

Gokyo Valley Trek - Gokyo Lake | Gokyo Ri - Everest Region



Introduction

The Gokyo valley treks in the Everest region, Also Gokyo lake can be quite busy with foreign visitors, there are some lesser-known pathways that will take you right into the very heart of the incredible treks in Gokey Lake Everest region. One of the most spectacular places to visit is the **Gokyo Valley trekking in Nepal**. This is beautiful valley contains several incredible glacial lakes that reflect the white snow-capped peaks of the Himalayas in its calm, blue surface. he trek brings you very close to the incredible **Mt. Everest** and its ring of 8,000 plus meter mountains.

The views along this trail are hypnotic, to say the least. The trail has its **challenges** and it does rise to elevations of over 4700 meters. There are built in days to stop and acclimatize while enjoying the fabulous scenery that awaits you. Along the way, you will pass through some incredibly small, picturesque villages with their terraced farms that dot the sides of the lower hills. There are a variety of tribal groups that live up in these mountains in harmony with each other over the centuries. Each group has preserved their wonderful culture, dress, and language and are more than happy to greet visitors who come **Gokyo valley treks**.

There will be time to visit the famed Dingboche Monastery, the **world's highest Buddhist Monastery** with its most incredible views of Mt. Everest and its surrounding peaks. This tour is just 12 wonderful days, with just nine days of **actual trekking**.

There is one day of acclimatization in **Namche Bazaar and Machhermo Village** as you adjust to the high elevations before reach to Gokyo treks. from Gokyo treks, u can go to Everest base camp/Chola pass and renjola pass too, there are many options for your trip. where ever you want to go, it depends on your Holidays and time, forever all part Everest area.

Trip Facts

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Trip Duration	10
Trip Grade:	Moderate to fairly hard
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs
Elevation	5357m/19,216ft
Accommodation	Tea House
Group Size	2-15 PAX
Trip Start	Kathmandu-Kathmandu
Trip End	Lukla

Itinerary Details

Day 01 : Arrival days in Katmandu (1350m)

Upon your arrival in Katmandu meet you at Airport & transfer to you to Hotel, check- in-room then be refresh- You will have leisure time, followed by an evening welcome dinner at a typical Nepalese Restaurant. Overnight in Katmandu (1,350m).

Day 02 : Katmandu-Lukla-Phakding: 35 min flight; 3-4 hours trek (2650m)

Early in the morning, we fly from Kathmandu to Lukla. The flight takes about 20-30 minutes to reach Lukla. Then, we have to make the final preparations for the trekking. From Lukla, we have to head for Phakding. At the end of this day, we will reach there and stay there at lodge overnight Phakding Village.

Day 03 : Phakding-Namche Bazaar: 5-6 hours. (3440 m)

Today, our trail follows the Dudh Koshi Riverbank and reaches in Tok Tok. You can enjoy the excellent views of Mount Thamserku peak from here. Passing through the Sagarmatha National Park area, we will reach Namche Bazaar finally. overnight in Namche Bazaar. (3440m)

Day 04 : Namche Bazaar: Rest (3400 meter)

The rest days take the breakfast then starts by climbing up to the Shyangboche airstrip. Just above the airstrip is the Everest View Hotel, a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth and overnight in Namche Bazaar.

Day 05 : Namche Bazaar to Dhole :5/6 hour walk. (4150m)

After breakfast, we start our trek with pleasant walk trail through the forest with a magnificent view of mountains until Kenjoma and the trail goes uphill towards Mung Danda for lunch overlooking the views of Amadablam, Khangteka, Thamserku, Kurum Khangru and also Kongde and Kongde-Ri. Then, following the trail will take us to Dole. Overnight Dhole (4150 m)

Day 06 : Dhole to Machhermo: 3/4 hour walk.(4450 m)

We make an early start from Dole today. Our trek today is not going to be that strenuous but it the beauty of nature is amazingly spectacular. After five hours of walk, we will reach Machhermo. We will stay at Machhermo tonight. overnight Machhermo (4400 meters)

Day 07 : Machhermo to Gokyo:3?4 hour. (4,750m/15,584ft)

Early in the morning after having our breakfast at Machhermo, we move onwards along the various lakes on the way. We then continue our trek gradually uphill to Gokyo for our lunch. We stay there overnight Gokyo.
(4750m)

Day 08 : Climb the Gokyo Ri & rest days. (4750)

The early morning climb to Gokyo Ri (5357m/19,216ft), it is a two-hour climbing to the top of the peak, providing a panoramic view of Cho Oyo, Gyachung Kang, Mt Everest, Lhotse, Makalu, Cholatse, and Tawachee. You will take this easy day for rest and acclimatization. Overnight in Gokyo.

Day 09 : Gokyo- Dhole Village: 5/6hours (4155 m)

Early morning we will be hiking up to Gokyo Ri for our ultimate goal to see the wonderful views of the Himalayas including Mount Everest. If the weather is nice, you can spend few hours at the top of Gokyo Ri enjoy the glory of Himalayas than back to Hotel take a breakfast then walk down. After exploring the Gokyo valley side again and Gokyo Lake, we then descend downhill to Dole today. We will follow the same trail back to Dole and stay there tonight Dhole.

Day 10 : Dhele to Namche: 4/5 hours (3440 m)

Today, we will start walking downhill again Namche. We retrace the same way back to Namche today. And we will stay at Namche overnight.

Day 11 : Namche to lukla. (2850 m)

After a long walk, we will have long last day trek to Lukla today. After 4-5 hours of trekking, we will reach Lukla. This will mark the end of our trekking to Gokyo Valley overnight in Lukla.

Day 12 : Lukla to kathmandu (1350 m)

Early morning fly to Katmandu and Transfer to hotel, the day at leisure to rest, perhaps catch up on some last minute shopping or explore any sights you missed during your first day in Katmandu and evening celebration dinner together. Overnight in Katmandu.

Day 13 : Departure days.

Today, after having breakfast, we will accompany you to the airport for the returning flight. We bid you farewell at the airport hoping to see you again,

Cost Includes

- Airport / Hotel / Airport pick up & drop by private car.
- Two nights accommodation in 3-star category hotels in Kathmandu located tourist center BB.
- Meals on full board (Breakfast, lunch, and dinner) during the in trekking.
- Local fresh fruits like orange, apple, banana, and grape etc.
- All accommodations during the trek
- Everest trekking map.
- Both ways domestic flight from Kathmandu/ Lukla/ Kathmandu with airport tax.
- An experienced Government licensed holder guide and porter, guide/porter Food, drinks, accommodation, insurance, salary, equipment, transportation, local tax. (one porter for two clients)
- Group medical supplies (first aid kit will be available).
- All necessary Government paper works and national park entry permits and TIMS Card etc.
- Travel & Rescue arrangement.
- All government taxes and Vat.

Cost Excludes

- Lunch and dinner while in Kathmandu
- Travel insurance which covers emergency Rescue and Evacuation
- International airfare and airport departure tax/Alcoholic, hot and cold drinks
- Personal trekking Equipment /Tips for trekking guide/potter (Tipping is expected.)
- Any others expenses which are not mentioned in the 'Price Includes' section

Map

