

## Gokyo Lake Trekking

<b>Trip code</b>	
<b>Package name</b>	Gokyo Lake Trekking
<b>Duration</b>	12
<b>Max. elevation</b>	5320 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Domestic flight Kathmandu - Lukla - Kathmandu
<b>Accommodation</b>	Hotel and Lodge twin bed sharing basis during the trek.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Lukla - Phakding - Namche Bazar - Dole - Machhermo - Gokyo - Phortse - Namche - Phakding - Lukla - Kathmandu
<b>Cost</b>	USD 1,360 per person

## Highlights

Climb Gokyo Ri (5,357 m) for spectacular views of Everest, Lhotse, and Cho Oyu.

Hike along Ngozumpa Glacier, the largest glacier in the Himalaya

Trek through the Sherpa town of Khumjung, home of a 'real' yeti skull

From 'Scoundrel's viewpoint' near the fifth lake, peer over a wasteland of rock and ice that is the vast Ngozumpa Glacier

Chance to visit Mt Everest summitter village Phortse.

## Overview

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**Everest Gokyo Trekking is less visited by trekkers in comparison to the trekking route of Everest Base Camp. This trek provides some tremendous high-altitude trekking and a visit to the second-largest glacier in the World.**

**From the top of Gokyo Ri, there are some spectacular mountain views including Everest. Trekking among the highest mountains of the world, you will feel like walking in the heaven of the world.**

**If you are interested in the eye-catching scenery of the gorgeous Everest region rather than a tiring walk to Base Camp then the Gokyo trekking route is the right trekking package for you.**

Gokyo Lake trekking is ideal for those who like to walk in the Everest region without the physical stress of reaching the base camp of Everest or crossing high passes in the vicinity. It is instead for travelers who wish to try something new in the Everest region.

Being a fairly popular trekking route, the trekkers can enjoy being at a higher altitude and visit the second-largest glacier in the World. This trek is a total mountain adventure journey to the roof of the world, with opportunities for outstanding photography, and many chaotic encounters of typical culture in highlands.

On the way you can experience the unique Sherpa cultures, and hospitalities, visit ancient monasteries, and learn about Buddhism and its impact on Sherpa life are the memorable and unforgettable experiences you will get while traveling this region. You will also be amazed by the stunning views of snow-capped mountains while trekking around this trail.

It offers excellent and rewarding views of Mount Everest in the adjacent range including lovely valleys, lush rivers, and friendly people in quaint villages. From Gokyo village, you can see clearly Mount Everest from a slightly greater distance. The views in the Gokyo region are tremendous. During this trip, you will observe the romantic villages of stone houses and walled pastures on the shores of Gokyo Lake. It offers you the chance to observe the local people's way of life and also you may encounter yaks.

While trekking to Gokyo Lake you will be astounded by the ice ridge between Cho Oyu and Gyanchungkang located in the Khumbu region. Gokyo Lake trekking provides panoramic views of Cho Oyu, Gyanchungkang, Everest, Lhotse, Makalu, Chola Tse, and Tawachee. This trek features the unbelievable scenery of the remote Gokyo Valley and its festival of beautiful turquoise lakes, moonscape-like glaciers, and stunning mountain vistas that include Everest, Lhotse, Makalu, and Cho Oyu – four of the eight highest peaks on Earth. The 360-degree view from Gokyo Ridge is the best in the Khumbu.

This trek begins at the mountain airstrip at Lukla one one-hour flight from Kathmandu. Upon arrival at Lukla, you will meet all the trekking crew and carry out your trekking to Phakding. The trek features a wide range of spectacular mountain scenery combined with unique cultural encounters with the Sherpa people and the highest Buddhist monastery in the world.

The beginning of this trek is the same as trekking to Everest Base Camp. On the way, we'll stay two nights in the village of Namche Bazaar to acclimatize. Then we'll head up the valley leaving the usual Everest trail and following the rivers run off from the Ngozumpa glacier.

After two days we will reach Machhermo from where our next stop will be the Gokyo Valley. The route itself ends at Gokyo Ri, and trekkers typically turn around at this point and retrace their steps back to the trailhead. Your arrival into this high mountain valley called Gokyo is welcomed by a string of cobalt blue lakes that continue for the 3-hour hike to Gokyo Village, which sits at the foot of Gokyo Ri (18,300 ft) a huge black mound of rock and dirt.

The next morning, you're invited to take the 3-hour hike to the summit of this black, rocky mound to witness the 360-degree Himalayan view offered only from this vantage point. The Himalayas stand like giants guarding the border into Tibet. While the Everest base camp trek is more renowned, the Gokyo Lake trek is a better destination if you are after mountains and alpine scenery.

