



Gokyo Lake Trek (14 days)

EVEREST REGION

14 Days

DURATION

Moderate

DIFFICULTY

USD \$1,750

FROM (PER PERSON)

QUICK FACTS

Duration	14 days	Trip Difficulty	Moderate
Activities	Trekking	Accommodation	Tea House/Guest Hoose
Meals	Breakfast, Lunch & Dinner	Max Elevation	5,357 meters (17,575 feet)
Group Size	2-20	Best Time	Autumn (Sept to Nov) Spring (March to May) Summer (June to August)

TRIP HIGHLIGHTS

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OVERVIEW

The Everest Gokyo Lake Trek is a popular trekking route in the Everest region of Nepal, offering stunning views of the world's highest peaks, including Mount Everest, as well as a chance to see the beautiful Gokyo Lakes and Gokyo Ri. Gokyo Valley Trek is an ideal package for the people who love to wander around natural beauties. Gokyo Valley Trek is one of the best trekking in Nepal with hypnotizing natural scenes along with the magnificent view of the largest glacier in the Himalayas, Ngozumpa Glacier and the world's highest peak, Mt. Everest. Anybody on this trip will fall in love with nature in there and adventure.

This Gokyo Valley Trek takes you to Gokyo Valley starting from UNESCO world heritage sites like Swyambhunath (Monkey Temple), Pashupatinath Temple, Patan Durbar Square and so on in Kathmandu through Lukla, Namche Bazaar, Dole, Machherma, Gokyo Lake and Gokyo Ri and brings you back. March-May(Spring) and September-October(autumn) are the best seasons for this trek.

The view from Gokyo Ri (Gokyo Peak) allows you to face various intimidating peaks like Mt. Lhotse (8501m), Mt. Cho-Oye (8153m), Makalu (8463m) and many more. You'll also get an opportunity to be close to the Tibetan and Nepalese culture. You'll find a friendly environment on this trek.

Gokyo Valley which is in the Khumbu region lies towards the west. You'll spend all your days on this trek in exploring and hiking. You'll complete a long trek from Lukla to Gokyo lake in 5 days. The unexpected excellent views of mountains and lakes will make you feel relaxed.

Once you're there, you will be surrounded by the warm love of mountains and the culture of people there. Whispering water, grazing yaks and singing forests will arrest your heart. This trek is the best path to trek over the Khumbu Himalayas.

You'll get a chance to analyze Nepal's internal beauty on this trip with your own eyes. We can assure you that your days with us on this trip will create lots of unforgettable memory in your mind for the rest of your life.

Note – Lukla is one of the most sensitive airports in the world, there are always chances of flight getting delayed or canceled. Just in case, if it gets canceled for few days and if you got limited time, you can take a Helicopter ride to Lukla which costs you around 500\$USD extra for one way each person but in that case Flight ticket money you will get a refund. We suggest you have a few days extra at the end to make sure this trip will not affect your international flight back home only if you have a tight schedule.

The full form of (B, L, D) refers to – Breakfast, Lunch & Dinner.

DAY-BY-DAY ITINERARY

DAY 1 Arrival in Kathmandu Airport transfer to hotel

Our office staff or our representative will meet you at the International Air Terminal, Kathmandu. Pure Sherpa Adventures representatives pick you up from the airport to the hotel. And you will be given general information and advice about tomorrow’s program, if you have any questions you can ask.

DAY 2 Morning Flight from Kathmandu to Tenzing and Hillary Airport in Lukla (2804m/9199ft). Trekking from Lukla to Phakding

Early morning you will be gotten at the inn by our guide and escort you to the residential terminal of Kathmandu air terminal. At that point, you load onto the departure from Kathmandu to Lukla. During the 40 minutes, you appreciate dazzling perspectives on the Himalayas. After arriving at the Tenzing-Hilary air terminal you meet your watchman. He will convey your gear. At that point, you start your trekking. Today you trek of three hours. It’s simple and delicate. The trail starts passing a Kani (formal gatehouse). It slips steeply then runs level above Kyangma town, which has a huge gompa (religious community) and school. From that point forward, you enter Cheplung town. The trail plunges through network timberland with seeing Dudh Koshi River. Intersection suspension connects it’s a short move around the edge to Ghat. Leaving Ghat the trail passes a school and complex of mani dividers, shortens and supplication wheels. At that point, the trail moves to the villa of Chhuthawa. Walking from Chhuthawa soon after walking for a short time, you reach to Phakding. Medium-term at a mountain hold up.

DAY 3 Trekking from Phakding to Namche Bazaar (Alt. 3441m/11289ft). Strolling 5 hours.

