

EVEREST TREKKING CANADA

Vancouver, BC

Cho Oyu / Gokyo Route

Leaders: Gord Konantz & Tashi Sherpa
grade: very strenuous

Day 5	fly to Lukla <i>camp at Toc Toc 2800m 4 hrs.*</i>	Thu Oct 27/05
Day 6	Toc Toc - Namche Bazar 3440m 5 hrs. <i>Camp de Base Lodge</i>	Oct 28
Day 7	<i>rest day - Saturday market</i> <i>Camp de Base Lodge</i>	Sat Oct 29
Day 8	Namche - Thame 3800m	Oct 30
Day 9	Thame - Marulung 4210m	Oct 31
Day 10	Marulung - Chhule 4470m	Nov 1
Day 11	Chhule – Sumna 4800m	Nov 2
Day 12	Sumna - <i>rest day</i>	Nov 3
Day 13	to base of Renjo la 5000m	Nov 4
Day 14	cross the Renjo la 5340m <i>Gokyo Lodge (4750m)</i>	Sat Nov 5
Day 15	Gokyo – Na - Phortse 3810m 8 hrs.	Nov 6
Day 16	Phortse - Namche 4 hrs. <i>Camp de Base Lodge</i>	Nov 7
Day 17	Namche - Toc Toc 4 hrs.	Nov 8
Day 18	Toc Toc – Lukla <i>Himalayan Lodge</i>	Nov 9
Day 19:	fly to Kathmandu	Thu Nov 10