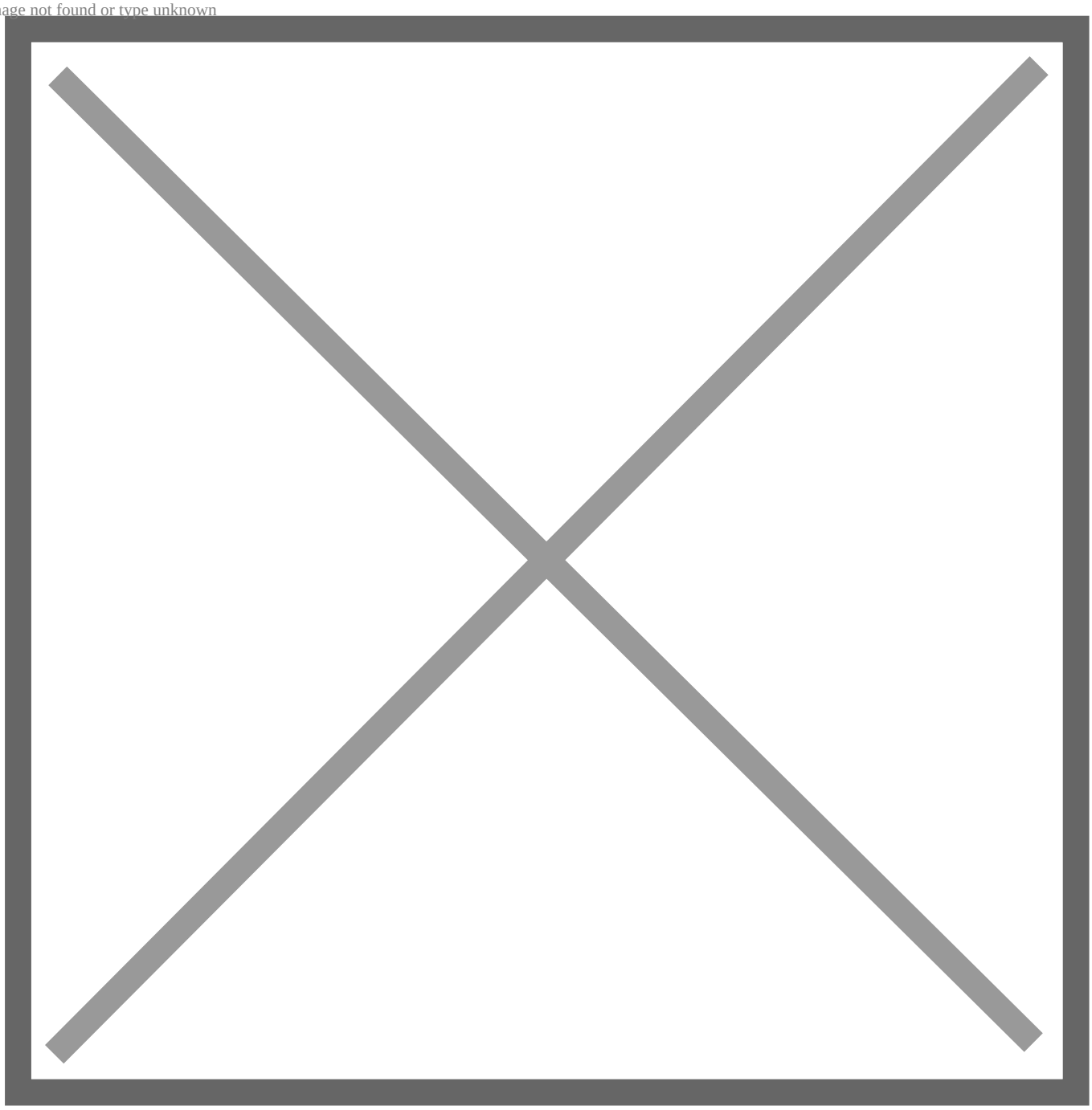
Gokyo lake trek- 13 days

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Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
1290	14 Days	5,357m	5-6 hours	Hotel & Lodge	Moderate

Group Size:

2-20 max.

Overview

Gokyo Lake trek, takes you to a beautiful part of North East Nepal where there are beautiful mountain range views of the Khumbu region like Mt. Cho Oyu, Makalu, Everest, Lhotse peaks along with the beautiful clear blue frozen waters of the glacial Gokyo Lake found in the Gokyo valley.

On this engaging journey you will trek through many Sherpa villages and passes that have many stones walls and small chortens with prayer flags. It allows you to climb up the moraines of Ngozumpa glacier and the panoramic mountain range views from the top of the mountain called Gokyo Ri.

You will also hike to see the huge glacier and descend towards villages of Dole and Namche bazaar the Sherpa town, often referred as Gateway to Everest. The path rises to different elevations at different places. Trekkers are required to walk alongside the Dudekoshi River and cross suspension bridges to enter through the villages that bring them to Gokyo valley.

The river valley of Gokyo is also a holy spot. For Hindus the lake represents Nagas-the God of snakes. On Gokyo lake trek you will also get acclimatized with Sherpa people often called as the tigers of mountain and get a view of their lifestyle and mountaineering records and history. This trek is moderately tough but a rewarding trek that gives the views of landscapes of mountains in the Mahalangur range.

