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Gokyo Region Trekking

The Gokyo Lake or upper Dudh Khosi valley offers a fine and arguably even more spectacular route into the heart of Khumbu than the popular direct trail up the Khumbu valley especially when combined with a crossing of the Cho La to Lobuche. This is a super trek with stunning views of world highest top mt.Everest, Lotse, ChoOyu and hundreds peaks. Walking through the Sherpa houses, knowing their interesting culture, unique hospitality, passing the hundreds of Yaks & Yak pastures and making fun! Walking highland way but the wonderful ice lakes, icy paths and the beautiful Gokyo lake with the world tallest peak Everest gives you the real wonders and the heart beating views - Unbelievable !!!

Trip Itinerary:

Gokyo Everest Trekking:

Day 01: Arrival in Kathmandu Airport (1345m). There you will be met by our Airport Representative and transferred to hotel by private tourist vehicle. Overnight at hotel.

Day 02: Sightseeing around Kathmandu Valley. Overnight at hotel.

Guided sightseeing tour of Kathmandu, including Bouddhanath stupa, Pashupatinath temple,Kathmandu Durbar square and Swoyambhunath stupa.We take you to Bouddhanath stupa to show you 1500 years old stupa, the biggest in the world. Loaded with prayer flags and Tibetan pilgrims, it is an intoxicating place. The Swoyambhunath stupa is even older and commands a superb view of Kathmandu city and the Himalaya.Kathmandu Durbar square is where Nepal's finest temples and palaces are found.In the old Hindu temple of Pashupatinath you will get opportunities to meet the Sadhus and see Hindu cremation rituals among other interests.Overnight at Hotel (B/B basis)

Day 03: Fly to Lukla (2804 meters) trek to Phakding (2610 meters) 3 hours.
We leave for Lukla on an early morning flight. It will be an adventurous ride as the Tenzing/Hillary airport is a steep airstrip that is actually hanging off the side of a mountain. After reaching Lukla, we meet the rest of our trekking staff and begin trekking to Phakding. Overnight in Phakding. Flight: 40 min Hiking: 3-4 hrs
Accommodation
Hotel/Tea House (Hotel/Teahouse)Meals
Breakfast, Lunch and Dinner

Day 04: Trek to Namche Bazar (3440m)
Today we all most hike up to Namche bazzar. It is an uphill hike and the hardest day in your trek. Trekking slowly and stopping frequently for photographs, we take lunch on the way, cross a long suspension bridge over Dudhkoshi river and finally reach Namche Bazzar.Namche is the headquarter of Everest region, an active mountain village where you will get almost everything you will wish as a trekker- shops, restaurants and bar, a bakery, hotel with hot showers and electric power, trekking gears , and even internet facilities are here.

Day 05: Namche Bazaar Acclimatization day.

Acclimatization is important for us to adjust to the gradual change in environment. It will also help us to prevent catching Acute Mountain Sickness (AMS). Today we hike to Khumjung villages, enjoy the Himalayan vista from Syangboche or tour the quaint streets of Namche Bazaar. We can also visit the Tourist Visitor Center where we can see a variety of things related to the first Everest ascenders and Sherpa culture. This visit will also get us acquainted with various plant and animal life of the Everest region. In Khumjung we can even visit a monastery that houses a yeti scalp! We also climb up to the airstrip above Syangboche and enjoy incredible views of Kongde, Thamserku and Khumbila mountains. We walk back to Namche Bazaar to spend the night.

Day 06: Namche Bazaar to Phorse(3,810m/12,501ft)

Today, We leave Namche Bazaar on a trail with gradual ups and downs. On the way we are likely to spot Himalayan pheasants, musk deer and Himalayan Thars. We then begin descending to Kyanjuma. From Sansa, we follow the Gokyo trails and from Mong we get a glimpse of Ama Dablam, Thamserku, Tawoche and Khumbila mountains. Our trail descends to Dudhkoshi Khola after which it is an uphill climb through rhododendron forests before reaching Phorse. From here we get good views of Tawache and Cholaste mountains. Overnight in Phorse.

Hiking: 5-6 hrs

Maximum Altitude

3,810m/12,501ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals

Breakfast, Lunch and Dinner

Day 07: Phorse Village to Machhermo(4,470m/14,666ft)

After crossing a bridge over the Dudh Koshi River, we are likely to come face to face with local wildlife like pheasants, mountain goats, and musk deer. Our trail passes through

forests, waterfalls and bridges before reaching Dole. We climb on a steady trail through a scenic ridge with views of Cho Oyu, Kantega, and Thamserku mountains. We ascend from Luza village and walk above the Dudh Koshi River. We continue walking through small villages and sandy trails before reaching Machhermo. We can visit the Himalayan Rescue Hospital for a lecture regarding altitude sickness, its precaution, and primary treatment. Overnight in Machhermo.

