

Gokyo Lake Trekking

Package Highlights

- Sightseeing tour of Historical, Cultural, and religious UNESCO Heritages sites of Kathmandu
- An adventure and scenic flight of Lukla
- Big Sherpa villages and their typical cultures
- Oldest Buddhist monasteries and Chortens
- Spend nights at bottom of huge mountains and Lake
- Climb Gokyo Ri, front view of hundreds Himalayan peaks including Mount Everest
- Exploration of fifth Lake and glaciers

Trip Facts

- Starting Price: US\$1190.00 (Per Person)
- Duration: 14 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: 5,357 Gokyo Ri
- Min. Pax: Any
- Best Season : March to May & Sept to Nov

Itinerary Details

Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Hotel and Overnight 1350m

Representative from Nepal Highland Treks pick up you from International airport and transfer to Hotel. If you get time, we will discuss about your trip and check your trekking gears. Overnight at Hotel

Day 02 : Day in Kathmandu. Sightseeing and trip preparation. overnight at Hotel

After your breakfast in Hotel, our tour guide will lead you to sightseeing at UNESCO heritage sites of Kathmandu valley. Bhaktapur Durbar Squire (Old King palace with arts and architecture), Bauddhanath Stupa (Biggest Buddhist Stupa) and Pashupatinath temple (A biggest Hindu temple). Come back to hotel and final preparation of your trekking.

Day 03 : Fly to Lukla (2,860m) and trek to Phakding (2,652m) 3/4 hours. Overnight at

tea house

Early in the morning we drive to domestic airport for your flight to Lukla. It is early morning flight about 35 minutes. Scenic flight with tiny aircraft takes off you at Hillary airport (Lukla). Introduce with your porter. After managing your luggage, start walking toward Phakding. The trail follows the bank of the Dudhkoshi River. Easy and flat walking takes only around 4 hours.

Day 04 : Trek Phakding to Namche Bazar (3,440m) 6/7 Hours. Overnight at tea house

After your breakfast start trekking to Namche Bazar (Biggest town in Everest region). We pass big suspension bridge at the beginning. Then our trail become slightly up hills. Route is passing through alpine forest along with Dudhkoshi River. We also pass Benkar village, Monjo village and Jorsalle on the way. After having our lunch, we start tough up hills walking and reach Namche.

Day 05 : Acclimatization at Namche. Hike to Everest view hotel (3,880m) and back to Namche for overnight

It is acclimatization day and we take hiking tour around. Hike to Everest view hotel and Khumjung village. Visit local monasteries and Hillary school. It is pleasant day to have your lunch at Khumjung village with front view of Mount Everest, Lhotse, Nuptse, Thamserku, Amadablam and others. Come back to Namche. Walking around in Namche get more refresh

Day 06 : Trek Namche to Dole (4,200m) 5/6 Hours. overnight at tea house

We will make a pleasant hike through the lovely Khumjung village, appreciative incredible views of Mt. Thamserku, Ama Dablam and Kantega peaks. Trek starting with minor uphill from Namche and reach flat trail till Sanasa village. Next trail comes a descent till Dudhkoshi River and ascent again. Trail crosses thick Rhododendron forest inside wildlife like the musk deer, Himalayan Thar. In a while, you will reach the Phorse Tenga and then a little bit further up is Dole.

Day 07 : Trek Dole to Machchhermo (4470m) 6 Hours. Overnight at tea house

We trek through that scenic ridge that we will make our way to Lhabarma, and then pass numerous summer settlements on our way to Luza with enjoying the grand vistas of the Mt Cho Oyu, Thamserku and Kantega peak. Further up is the Dudh Koshi valley, and we walk through the hillside, walking across little lovely villages and sandy paths, towards Machchhermo. Machchhermo, where mountain yeti was first sighted.

Day 08 : Trek Machchhermo to Gokyo (4,750m) 5/6 Hours. Overnight at tea house

It is day to reach at main destination today. We start our trekking from steady climb through many Buddhist Chortern. We than reach first Lake of Gokyo valley named Longpongo. After another walking reach second Lake of Gokyo named Taboche Tsho than continue trekking reach at Third Lake. The main Lake (Dudh Pokhari) with several tea houses around. Enjoy beautiful landscape with surrounding mountain and fresh Lake.

