Trip Information Sheet

October 31, 2026

Gokyo Lake Trek (14 days)

EVEREST REGION

14 Days	Moderate	USD $1,750
DURATION	DIFFICULTY	FROM (PER PERSON)

QUICK FACTS

Duration	14 days	**Trip Difficulty**	Moderate
Activities	Trekking	**Accommodation**	Tea House/Guest Hoouse
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 Gokyo Lakes Trek is one of the most rewarding routes in the Everest region. Over 14 days you leave the busy Everest Base Camp trail behind and follow the Dudh Koshi valley to the turquoise Gokyo Lakes, a Ramsar-listed wetland system in the shadow of Cho Oyu.

The journey begins with a scenic flight from Kathmandu to Lukla. From there you trek via Phakding to Namche Bazaar, the Sherpa capital of the Khumbu, and spend a full day acclimatizing with an excursion to Syangboche and Khumjung. You then continue through Phortse Thanga, Machhermo and Dole, following the Dudh Koshi valley up to Gokyo and trekking alongside the Ngozumpa Glacier, the longest glacier in Nepal.

The highlight is the early-morning climb to Gokyo Ri (5,357 m). From the summit, four of the world's six highest mountains, Everest, Lhotse, Makalu and Cho Oyu, rise in a single panorama above the glacier and the lakes.

Along the way you pass Sherpa villages, monasteries, mani walls and prayer flags. Our Sherpa-owned team looks after your guide, porters, permits and teahouse stays, so you can focus on the trail. Walking days range from about 3 to 6.5 hours, and the route is graded moderate.

The best seasons are spring (March to May) and autumn (late September to November), when skies are clearest and the weather is most stable.

Please note: flights to and from Lukla are often delayed or cancelled because of weather. If your flight is cancelled and your schedule is tight, a helicopter to Lukla is an option at roughly USD 500 extra per person each way, and your unused flight ticket is refunded. We recommend adding a spare day or two at the end of your trip so a delay does not affect your international flight home.

In the itinerary, B, L and D stand for Breakfast, Lunch and Dinner.

DAY-BY-DAY ITINERARY

DAY 1 Arrive in Kathmandu and transfer to your hotel

Max. Altitude: 1,400 m

Overnight: Hotel, Kathmandu

Welcome to Nepal! A Pure Sherpa Adventure representative will meet you at Tribhuvan International Airport and transfer you to your hotel in Kathmandu. After you check in, your guide will brief you on the trek, go through tomorrow's early flight to Lukla, and answer any questions. If you still need trekking gear, you can use the rest of the day to shop in Thamel. Overnight at the hotel.

DAY 2 Fly to Lukla and trek to Phakding

Max. Altitude: 2,804 m

Duration: 40-minute flight + 3 hours walking

Overnight: Phakding (2,610 m), mountain lodge

Meals: B, L, D

Early in the morning we transfer you to Kathmandu's domestic terminal for the scenic flight to Tenzing-Hillary Airport in Lukla. The flight takes about 40 minutes, with Himalayan views from the window. In Lukla you meet your porter team and begin trekking. Today's trail is gentle. It passes through a stone gateway (kani), descends past Kyangma with its monastery and school, and continues through Cheplung. You follow the Dudh Koshi River, cross suspension bridges, and pass mani walls, chortens and prayer wheels at Ghat and Chhuthawa before reaching Phakding. Overnight in a mountain lodge.

DAY 3 Trek from Phakding to Namche Bazaar

Max. Altitude: 3,441 m

Duration: 5 hours

Overnight: Namche Bazaar, mountain lodge

Meals: B, L, D

After breakfast you continue up the Dudh Koshi valley, passing small tea houses and a hydroelectric project on the way to Toktok. You get your first view of Thamserku (6,608 m) here. The trail climbs to Benkar, where you will see waterfalls, then crosses the river on a suspension bridge to Chumoa and climbs to Monjo. Just above Monjo is the entrance to Sagarmatha National Park, where your permits are checked. After crossing the river again to Jorsale, you follow the riverbank to the point where the Bhote Koshi and Dudh Koshi rivers meet. Then you cross the high suspension bridge and climb steadily through pine forest to Namche Bazaar, the Sherpa capital of the Khumbu. Overnight in a mountain lodge.