Spring (March to May) and autumn (September to November) are the best months for this trip. Although this trip can be taken during winter, the cold temperature might not be suitable for everyone.

## Trip Itinerary

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### **Day 1 : Fly Kathmandu / Lukla – 45 minutes flight and trek to Phakding – approx 4 hrs walk**

Early morning we will catch up an early flight to Lukla (2,800m/9,186ft), the starting point of the trek. The flight will be an interesting one since we will be flying amidst the grand Himalayas in a Twin Otter airplane. Upon arrival at Lukla, we will have a short tea break and introduction to our trekking crew. Then we begin our short trek to Phakding which starts with most scenic view of Numbur Himal & Phari and passing through some Sherpa farm villages. We follow the trail to Dudh Koshi River with gradual ups from Thado Koshi, where we can have a lunch with superb view of Kusum-Kanguru (6,369m/20,890ft). Crossing a short suspension bridge from here after a short climb brings us to the Ghat village and further walk of about another 1 ½ hours brings you to Phakding village for the overnight stop.

### **Day 2 : Trek Phakding /Namche Bazaar(3446m) – approx 6 hrs walk**

Your destination today is Namche Bazaar. Namche Bazaar is the central village of the Sherpa in Khumbu region. It is situated on a horseshoe shaped flank and is crowded with about 100 buildings including lodges, bhattis, store and banks. There is a plateau in the right side of the village entrance, where they have a bazaar every Saturday. It is thronged with people especially in the morning. Our trek starts after crossing the Suspension bridge of Dudh Koshi River. Today, the walk is pleasant with few ups and down. Enroute, we will have a magnificent view of Mt. Thamserku (6,608 m / 21,675ft) from the Benkar village. Crossing the bridges and reaching at the entrance of Sagarmatha National Park at Monjo, our trekking permits will be checked. After entering the National Park boundary, we descend towards the suspension bridge-Koshi River.

After crossing the bridge, we reach Jorsale village, the last village till Namche. From here the walk is pleasant on the river bed till the last bridge over the Imja Tse River is reached. Further continuing our trek, we walk along the winding uphill path all the way to Namche Bazaar, with magnificent view of Kwangde peak and it's other sister peaks towards east with Kusum Kanguru on the back. As you climb higher, view of Mt. Everest, Lhotse and the closer view of Taboche peak can be seen from some part on the way to Namche. Finally we reach at colorful houses called Namche Bazaar main gate of Khumbu region. We stay overnight at Namche Bazaar.

### **Day 3 : Rest in Namche Bazaar for acclimatization**

On the following day, you are going to have a rest day in Namche for acclimatization. Namche Bazaar is a very old trade point. You can see Tibetans by crossing the Nangpa La Pass to sell cheap goods from China. The village itself is a beautiful place to spend a day for proper acclimatization. Since experts believe that it is better to stay active even during rest days for better trekking experience, you can spend the day enjoying small hikes in and around Namche Bazaar. Along the way you can see the changing vegetation as we gain height. Trees give way to bushes and shrubs. Around Namche there are numerous ridges for day's hiking. You can relax and take a look around the shops and Sherpa houses, observe their culture and life style. Our guide can also take us to the Tourist Visitor Center near the headquarter of the Sagarmatha National Park where we can observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life in the Everest region. You can also visit Sherpa Museum as well a great place to learn Sherpa culture and history of mountaineering or visit up to the luxury Everest view hotel & Syangboche airstrip and stroll back to hotel for overnight.

### **Day 4 : Trek Namche bazaar / Dole (4200 m) – approx 6 hrs walk**

Leaving Namche Bazaar, we climb the Khumjung hill and then descend to the east of the village down the broad valley leading to the Dudh Koshi from where the route turns north. There are two trails and our guide will choose the best option for us to follow. There is a chorten on the ridge top at 3,973 meter which descends from Mt. Khumbila (5,761 m). Then we trek northwards and reach Mong (Mohang) which is known as the birth place of the Saint Lama Sanga Dorje, the reincarnation lama of Rongbuk Monastery. This Monastery is believed to have introduced Buddhism in the Khumbu region of Nepal. The trail descends in a series of steep switchbacks down a sandy slope to the Dudh Koshi and enters at Phortse Thanga. Then the trail climbs steeply through rhododendron forests, passing many Kharka on its way to Tongba (3950m) and Gyele (3960m) and finally Dole (4200m).