Day 09 : Climb Gokyo Ri (5,357m) and walking to Fifth Lake. Overnight at Tea house

Early in the morning steep climb up to the top of Gokyo Ri at an elevation of 5,357m. You get stunning views of the super Gokyo valley, the massive Ngozumpa glacier and an incredible panoramic view of the whole Khumbu Himalayas, including the giants Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. Come back to lodge and have warm breakfast. Day hiking up to fifth Lake, Base camp of Choyo. Back to Lodge and overnight

Day 10 : Trek back to Dole. Overnight at tea house

The same way back to Dole from Gokiyo Ri. Pleasant walk with panoramic views of Himalayas in between beautiful Sherpa villages of Khumbu.

Day 11 : Trek back to Namche. Overnight at tea house

Same way trekking back to Namche. Pleasant walking with Himalayan views and villages. we also can trek little further today to make your trekking time shorter for net day. Option to reach either to Jorsalle or Phakding.

Day 12 : Trek Namche to Lukla (2860m) 6/7 Hours. Overnight at tea house

Today is quite long walking down and flat land. It is same way back as we crossed Jorsalle, Manjo, Benkar, Phakding and other small villages on the way. From Jorsalle we cross area of Everest National park. Enjoy your walking with several suspension bring over Dhudhkoshi river

Day 13 : Fly back to Kathmandu and transfer to Hotel. Rest

Fly early in the morning from Lukla to Kathmandu. You can view Scenic Mountain and green hills from tiny flight. Drive from Kathmandu domestic airport and check in hotel. Nepal Highland Treks invite you to have together dinner in typical Nepali cultural restaurant. Share your experience of Everest Base camp trekking

Day 14 : Departure and farewell friends

It is normally to be at International airport 3 hours before your flight time. It only takes 20 minutes drive to reach Airport from Thamel. We manage transportation for your final

Cost Includes

- Airport picks up and drops arrangement
- Accommodation in Kathmandu on twin sharing with breakfast
- Sightseeing tour in Kathmandu valley with Guide, transportation and entrance fees
- Everest Trekking permit and TIMS card
- Flight ticket of Kathmandu – Lukla – Kathmandu
- Accommodation in tea house on twin sharing during trekking (Room with attached bathrooms are provided in Lukla, Namche and in Phakding)
- Three times foods during trekking (Breakfast, Lunch and Dinner) including tea and coffee
- An English speaking trekking guide and supporter (2 people = 1 supporter) with their foods, accommodation, insurance, equipment
- Emergency rescue management
- First Aid kit
- One evening dinner at authentic Nepali cultural restaurant
- Government taxes and official service charge

Cost Excludes

- Lunch and dinner while at Kathmandu
- Bar bills, soft drinks including drinking water
- Hot shower, battery charge and internet at local tea houses
- Personal equipment, personal insurance, medical expenses, emergency rescue
- Nepal entry visa (USD 30 per person for a month multiple visa, USD 100 per person for 3 months multiple visa) you can get on arrival visa.
- International air fair
- Extra activities mentioned than in our itinerary and cost including
- Tipping to staffs

Useful Note

Accommodation in the trip

Our package is including 3 nights hotel in Kathmandu. It is 3 star category hotels with breakfast and twin sharing. Accommodation in entire trekking is in local tea houses (Local guest house) on twin sharing. You will get rooms with inside toilet in Lukla, Phakding and in Namche. Rest of the overnights are room without toilet inside. All the tea houses are providing common toilets outside your room. Trekking region may have over flow of trekkers in peak season, in that situation, you may share common room with other trekkers. It may happen in Gokyo only.

Foods in the trip

Kathmandu has lots of restaurants to choose for your Lunch and Dinner. Breakfast is including in the package that is provided by same hotel you are staying. During your

trekking, same tea houses you are going to stay provide you breakfast and Dinner. Lunch is on the way at suitable place. All the foods during trekking is including in the packages. Hotel and restaurants provide you international standard foods in entire **Everest Gokyo Trekking**. It is suggest choosing vegetarian foods. Meats are not fresh in the region since it should carried from out the of the region.

Guide and Porter

Your guide to trekking is from Kathmandu. He is the one who will be our regular guide more responsible, friendly, helpful and English speaking. You will meet him in Kathmandu before starting your trek. Porters are from Lukla airport. Usually there will be 1 porter for every two trekkers. He is able to carry total 25 kilogram. Both guide and porters are fully equipped, insured and package including their foods, accommodation on the way. Trekking guides are those who can communicate with you and local peoples and having enough knowledge of local places, peoples, their cultures and having knowledge of high altitude sickness.

