



Gokyo Valley Trek 13 Days

EVEREST REGION

13 Days

DURATION

Moderate

DIFFICULTY

USD \$1,500

FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

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OVERVIEW

Did you miss your chance to see Gokyo valley trek while on Everest Base camp trek? Or you have unfulfilled wishes for the witness of glory Gokyo Lake at Khumbu region? Here we introduce the gorgeous deal to go through Gokyo valley.

Gokyo valley trek is well-known and unique adventurous trekking route in Nepal. It is one of the most adventurous trials which offer an extraordinary eye eagle scenario. This trek provides you lifetime experience to see eye-catching view of world's prettiest mountains with elegant glaciers. It is possible to trek Gokyo valley through the year however March to May and September is the best time to explore it.

Just after 30 minutes of flight from Kathmandu to Lukla, this trip takes you through the magnificent Dudhkoshi prominent as a typical biodiversity; centuries old Buddhist monasteries, profuse Sherpa Culture and lifestyle then reach at the Gateway of Everest called Namche Bazaar. Not only that even it tender the scenic view of Mount Everest(8848.86) with other splendid peaks such as Ama Dablam (6812m), Nuptse(7861m), Lotse (8516) and many more.

After adaptation with high altitude at Namche Bazaar, we move onward Dole, Machhermo, Luza and Gokyo. Afterward we climb toward Gokyo peak (5357m) for the stunning scenario of sunrise from where 4 peaks are taller than 8000 m: Mt. Everest, Mt Choy, Makalu and Lotse with emerald Gokyo Lake. Overall, heaven is myth but Gokyo has its reality.

DAY-BY-DAY ITINERARY

DAY 1 Touchdown in Kathmandu

Your adventure begins the moment you land at Tribhuvan International Airport. A representative will be there to meet you and handle the formalities. You'll be transferred directly to your hotel in the bustling Thamel area. The rest of the day is yours to relax, recover from the flight, and maybe take a first, excited stroll through the lively streets.

DAY 2 The Exciting Flight to Lukla

An early start is key. You'll take a spectacular 35 minute mountain flight to Lukla, home to the famous Tenzing-Hillary Airport. The landing itself is an experience. After grabbing your gear, you'll begin walking almost immediately. The trail descends gently beside the Dudh Koshi River, leading to the village of Phakding for your first night on the trail. It's a short, easy day to get your trekking legs ready.

DAY 3 The Big Climb to Namche Bazaar

This is a decisive day. The path from Phakding crosses swaying suspension bridges adorned with prayer flags. You'll enter Sagarmatha National Park in Monjo. Then comes the sustained, two hour climb up to Namche Bazaar. This famous trading hub at 3,438 meters is nestled in a horseshoe-shaped valley. You'll feel the altitude here. The walk takes about five to six hours.

DAY 4 Acclimatize in Namche Bazaar

You don't just rest today. To acclimatize properly, you go on a short hike. A climb to the Everest View Hotel is perfect. It rewards you with your first proper sight of Mount Everest, Lhotse, and Ama Dablam. The key is to climb higher, then return to sleep at the lower altitude of Namche. Spend the afternoon exploring the market or visiting the local museum.

DAY 5 Towards Dole via Khumjung

Leaving the main Everest trail, you head towards the Gokyo Valley. A steep climb out of Namche leads to the airstrip at Syangboche, then to the beautiful village of Khumjung. The trail then contours around the mountainside, offering incredible views, before a descent into the rhododendron forests leading to Dole at 4,200 meters. This is a longer day, around seven hours of walking.

DAY 6 Ascending to Machhermo

The air gets noticeably thinner. The trail climbs steadily above the tree line into a more rugged, alpine landscape. You'll pass through small settlements like Luza and Lhafarma. The views of peaks like Cho Oyu become immense. After five to six hours, you'll reach Machhermo at 4,470 meters, a small settlement with a dramatic mountain backdrop.

DAY 7 First Sight of the Gokyo Lakes

The anticipation builds today. A relatively shorter walk of four to five hours brings you to the Gokyo lakes. You'll pass the first lake, then the second, before finally arriving at the third lake and the village of Gokyo itself at 4,790 meters. The sight of the unearthly turquoise water against the grey rock and white snow is something you won't forget.

DAY 8 Summit Gokyo Ri and Return

You'll start in the dark, headlamps lighting the way. The climb up Gokyo Ri is steep and challenging, taking about two to three hours. But the 360 degree panoramic view from the top at 5,360 meters is arguably the best in the Everest region. You'll see Everest, Lhotse, Makalu, and Cho Oyu cradling the Ngozumpa Glacier below. After soaking it in, you descend back to Gokyo for a well-earned rest.

DAY 9 Retrace Steps to Dole

You begin the journey back, following the same trail down the valley. The downhill walking is easier on the lungs but can be tough on the knees. You'll retrace your path through Machhermo and onward to Dole, enjoying the now-familiar views from a new perspective.

DAY 10 Down to Namche Bazaar

Continuing the descent, you drop back below the tree line into the greener, oxygen-rich air. The walk from Dole back to the bustling energy of Namche Bazaar feels like a return to civilization. Enjoy a hot shower and maybe a slice of apple pie at a bakery.

DAY 11 **The Final Trek to Lukla**

Your last day on the trail is a long but mostly downhill trek from Namche Bazaar back to Lukla. You'll cross those familiar bridges one last time. Arriving in Lukla brings a real sense of accomplishment. You'll spend your final night in the mountains celebrating with your team.

DAY 12 **Fly Back to Kathmandu**

Weather permitting, you'll catch an early morning flight from Lukla back to Kathmandu. Those 35 minutes in the air give you a last, stunning aerial view of the hills you just walked. The afternoon in Kathmandu is free for last-minute shopping, exploring, or simply relaxing.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

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

Meals

- + All meals during the trek (breakfasts, lunches, and dinners)

Guide & Porter Services

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

Permits & Entry Fees

- + Sagarmatha National Park entry fee (Rs 3,000)
- + Khumbu Municipality entry fee (Rs 2,000)
- + Trekkers’ Information Management System (TIMS) card fee (Rs 2,000)

Safety & Emergency Support

- + Rescue operation arrangements in case of complicated health conditions (rescue funded by travel insurance)

Equipment & Extras

- + Pure Sherpa Adventure duffle bags

Meals & Experiences in Kathmandu

- + Farewell dinner in Kathmandu at the end of the trek

Taxes

- + All government and local taxes