

## Gokyo Lake trekking



### Introduction

Gokyo lake is a popular trekking destination in the [Everest region](#). Trekkers follow the same trail upto Sanasa for both EBC and Gokyo trek. From Sanasa trails split as left to Gokyo and right takes you to the Everest Base Camp. The Gokyo lake situated at the top of the Dudhkoshi River provides stunning views of Mount Everest and its surroundings. It is a very tranquil trek through the Sherpa heartlands that gives ample time for acclimatization with opportunities to savor the beautiful panoramas of the mountains. Gokyo Lake is a mountain glacier lake so it is more popular among trekkers. Gokyo- Ri also known as the best viewpoint for the panoramic views of the majestic Mount Everest Himalayan range.

### Trip Facts

Trip Duration	16 Days
Trip Grade:	Strenuous
Best Season	Sep/Oct & Mar to May
Per Day Hiking:	7/8
Elevation	4790 meter
Accomodation	Tea house / Lodge
Transportation	Flight to Lukla/KTM

### Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Four night accommodation in Kathmandu with breakfast.
- Welcome dinner with Nepalese culture program.
- Guided Kathmandu city sightseeing tour including entrance fees.
- Sagarmatha National Park entrance and trekking permit & TIMS card.
- Kathmandu / Lukla/ Kathmandu round trip flight ticket and departure taxes
- Three meals a day (Breakfast/ Lunch/ Dinner) tea/ coffee during the trek
- Teahouse/ Lodge accommodation during the trek
- An experienced guide including his flight, salary, equipment insurance
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, insurance, lodging and food
- A first Aid medical kit box
- All government tax and local taxes

## Itinerary Details

### 1. Arrived to Kathmandu

Upon arrival at Tribhuvan international airport in Kathmandu you will be received and transfer to hotel. After being refresh, the trip leader will briefing in details about the program and take a stroll at the local market.in the evening we offers you a welcome dinner at Nepalese restaurant with Nepalese traditional cultural program.

### 2. Kathmandu city tour

Today full day will be interesting guided tour to Kathmandu city, visit to historical monuments and religion holy places like temples, stupa and durbar squares. During the sightseeing, you will experience culturally diverse of Kathmandu valley and explore wonderful world heritage. Rest of time we will spend for preparation of the trek.

### 3. Fly to Lukla trek to Phakding

Up early morning from then on, fly to Lukla 45 minutes in a small plane an airport on the side of a mountain but exciting. After short tea break travel from village to village up and down valleys, over gravel, rocks, boulders and swing bridges with lots of from all over the world plus cows, ponies and yaks. Stay overnight at lodge.

### 4. Trek to Namche Bazaar

An early breakfast, we continue our walk through Dudh-Koshi valley to Jorsale pass. This is official entry point of Everest trek. Further, continue along the trail, crossing the Bhote-Koshi River to begin the steep climb up to Namache. Namache Bazaar is a busy, fun village. Trekkers can buy many things as mountain's souvenir.

### 5. Rest day at Namche Bazaar for acclimization

After breakfast make a hiking trip to Syanbouche.

#### **6. Namche Bazaar to Phortse Tanga**

From Namche climb the hill to Khumjung and descend west of the village down the broad valley leading to the Dudh Koshi. Here there is a choice of routes, the Yak trail which climbs gently, but traverses a long distance around the ridge, or the steep staircase-like trail made of rocks embedded in the narrow cleft of a large boulder. The two trails soon rejoin and continue towards a large chorten on the ridge top at 3973m. This ridge descends from Khumbila. From the ridge at Mong the trail descends in a series of steep switchbacks down a sandy slope to the Dudhkoshi. After crossing the bridge you will reach Phortse, a small Sherpa village.

#### **7. PhortseTanga to Dole**

The trail climbs steeply out of the valley through rhododendron forest, which gives way to fragrant stands of Juniper and large conifers at higher elevations. The route passes through the settlements of Tonga and Gyele (3960m) to Dole (pronounced doe-lay). The views of Khumbila and Tawachee (6542m) are tremendous throughout the day.

#### **8. Dole to Machhermo (4470m)**

From Dole the trail climbs via Lhabarma at 4220m to Luza at 4360m. The path is steep in most places as it climbs through scrub to Lhabarma. The track continues to climb along the side of the valley high above the river, crossing sandy spurs to reach Machermo at 4410m. It was in Machermo in 1974 that one of the first Yeti sightings was reported in Khumbu. There are three hotels and good mountain views in Machhermo.

#### **9. Machhermo to Gokyo (4790m)**

Beyond Machhermo the trail climbs a ridge for an excellent view both down the valley to Kantega and up towards Cho-Oyu (8153m). Beyond the ridge the valley widens as the trail passes through Pangram at 4390m. We descend to the river bank before beginning the climb up to the terminal moraine of the Ngozumpa glacier. It is a steep climb on the moraine. Afterwards the trail levels out as it follows the valley past a second lake, known as Longponga at 4690m, then finally up a boulder-strewn path to Gokyo at 4,750m.

#### **10. Excursion around Gokyo.**

After breakfast hike around the Gokyo lake. At afternoon hike to Gokyo -Ri peak to view the panoramic views of the majestic Mount Everest Himalayan range.

#### **11. Trek Gokyo to Machermo**

#### **12. Trek to Namache Bazzar**

#### **13. trek to Lukla**

**14. Flight from Lukla to Kathmandu**

Fly back to Kathmandu with scenic flight of 45 minutes then transfer to hotel and rest at hotel or free day.

**15. Kathmandu(optional tour)**

After breakfast, visit around Thamel (shopping area) where the locals shop so busy and fascinating. In the evening, participate in farewell dinner. Stay overnight at hotel on B.B basis.

**16. Diparture or farewell**

Today ends your Gokyo lake trekking trip in Nepal. Our representative will take you to the airport 3 hour before than your departure scheduled. On your way home, you will have plenty of time to plan your next wonderful trip to Nepal.