Drinking Water during Trekking

Drinking water is extra cost from package. During the trek it is available bottled mineral water, boiled water fill in your own bottle from every tea houses or can use even normal water from Tap. Bottled mineral water is available in every guest houses, shops in entire **Everest Gokyo** region. As you hike high altitude, cost of bottled mineral water and boil filtered water increase. Water from local taps can be also used as drinking water by purification with purification tablet and filter it yourself. Most of the trekkers are drinking bottled mineral water and boiled filtered water. Trekkers are using local tap water rarely.

Equipment list

You do not need to bring whole equipments from your home country. Good trekking equipments with reasonable cost are available in Kathmandu. We can suggest you to buy those after we check it in hotel before starting of trekking. Representative from Nepal Highland Treks or your guide can provide you good suggestion. Our itinerary has enough time to be prepared with your proper equipment.

Clothing List

Round cap to protect from sun during sunny day

Warm head cover cap

Muff to cover mouth from heavy wind and cold

2 pairs warm inner thermal and inner trouser

1 pair warm outer trouser

1 pair warm wind proof warm outer trouser

One pair light and warm jacket or sweeter

One pair down jacket

One pair wind proof jacket

2 pairs light shocks

2 pair warm shocks

1 pair light shoe or sandal

1 pair warm water proof trekking shoes

2 pairs light trouser or half paint for walking during day and hot temperature

3 to 4 pairs of light t-shirt

Warm glove

Rain coat (cover body and backpack)

20 liter polar bag for trekking, carrying yourself (Trekking bag pack)

Duffel bag or big polar bag to hand over with your goods to our Porter *

Down Sleeping bag with its Inner * (* = **Nepal Highland Treks provide in returnable based**)

Other accessories

Head lamp with enough battery

Camera and its battery

Battery charger

Trekking stick

Phone and charger

lip care

Sun cream

Toilet papers

Hand wash lotion

Tooth brush and tooth paste

Washing soap and bath shampoo

Quick dry towel

First Aid Kit Medicines

In every trekking package, our guide will carry first aid kit box containing medicines of anti altitude, anti Diarrhea, pain relief, Antibiotic, anti cold, anti vomiting, anti headache, fever, bandages, handplaster and anti septic lotion . If you are taking any regular medicine that is compulsory to bring yourself.

Some Dos and Dont's during Gokyo Lake Trekking

Trekking route of Everest Gokyo region is unspoiled and exotic land which is sensitive. Treat the land and local peoples with care and respect. Try your best to keep environment clean and show appreciation for culture and traditional religious beliefs.

Make Everest Gokyo region litter free: Do not throw any litter; put it in dustbin fixed by national park or in local tea houses. Sanitary napkins and tampons should be wrapped properly and through it right place. Take batteries back to your home country for safe disposal or reuse.

Respect local cultures, custom and peoples: Route of **Everest Gokyo region** is combination of different cultural ethnic group of local peoples. Their culture, customs, living style and any function is typical and it is important for them. So respect all these while you are there. You can involve respectfully in those function.

Take your guide with you in every hiking and climbing: our guide will be always with you while trekking every days. You are trekking and hiking in remote areas with maximum altitude. Few days in the itinerary are as acclimatization day and hiking around for recovering stamina. Take your guide with you in all these activities. It is Himalaya and do not be more excited, take advice from guide to take any decision and do not stay longer

at the top of high passes.

Do not through foods after order: Foods are all carried by helicopter or flight from Kathmandu. It takes a week time to reach all the foods in base camp site. It is not with any other transportation but carried by peoples or donkey. It is important that you order only sufficient food which you can finish. Do not waste any foods in the region. Meet items are not fresh in Everest Region. The land is out of scarifies any animals, and meets are all carried from out of region. This is the reason meets are not fresh.

Trip Note

Nepal Highland Treks made standard and suitable itinerary of Everest Gokyo Lake although you have choice to customize you trip itinerary. You also can add [Everest Base Camp via Chola Pass](#). Including short activities after your trip is possible to add. White water rafting, more visiting in Kathmandu valley. You also can add [multi country tours Tibet](#) and [Bhutan](#) with us.

Departure Note