If you have already done Gokyo lake trek, then we have some best selling trips for you;

Best Everest base camp trek, Amazing Langtang valley trek, Glorious Manaslu circuit trek, Mesmerizing Ghorepani poonhill trek , Cheap Annapurna base camp trek might be your next favorite travel destination in Nepal.

Trip Highlight

Spectacular view of mt. Everest ,cho yo(8201m), Mt. Lhotse (8516m) etc.

Observe Ancient Buddhist monastaries and stupas

Visit Gokyo village,Gokyo lakes and explore Gokyo ri

Itinerary

Day: 01 Arrival in Kathmandu

After your arrival at Tribhuwan International Airport in Kathmandu, you will be warmly greeted by guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your

respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world.

Accommodation: 3-star hotel
Meals: No
Duration: 1 dayDay

Day: 02 Fly to Lukla - 30 min. & Trek to Phakding

Today,early morning drive to Manthali then, you will take a short scenic flight to Lukla. At the Lukla airport you will be introduced with the rest of the trekking staff and trek to Phakding village. The landscape is green and the backdrops of Kusum Kangru in the village make it welcoming. Overnight in Phakding.

Accommodation: Lodge
Meals: B/L/D
Duration: 3-4 hours Days

Day: 03 Phakding to Namche Bazer

From Phakding you walk on Pine forest trail to Sherpa village called Namche Bazaar. To reach here you follow the western banks of Dudh koshi river and suspension bridges to restricted areas of Sagarmatha National park and with a special permit through forest to come here. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 04 Acclimatization at Namche Bazer

Today you explore around Namche bazaar. It is a busy market and we also take a short hike to Syangboche airport and also see Everest view hotel. It provides peaks of the Mahalangur range and later goes to visit the Sherpa culture museum. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 05 Namche to Dhole

Today you trek to juniper and pine forest and pass villages and summer settlements to yaks grazing in the pastures above. Then the trail takes Tongba and Gyele with views of Khumbila and Tawache peaks and reaches Dole village. Overnight in Dole.

Accommodation: Lodge

Meals: B/L/D

Duration: 5-6 hours Days

Day: 06 Dhole to Machermo

Today trail climbs Lambara and it is a steep climb and passing some Kharkas continue to climb alongside valley crossing sandy spur to reach Machhermo village. Overnight in Machhermo.

Accommodation: Lodge

Meals: B/L/D

Duration: 4-5 hours Days

Day: 07 Machermo to Gokyo Lake

Today the climb is along a ridge and pass through Pangka and down river banks before climbing up on the moraine of Ngozumpa glacier and glacier fed freshwater wetland named Gokyo lake. Overnight in Gokyo .

Accommodation: Lodge

Meals: B/L/D

Duration: 4-5 hours Days

Day: 08 Explore Gokyo Ri

Gokyo Ri is a short climb from Gokyo lake. It looms and from the vantage point you can observe the close views of giant Everest range peaks in a sweeping display. The view of the Mahalangur range is simply unmatched. Overnight in Gokyo.

Accommodation: Lodge

Meals: B/L/D

Duration: 3-4 hours Days

Day: 09 Gokyo to Dhole

Today we trek back to the left side of Dudh Koshi river and cross the river and continue to Phortse thenga. Pass the forested path and green lands with yak pastures to Dole with Khumbila and Tawoche peaks.Overnight in Dole.

Accommodation: Lodge

Meals: B/L/D

Duration: 6-7 hours Days

Day: 10 Dhole to Namche Bazer

Today we walk along green pastures and walk to the gorge of Dudh Koshi and Kyamjung village and arrive at Namche Bazaar. Overnight in Namche Bazaar.

Accommodation: Lodge

Meals: B/L/D

Duration: 5-6 hours Days

Day: 11 Namche to Lukla

Our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where we can sample some 'Chhang' (local mountain beer – a favorite drink on the mountains brewed from fermented rice), we do a jig to some Sherpa dancing, enjoy a special meal and reflect back on a memorable trekking experience before we crash .overnight in Lukla .

Accommodation: Lodge

Meals: B/L/D

Duration: 6-7 hours Days

Day: 12 Fly to Kathmandu, - 35 min

Normally, flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. Scenic flight from Lukla to Kathmandu for about thirty minutes. We touch down at Kathmandu and transferred to hotel. But please note, sometimes the flight can be delayed or canceled in the mountain regions of this type due to weather and other unpredictable reasons beyond our control. Our guests are expected to be patient. Overnight at Hotel.

Accommodation: 3-star hotel

Meals: B/L/D

Duration: 35 min. Days

Distance: min.

Day: 13 departure day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. We hope to see you again someday.Namaste!

What are included?

Two way flight from Kathmandu to Lukla

All accommodations during the trek at hotels, lodges including breakfast

All meals (B/L/D) during the trek

Government license holder guide

Sagarmatha National Park entry permits fees

Souvenir of the trek

Guides expenses including meals, insurance, salary, lodging, transportation, flight

Snack and seasonal fruits

Porters service

Phasang Lhamu rural municipality fees

Farewell dinner

Certificate of Completion.

What are Not included?

International airfares

Nepal entry visa fees

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol, telephone call, batteries

Travel insurance

Tips for guides and porters

Additional cost, delays out of Management control

All costs and expenses not included in the “COST INCLUDES” section.