Gokyo Lake trekking



Introduction

Gokyo Lake is a popular trekking destination in the Everest region. The Trail to Gokyo and classical route to Everest base camp is same route up to Khumjung Sanasa. Trekkers follow the left to Gokyo and right to EBC, from Sanasa. The trekking trail offers stunning view of Khumbu valley and Everest range moreover we get chance to experience and know the Sherpa culture and tradition because of our route going through Sherpa village. The Gokyo Lake situated on the top of the Dudhkoshi River and The Gokyo- Ri Peak is (5465m) is most attraction of this trek. The Gokyo- Ri Peak is a best view point of Gokyo region. It offers panoramic view of Khumbu valley, Gokyo valley and Himalaya range including Mt. Everest. During our acclimatization time we can visit the mountain Glacier lake Gokyo Lake.

Trip Facts

Trip Duration	17 Days
Trip Grade:	Strenuous
Best Season	Sep, Oct, Nov & Mar, Apr, May
Per Day Hiking:	7/8
Elevation	5465 Meter
Accomodation	Tea house / Lodge
Transportation	Air, Land

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.
- Ramechhap/ Lukla/Ramechhap round trip flight ticket and departure taxes.
- Kathmandu/ Ramechhap/ Kathmandu round trip transportation.
- 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**

   On your arrival, we will be waiting at Tribhuvan international airport for welcome to Kathmandu, the capital-city and cultural hub of Nepal then we will transfer you 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. **Drive to Manthali**

   After breakfast at hotel, a scenic drive to Manthali. It will around 4 hours' drive with hilly road. During the drive, you can see many beautiful small towns. The drive gives you full enjoy. You will experience and feel nature trail. You will cross through small settlement, rivers, forest, and trace field. We reach to Manthli is a small valley for overnight.

4. **Fly to Lukla then trek to Phakding.**

Early morning, we will reach to Lukla Airport with a scenic short flight. We will take a short tea break in town then leave lukla and walk further toward Phakding. We will walk through the bank of Dudhakoshi River. The exciting mountain trail takes us through from village to village up and down, narrow, valleys, over gravel, boulders and swing bridges. During the trek our will be interesting encounter with lots ponies and yaks.

5. **Trek Phakding to Namache Bazaar.**

   An early morning we'll have breakfast at hotel before gearing up for the trek to Namache Bazaar, the biggest and historical Sherpa village in Nepal. We walk through Dudh-Koshi valley to Jorsale pass. Jorsale is an official entrance of Sagarmatha National Park. After complete the permit check we descend down to river bank with cross the Hillary Suspension Bridge then we will short walk to reach base of Namche bazaar. It's a tough climb up to our destination, but you'll be rewarded in Namche Bazaar with first glimpse of Everest in its majesty.

6. **Namache Bazaar Acclimatization Day.**

   Today, we will take deserved break as high-altitude acclimatization. We will spend the time resting and allowing our bodies to become acclimatized to the lofty altitude. Morning, we will climb up to Syanbouche hill to explore Khumbu valley, himalayan views including Mt. Everest. After lunch we will explore, Namche Bazaar, Sherpa museum, Sherpa culture and history of mountaineering.

7. **Trek Namache Bazaar to Phortse Tanga (3680m)**

   Trek Namache Bazaar to Phortse Tanga (3680m)
   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.

8. **Trek Phortse 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.

9. **Trek Dole to Machhermo**

   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 weas reported in Khumbu. There are three hotels and good mountain views in Machhermo.

10. **Trek Machhermo to Gokyo**

    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.

11. **Gokyo Rest and Gokyo – Ri Expedition (5465m)**

    Today, we will rest in Gokyo but in the afternoon we will grape an opportunity to climb Gokyo - Ri peak (5465m). This will be our first peak climb of this trip. The Gokyo – Ri top offers mesmerizing view of Khumbu valley, including Mt. Cho – Oyu, Mt. Lhotse, Mt. Nuptse, Mt. Everest, Thonak Tsho Lake, the Ngozuma Tsho Lake, the longest Ngozumpa Tsho glacier.

12. **Trek Gokyo to Machhermo.**

    Today, we will observe to Gokyo Lake and surrounding once again as last observation of this trip. After breakfast, we walk down hill towards Machhermo today's last destination. The trail is almost rocky and descending, but on the way we can experience few ups and down. Machhermo is a peaceful village with enough lodges to stay.

13. **Trek Machhermo to Namache Bazaar.**

    Now we are heading to Lukla for returning to Kathmandu. Today, trek to via via Khumjung valley. The trail to Namache Bazaar takes us through forests inhabited by highland wildlife like pheasants, musk deer, red- panda, mountain goats and snow leopards shorten and prayer flags make trail more attractive.

14. **Trek Namache Bazaar to Lukla**

    Today is last final day of our trekking. We are going back to Lukla. We will stop at Phakding or somewhere suitable place for lunch, and then continue to trek Lukla for overnight. Evening celebrate farewell party in Lukla with trekking field staff as the last day of the trek**.**

15. **Fly to Ramechhap and drive to Kathmandu.**

    Morning we will fly to Ramechhap and 4 hours scenic drive back to Kathmandu. Stay overnight at hotel on B.B basis Stay overnight at hotel on B.B basis.

16. **Free day in Kathmandu.**

After breakfast, explore tourist hub Thamel (shopping area) where the local shops are busy and fascinating. In the evening, participate in farewell dinner. Stay overnight at hotel on B.B basis Stay overnight at hotel on B.B basis.

17. **Transfer to airport for Departure**

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.