DAY 4 **Acclimatization day in Namche Bazaar**

Max. Altitude: 3,780 m

Duration: 5 hours

Overnight: Namche Bazaar

Meals: B, L, D

Today we rest at Namche to help your body adjust to the altitude, but we do it by walking gently rather than sitting still. We climb to Syangboche, cross its small grass airstrip, and continue toward the Everest View Hotel, one of the highest hotels in the world, for views of Everest and surrounding peaks. From there we walk on to Khumjung, the largest Sherpa village in the Khumbu, which lies below the sacred peak of Khumbila (5,761 m). We visit Khumjung Gompa, where a relic said to be a yeti scalp is kept, and enjoy views of Ama Dablam, Thamserku and Khumbila. We return to Namche by the trail behind the village school. If you like, you can also visit the Sagarmatha National Park Visitor Centre, which has exhibits on Himalayan wildlife and Sherpa life.

DAY 5 **Trek from Namche Bazaar to Phortse Thanga**

Max. Altitude: 3,975 m

Duration: 5 hours

Overnight: Phortse Thanga (3,680 m),mountain lodge

Meals: B, L, D

After breakfast the trail passes a large mani wall and contours north along a long ridge. Along the way the views open up over Thamserku, Ama Dablam, Lhotse and Everest. You pass Kyangjuma, then reach the trail junction at Sanasa, where the Gokyo route splits from the Everest Base Camp trail. From the ridge you can see Tengboche Monastery on the opposite hillside and the walled fields of Phortse. The trail climbs to the small pass of Mong La (3,975 m). Local people say the village near the pass was the home of Lama Sange Dorje, the saint who brought Buddhism to the Everest region. From the pass the path drops through pine and rhododendron forest to the river at Phortse Thanga. Overnight in a mountain lodge.

DAY 6 **Trek from Phortse Thanga to Machhermo**

Max. Altitude: 4,470 m

Duration: 5 to 6 hours

Overnight: Machhermo, mountain lodge

Meals: B, L, D

We cross the stream at Phortse Thanga and climb through forest, then follow the trail northwest along the Dudh Koshi valley toward Gokyo. The path stays on the west side of the valley and reaches Dole (4,110 m), with views of Khumbila to the south and Taboche to the north. Beyond Dole the forest thins into open slopes of tundra grass and juniper scrub, and the trail climbs to Lhabarma, then gently past a large chorten to Luza. Continuing along the valley edge over sandy hummocks, you arrive at Machhermo (4,470 m), where prayer flags flutter around a chorten. Overnight in a mountain lodge.

DAY 7 Trek from Machhermo to the Gokyo Lakes

Max. Altitude: 4,790 m

Duration: 4 to 5 hours

Overnight: Gokyo (4,790 m), mountain lodge

Meals: B, L, D

Leaving Machhermo you climb steeply to a pair of chortens on the ridge and follow it north, with views of Kangtega and Cho Oyu (8,188 m), the sixth-highest mountain in the world. You pass the small settlement of Pangka and drop on rocky steps beside the stream. Soon after you reach the first lake, Longponga Tsho (4,650 m). A side trail just beyond it leads east toward the Cho La pass and Lobuche. The path is almost flat as you cross open, barren country to the second lake, Taboche Tsho (4,710 m). A short walk later you arrive at Gokyo village (4,790 m), set between the moraine of the Ngozumpa Glacier and the lake, with jagged peaks all around. Overnight in a mountain lodge.

DAY 8 Climb Gokyo Ri and return to Gokyo

Max. Altitude: 5,357 m

Duration: 5 hours

Overnight: Gokyo

Meals: B, L, D

Today is the highlight of the trek. Start early for the climb to Gokyo Ri. The trail crosses the stream at the north end of the lake and climbs steadily for about two hours to the prayer flags on the summit. From the top you can see Cho Oyu, Everest, Lhotse, Makalu, Cholatse and Taboche, with the Ngozumpa Glacier, the longest glacier in the Himalayas, stretching below. Gokyo village looks like a small dot on the moraine, next to the green lake. After taking in the view, you walk back down to your lodge for a rest. Overnight in a mountain lodge.

DAY 9 Trek from Gokyo to Dole

Max. Altitude: 4,790 m

Duration: 6 hours

Overnight: Dole (4,110 m), mountain lodge

Meals: B, L, D

After breakfast you retrace your steps down the valley. It is an easy downhill walk along the Dudh Koshi River, which flows from the Ngozumpa Glacier. You pass the lakes and walk down to Pangka. The trail crosses a flat terrace on the hillside and climbs over a rib before descending gradually to Machhermo. Continuing through Luza and Lhabarma, you arrive at Dole. Overnight in a mountain lodge.

