla Is Canceled Or Delayed?

Flights to Lukla are quite unpredictable as they can be canceled or delayed at any time. In that case, we will reschedule your flight to Lukla.

How Long Do I Need To Walk Per Day To Reach Everest Base Camp via Gokyo Lakes?

You need to walk approximately 5-6 hours every day to reach the Everest base camp via Gokyo Lakes.

Do I Need Travel Insurance To Trek In The Everest Region?

Travel insurance is the most important document on your trek to the Everest region.

What Documents Do I Need To Bring For Trekking To Everest Base Camp via Gokyo Lakes?

Documents for trekking to the Everest base camp via Gokyo Lakes include;

- Your travel insurance
- Photocopies of your passport
- PP sized photographs
- Respective permits of the Everest region.

How Can I Communicate If There's An Emergency?

Mobile network is available in the Everest region. You can easily communicate using your mobile phone if you get a sim card, NTC, or Ncell.

What Happens If Someone From Our Group Gets Sick While Trekking In The Mountains?

If you are trekking in a group and are concerned that someone will get sick while trekking, then don't worry about it. The sick person will be taken care of and the rest of the group can continue the trek if they want.

And god forbid if the situation worsens, they will be taken to the hospital immediately via flight.

How Long Do We Stay At Everest Base Camp? Can We Spend The Night At The Base Camp?

The Everest base camp is located at an altitude of 5,364 meters so we can only spend about 1 to 2 hours there.

No, we do not spend the night at the Everest base camp, it is not possible to stay there for the whole night.

Can You See The Summit Of Mount Everest From Everest Base Camp?

Unfortunately no, the entire summit of Mount Everest is not visible from the Everest base camp. However, the best views of the majestic Mount Everest are visible from the Kala Patthar.

Do You Provide Trekking Gear And Equipment For This Trek?

We provide sleeping bags and down jackets but you need to carry your own personal gear. We will recommend shops for buying or hiring trekking gear.

What Can One Expect On A 'Teahouse Trek'?

Teahouse trekking is a renowned trekking experience in Nepal. The teahouse trekking is mostly popular in Everest and Annapurna regions and has replaced the traditional trekking approaches in Nepal. The teahouse trekking involves stopping by several teahouses spread along the trail. The teahouses are owned by the locals who provide food and accommodations. The standard of the teahouses may vary, but all of them provide the basic facilities. Of course, you cannot expect a luxurious villa in the remote trails, however, you can still get standard hotels for accommodations.

Where Can I Store My Extra Luggage While Trekking?

If you are carrying extra luggage then, you can store them in your hotel. Or you can also leave them at our office.

Do I Need To Bring Additional Medicine For Trekking?

You must carry your prescribed medicines (if any). You can also carry a simple first aid kit and other additional medicines like; ibuprofen, codeine, Diamox, paracetamols, and lozenges.

How Do You Avoid Altitude Sickness?

To avoid altitude sickness;

- Make sure you stay hydrated during the entire trek. Drink at least 4-5 liters of water every day.
- Avoid cigarettes, alcohol, caffeine, and other stuff that might cause dehydration.
- Pace yourself and listen to your body.
- Don't miss the acclimatization day. You can also take a pill to remove or reduce the symptoms of altitude sickness.

Will Someone Come To Pick Us Up At The Airport?

Yes, one of our representatives will pick you up at the airport and guide you from there.

Can We Buy Trekking Gear In Nepal?

You can easily buy or hire trekking gear in Kathmandu Nepal if you want.

Can We Get An Arrival Visa In Nepal? "On Arrival Visa?"

'On arrival', tourist visa is the only entry visa in Nepal. It is a quick and simple procedure.

Can I Choose My Own Departure Dates For This Trekking?

We can customize your departure dates for this trekking. However, the cost will vary depending on the customization.

Address

Nayabazar 16, Kathmandu, Nepal