Hiking: 5-6 hrs

Maximum Altitude

4,470m/14,666ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals

Breakfast, Lunch and Dinner

Day 08: Machharmo to Gokyo (4,800m/15,749ft)

We ascend on a hill and enjoy views of the Dudh Koshi valley and Kangtega, Thamserku and Cho-Oyu mountains. Beyond the ridge the valley widens as the trail passes through a Chorten and reaches Phangga. We descend to the river bank before climbing up to the terminal moraine of the Ngozamba Glacier on a steep trail. We pass through Longpongo, Raboche Tsho and Dudh Pokhari before reaching Gokyo. On the trail next to the first lake, we see what is believed to be the footprints of a Lama (Buddhist priest). We explore Dudh Pokhari before calling it a night. Overnight in Gokyo.

Hiking: 5-6 hrs

Maximum Altitude

4,800m/15,749ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals

Breakfast, Lunch and Dinner

Day 09: Gokyo Valley: Climb Gokyo Ri (5,357m/17,576ft)

We spend another day in Gokyo to acclimatize to the high altitude. If the weather is good, we climb Gokyo Ri today. From the top of Gokyo Ri we admire the Himalayan vista and the tranquil Gokyo lakes. We also hike to the fourth and the fifth Gokyo lakes. The 4th lake is only about 3km north of Gokyo. It is marked by high cliffs and Himalayan peaks rising above it. We continue to walking a little further and reach the 5th lake. A climb up a nearby hill will guarantee us remarkable views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makulu. We can see a lot more from here – the spot is called Scoundrel's Viewpoint. From the northern part of the 5th lake we see the Cho Oyu base camp and Ngazumpa Glacier which is the biggest glacier the world. We walk back to Gokyo to spend the night.

Hiking: 5-6 hrs

Maximum Altitude

5,357m/17,576ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals

Breakfast, Lunch and Dinner

Day 10:Gokyo to Dole (4,038m/13,249ft)

We descend on a trail along the Dudh Koshi River and pass the first Gokyo lakes. On the way we also enjoy views of the Cholatse and Taboche peaks. Our trail descends before climbing a hill. After reaching the chorten at the edge, we see great views of Thamserku, Cho Oyu, and Kangtega mountains. We walk past Machhermo, Luza and Lhafarma villages before reaching Dole. Overnight in Dole.

Hiking: 3-4 hrs

Maximum Altitude

4,038m/13,249ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals

Breakfast, Lunch and Dinner

Day 11: Dole to Namche Bazaar

We descend on a steep trail to Phortse Thanga admiring rhododendrons, wildflowers and waterfalls. We also come across mountain goats, musk deer, pheasants, etc. From Mong, we can admire a good view of Khumbila peak. On our way to Namche the view of Taboche, Ama Dablam, Thamserku and Kangtega mountains are ours to admire. After walking for a while, we reach an intersection where the trail from Sanasa meets our trail. We walk on a trail that clings to a forested slope beyond Kyangjuma, winding through several bends. After reaching Namche army camp hill, we look back to see Lhotse, the tip of Everest and Tengboche for one last time. About a kilometer from here is Namche Bazaar. Overnight in Namche Bazaar.

Hiking: 4-5 hrs

Maximum Altitude

3,438m/11,280ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals

Breakfast, Lunch and Dinner

Day 12: Namche Bazaar to Lukla

We descend on a rocky trail and cross several suspension bridges before walking on a leveled trail. The air is warmer as we walk on the same trail to reach Lukla. Our trek in the mountain ends after we reach Lukla. We spend our time reminiscing about our time spent in the mountain. Overnight in Lukla.

Hiking: 6-8 hrs

Maximum Altitude

2,800m/9,187ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals

Breakfast, Lunch and Dinner

Day 13: Fly to Kathmandu

We fly back to Kathmandu on the earliest possible flight. After reaching Kathmandu we have the rest of the day off to rest. In the evening, there will be a farewell dinner to enjoy with our trek leader. Overnight in Kathmandu.

Flight: 40 min

Maximum Altitude

1,350m/4,429ft

Day 14: Departure to International Airport by car/jeep/ . Farewell. Have a safe journey to your home country.

Please click here to visit the Gokyolake-Everest trekking image gallery

Cost Details:

Gokyo lake Everest Trekking Pricing : Fully Lodge Trek

2-3 Persons, Per Person Euro 1850

4- 6 Persons, Per Person Euro 1700

7- above Persons, Per Person Euro 1640

Single Supplementary who take single room Euro 270

Cost Includes:

1. 4 night's hotel in Kathmandu with bed & breakfast
2. Guided sightseeing in Kathmandu valley
3. Trekking Permit for Gokyo Everst and TIMS Card

4. Meal: All meal Breakfast, Lunch, dinner during the trek

5. One experience trekking guide 1 porter for 2 trekker

6. Sagarmatha National Park permits

7. Flight Kathmandu - Lukla - Kathmandu.

8. Life, Medical Insurance for Guide & Porter

9. All accommodation during the trek best available hotel/guesthouses

10. Airport -Hotel-Airport transfer

11. Our service charge

Cost Excludes:

1. Personal equipment for trekking

2. Personal Insurance for travel to Nepal

3. Lunch & dinner in Kathmandu

3. Emergency Rescue evacuation during the trek incase needed

4. Personal expenses

5. Tipping (Tips) for guide & porter

6. Bar bills, Beverage and mineral water during the trek.

7. The cost not mentioned in cost includes

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