Meals: breakfast

After breakfast, you keep trekking along the banks of the Dudh Koshi River. Proceeding up the Dudh Koshi valley you will arrive at a group of nearby Bhatti (doorman rest houses) and a little hydroelectric task. The trail moves up over the edge and pines to the little town of Toktok. You will before long get your first perspective on Thamserku crest (6608m). The trail again climbs steeply around the edge and reach Benkar. Here you discover cascades. Leaving Benkar the trail crosses east bank of Dudh Koshi River over suspension scaffold and heads to Chumoa. From Chumoa it’s another lofty move to the edges of Monjo town. Simply over the Monjo, there is a checkpoint for Sagarmatha National Park. Your trekking card is checked here. A short time later, the trail slices crosswise over toward the west bank of the Dudh Koshi River on another suspension extension and races to Jorsale. Above Jorsale you pursue the waterway bank over the rock before moving to the timberland. You will see streaming together of Bhote Koshi and Dudh Koshi waterways. From here it proceeds with a climb through thick pine woods and afterward inevitably enters to Namche Bazaar. Medium-term at a mountain top.

DAY 4 Acclimatization day. Day excursion to Shyangboche and Khumjung Village (Alt. 3780m/12402ft) and trek back to Namche Bazaar. Strolling 5 hours.

Today you remain at Namche Bazaar to stay away from side effects of Altitude Sickness (AMS). This doesn't mean you need to quit strolling. You climb up the Shyangboche. You cross grass airfield at Shyangboche and meander towards the Everest View Hotel, the highest inn on the earth as designated by the Guinness Book of Records. From here you can have a decent perspective on Mt. Everest and encompassing pinnacles. At that point, you keep strolling to Khumjung, the biggest Sherpa town in Everest locale which spreads underneath the pinnacle of Khumbila (5761m). The houses here are huge and conspicuous and numerous local people possess tracts of land further north along the valley. You visit Khumjung Gumpa. One of the fortunes kept here is a Yeti Skull. From the level territory before the Gumpa, there are sees east to Amadablam, Thamserku, and Khumbila. After the visit of Khumjung town, you return straightforwardly to Namche Bazaar following the way behind the town school. Today you will have additional choice to visit Sagarmatha National Park Visitor focus where you can see some well-protected shows on Himalayan greenery and the way of life of Sherpa individuals. Medium-term at a mountain top

DAY 5 Walking from Namche Bazaar to Phortse Thanga (Alt. 3680m/12073ft) and then walking at least for 5 hours.

Meals: breakfast

After breakfast, you pursue the way by the monster mani in Chhorkung and trek north around the long edge. Toward the part of the arrangement is a perspective over a scene of Thamserku, Ama Dablam, Lhotse, and Everest. At that point, the trail comes to Kyangjuma. After a short walk, it takes to the trail intersection at Sanasa. You get the way prompts Gokyo and climb the edge. Right over the valley, you will almost certainly observe places of Tengboche on another edge and the walled fields of Phortse. At that point, the track forms the edge and arrives at a little pass, Mong La (3975m). Local people say town close by this pass is the origination of Lama Sange Dorje, the holy person who acquainted Buddhism with the Everest district. Intersection Mong La the way drops down to Dudh Koshi through pine timberlands and it touches base at Phortse Thanga. Medium-term at a mountain hold up.

DAY 6 Trekking from Phorse Thanga to Machherma (Alt. 4470m/14665ft).

The day starts crossing the stream at Phortse Thenga and climbs through the backwoods. At that point the trail parts. You pursue the trail that climbs northwest along the valley of the Dudh Koshi towards Gokyo. Proceed with your trekking to the following town Dole along the west side of the valley. From Dole, you have mountain perspectives on Khumbila toward the south and Taboche toward the north side. From Dole, it's a lofty move out of the backwoods to a fruitless slope canvassed in tundra grasses and spotted scour junipers and arrives Lhabarma. From this little town, the trail climbs tenderly past a huge Chorten to Luza. The trail keeps on moving at the edge of the valley over a progression of sandy hummocks. You will before long arrive at a Chorten and shuddering supplication hails on the edges of Machhermo. Medium-term at a mountain hold up.

DAY 7 Hiking from Machhermo to Gokyo Lake (4790m/15715ft) and then walking for at least 4 hours

Today leaving Machhermo you enter the abandoned tundra of the high mountains. It climbs steeply up an inadequate slant to a couple of chorten on the ridge. At that point, it pursues the edge. In transit, you have great perspectives of Kantega (6685m) and Cho Oyu (8210m), the 6th tallest mountain on the planet. At that point, you will go to a little settlement of Pangka. From Pangka the trail plunges at that point move into a rough split on stone strides next to the stream. A while later, it arrives at the main lake, Longponga Tsho (4650m). Simply past the lake, a little side trail cuts east towards Cho La Pass to Lobuche. The trail presently turns out to be practically level as it crosses a desolate scene. You will before long arrive at the second lake Taboche Tsho (4710m). From this lake, after short strolling, you will touch base at a town close by Gokyo lake (4790m). Gokyo town is situated between a mass of moraine and the lake which is supported by a bowl o tooth-like pinnacles. Medium-term at a mountain hold up.