DAY 10 Trek from Dole to Namche Bazaar

Max. Altitude: 3,975 m

Duration: 5 hours

Overnight: Namche Bazaar (3,440 m), mountain lodge

Meals: B.LD

After breakfast the trail descends to Phortse Thanga through rhododendron forest, where you may see wildflowers, Himalayan thar, musk deer and pheasants. At Mong La you get another fine view of Khumbila, Taboche, Ama Dablam, Thamserku and Kangtega, with Tengboche in the distance. You then reach the Sanasa junction and follow the path along a steep grassy hillside past Kyangjuma, winding down several bends to Namche Bazaar. Check in to your lodge and rest. Overnight in a mountain lodge.

DAY 11 Trek from Namche Bazaar to Lukla

Max. Altitude: 3,440 m

Duration: 6.5 hours

Overnight: Lukla (2,804 m), mountain lodge

Meals: B, L, D

From Namche the trail descends steeply to the high suspension bridge, then runs mostly level to Jorsale and on to Monjo, where your permits are checked for the last time. From there it is an easy walk through Benkar and Phakding to Lukla, where your trek ends. Most trekkers celebrate the finish with their guide and crew in the evening. Overnight in a mountain lodge.

DAY 12 Fly to Kathmandu

Max. Altitude: 2,804 m

Duration: 35-minute flight

Overnight: Hotel, Kathmandu

Meals: B

Early in the morning you go to Tenzing-Hillary Airport for the scenic flight back to Kathmandu. After landing, we transfer you to your hotel. The rest of the day is free. You can have a hot shower, book a massage or spa treatment to relax tired muscles, or walk around Thamel. Overnight at the hotel.

DAY 13 Kathmandu sightseeing and farewell dinner

Max. Altitude: 1,400 m

Overnight: Hotel, Kathmandu

Meals: B, D

After breakfast, a guide and a private vehicle take you around some of the UNESCO World Heritage Sites of the Kathmandu Valley. You visit Pashupatinath, the sacred Hindu temple complex on the banks of the Bagmati River, dedicated to Lord Shiva. You then see Boudhanath, one of the largest stupas in the world and the heart of Tibetan culture in Nepal. Finally you walk through Bhaktapur Durbar Square, a medieval royal palace complex with fine Newar art and architecture. After sightseeing you have free time for last-minute shopping. In the evening we invite you to a farewell dinner with Nepali food and a cultural dance show at a local restaurant. Overnight at the hotel.

DAY 14 Departure from Kathmandu

Max. Altitude: 1,400 m

Meals: B

Your trip ends today. A Pure Sherpa Adventure representative will take you to Tribhuvan International Airport in time for your flight. Thank you for trekking with us, and we hope to see you in the mountains again.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

+ Hotel in Kathmandu – *Hotel stay with breakfast in a room with attached bathroom.*
+ Mountain lodges on the trek – *Twin-sharing rooms in tea houses along the trail.*

Meals & Dining

+ All trek meals – *Breakfast, lunch and dinner every day during the trek.*
+ Farewell dinner – *A Nepali farewell dinner in Kathmandu at the end of your trek.*

Guides & Porters

+ Licensed trekking guide – *A government-licensed trekking guide leads you throughout the trek.*
+ Porter service – *One porter for every two trekkers to carry your luggage.*
+ Guide and porter costs – *Meals, insurance, salary, lodging, transport and necessary equipment for your guide and porters are all covered.*

Permits, Entry Fees & Taxes

+ Sagarmatha National Park fee – *Entry fee of NPR 3,000.*
+ Khumbu Municipality fee – *Entry fee of NPR 2,000.*
+ TIMS card – *Trekkers' Information Management System card, NPR 2,000.*
+ Taxes – *All government and local taxes.*

Safety & Emergency Support

+ Rescue arrangements – *We organize rescue and evacuation if you have a serious health problem. The cost is covered by your travel insurance, so please make sure your policy covers high-altitude helicopter evacuation.*

Trekking Equipment

+ Duffle bag – *A Pure Sherpa Adventure duffle bag to carry your gear.*

Transport & Sightseeing

+ Airport transfers – *Pick-up and drop-off at Tribhuvan International Airport.*
+ Flights to and from Lukla – *Return flights between Kathmandu and Lukla.*
+ Kathmandu sightseeing – *A guided tour of Pashupatinath, Boudhanath and Bhaktapur Durbar Square, with private vehicle.*