DAY 8 Walk up to Gokyo Ri (5360m/17585ft) and back to Gokyo Lake. Walking at least for 5 hours.

Promptly in the first part of the day, you go for an up climb up to Gokyo Ri. You pursue the way crosses the stream at the north part of the arrangement at that point moves for two hours to supplication banners at the highest point of the slope. From the summit, you have shocking all-encompassing perspectives on Cho Oyu, Everest, Lhotse, Makalu, Cholatse and Taboche with the Ngozumpa ice sheet, the longest icy mass in the Himalayas. From here you see the Gokyo town is a little spot on the moraine and the Gokyo lake is a goliath green lake. After appreciating this incredible view you gradually down to your mountain cabin and take a rest. Medium-term at a mountain hold up.

DAY 9 Trekking from Gokyo Lake to Dole (4110m/13484ft). Strolling 6 hours.

Meals: breakfast

After breakfast, you remember following the past trail. It's a simple downhill stroll along the Dudh Koshi River that leaves the Ngozumpa Glacier. Going continuously and after that the primary Lakes, you go to a little town of Pangka. The trail drops beneath Phangka, and over a level patio on the slant to climb a rib on the most distant side of the slope. At that point, you gradually stroll down to the town of Machhermo. Keep strolling go through Luza and Lhafarma to arrive at Dole. Medium-term at a mountain hold up.

DAY 10 Trekking from Dole to Namche Bazaar (3440m/11286ft). Strolling 5 hours.

Meals: breakfast

After breakfast, your trek begins to drop down Phortse Thenga. In transit, you can appreciate watching wildflowers and Rhododendrons. You may experience mountain goats, musk deer, and fowls. After coming to MongLa, you have again the opportunity of a wonderful perspective on Mt. Khumbila. Taboche, Ama Dablam, Thamserku, and Kangtega. You can likewise observe Tengboche in a removed. Sooner or later, you reach Sanasa, the intersection of trails. You pursue the way of Namche Bazaar sticks to the precarious lush slant past Kyangjuma, twisting through a few curves. Coming to Namche Bazaar you look into your hotel and have a rest. Medium-term at a mountain top.

DAY 11 Trekking from Namche Bazaar to Lukla (Alt.2804m/9199ft). Strolling 6:30 hours.

From Namche Bazaar, you pursue the steeply descending way. When you cross the high suspension connect the trail runs generally level to Josale and after that moves to Monjo where your trekking card will be looked at. At that point, it's a simple go through Benkar and Phakding to Lukla. In the wake of landing at Lukla, it closes your general trek. Most trekkers make a festival of completing their trekking with their guide and team individuals at Lukla. Medium-term at a mountain top.

DAY 12 Flight from Lukla to Kathmandu in the first part of the day. Rest of the day at relaxation

Promptly in the first part of the day, you move to the Tenzing-Hillary air terminal. At that point get by and by that picturesque mountain trip to Kathmandu. After you land in Kathmandu air terminal you will be moved to your lodging. You have available time for the rest of the day. You can have a hot shower, spa for loosening up your body in Kathmandu. Medium-term at inn.

DAY 13

Sightseeing visit to World Heritage Sites of Kathmandu valley. Night goodbye supper with Nepali Cultural show

Meals: breakfast

After breakfast, you will be offered social touring of World Heritage Sites in Kathmandu valley go with an expert guide. By our private vehicle you will visit Pashupatinath, holy Hindu sanctuary devoted to Lord Shiva and is situated on the banks of the Bagmati River 5 kilometers north-east of Kathmandu city; Boudhanath, the biggest Buddhist stupa in Nepal and the holiest Tibetan Buddhist sanctuary outside Tibet which is the focal point of Tibetan culture; Bhaktapur Durbar Square, medieval regal royal residence that impression you Nepalese real workmanship and engineering and one of a kind culture. In the wake of touring, you possess free energy for your very late shopping. The night you will be offered goodbye supper with Nepali foods and social moves at the run of the meal Nepali Restaurant. Medium-term at lodging.

DAY 14

Departure from kathmandu to your beautiful country we will drop you at airport

The outing closes today. Our visit official will drop you at Kathmandu International Airport for your flight takeoff from Nepal.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
- + Accommodation during the trek

Meals & Dining

- + All meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu at the end of the trek

Guides & Porters

- + Government-licensed trekking guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + Guide and porter expenses including meals, insurance, salary, lodging, transportation, and necessary equipment

Permits, Entry Fees & Taxes

- + Sagarmatha National Park entry fee (NPR 3,000)
- + Khumbu Municipality entry fee (NPR 2,000)
- + Trekkers’ Information Management System (TIMS) card fee (NPR 2,000)
- + All government and local taxes

Safety & Emergency Support

- + Rescue operation arrangements in case of complicated health conditions (costs covered by the traveler’s insurance)

Trekking Equipment

- + Pure Sherpa Adventure duffle bag