### **Day 5 : Trek Dole / Machhermo (4470 m) – approx 6 hrs walk**

On the following day, we have to climb uphill in order to reach Machhermo. The trail climbs through a huge rock at Lhabarma (4330m) and carries on to Luza (4340m). From Luza the trail continues to climb to Machhermo (4410m) where we can have good views of the mountains. There is a Chorten right before the Luza village. Throughout today's journey we will be walking alongside the Dudh Koshi River. Overnight at Machhermo.

### **Day 6 : Trek Machhermo / Gokyo (4790 m) – approx 6 hrs walk**

We commence our trek by climbing a ridge for a superb view of Kangtega down the valley and also up towards Cho Oyu (8153 m). The narrow valley now begins to widen as the trail passes through Phangkha (4390 m), where an avalanche in 1995 killed 40 people. We then descend to the riverbank before climbing onto the terminal moraine of the Ngozumpa Glacier on a steep trail. Upon crossing an iron bridge over a stream, the trail levels out as it follows the valley past the first lake, known as Longpongo, at 4690 meter. At this juncture, we get a chance to observe lama footprints on a stone. At the sight of the second lake, Taboche Tsho, we become mesmerized by the shimmering turquoise blue sheet of water sparkling in the sun. Further walk from the second lake, we reach the third lake, the two linked by a surging stream. Gokyo village stands by the third lake and Cho-Oyu Mountain as a backdrop sets an amazing spectacular sight here. After lunch, we explore around the third lake, Dudh Pokhari. Overnight in camp.

### **Day 7 : Excursion around Gokyo Lake climb Gokyo Ri(5357 m) – approx 6 hrs walk**

An excursion in Gokyo Ri is an exceptional opportunity. This acclimatization day is grasped as an opportunity to climb Gokyo Ri to enjoy the scene from the best viewpoint of Everest Region. Or, as we know Gokyo is not only popular for its grand view from Gokyo Peak but also for the six lakes which it hosts, definitely we would not miss the chance to observe the fourth lake (Thonak Tsho) and fifth lake (Ngozumpa Tsho). About 3 km north of Gokyo is the fourth lake with its high cliffs and peaks rising above it. The trail continues to fifth lake and we get mesmerized by the shimmering turquoise blue sheet of water. If interested, we climb on a hill at the edge of the Lakes to get astounding views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makalu. We can see a lot more from here – the spot is called Scoundrel's Viewpoint. Beyond the fifth Lakes is the Cho Oyu Base Camp. Scenery here is breathtaking with Cho Oyu and Gyachung Kang seeming just a stone's throw away. Northern part of the fifth lake provides fabulous views of Cho-Oyu Base Camp and biggest glacier of the world- the Ngozumpa Glacier. Moved by the charm, we may even try to go sixth lake too but depends upon our own interest and time. Return back to Gokyo village and overnight stay at camp.

### **Day 8 : Trek Gokyo / Phortse (3796m.) – approx 6 hrs walk**

Leaving Gokyo the trail descends towards Phortse, climbing across the terminal moraine of the Ngozumpa Glacier to Na (4400m) and making a few ups and down, the trail enters Phortse where we will stay for our night stay. Phortse (3,950m) is a unique Sherpa settlement of about 80 households situated at the buffer zone of Sagarmatha National Park. Situated in the lap of the mountains, Phortse offers wonderful mountain views and wildlife experience. The village is lush, surrounded by birch and juniper trees that shelter endangered musk deer and different varieties

of pheasants. Upon arrival, you can go around the village where the local people have preserved their rich culture and maintained ecotourism. We would be shown cultural show by the local people in the evening. Overnight stay in Phortse.

### **Day 9 : Trek Phortse / Namche Bazaar (3446 m) – approx 6 hrs walk**

Leaving the ecotourism village, our trail descends to the bridge at Phortse thanga and rejoins the original route from Khumjung and then brings you to Namche Bazaar. Along the trail, we would view mountains and rivers. We experience wildlife and bird watching. We will experience how the local people have maintained ecotourism in the region. Overnight at Namche Bazaar.

### **Day 10 : Namche Bazaar / Phakding(2610m) – approx 7 hrs walk**

The trail descends steeply downward so we need to walk slowly and under control as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries the trail becomes more level and natural. By today we start to get warmed up by the light breeze. Any remaining sore throats and colds will be gone by today as we pass through this charming mountain air. Although we are travelling the same route down, we feel completely different views.

### **Day 11 : Trek Phakding / Lukla(2840m) – approx 4 hrs walk**

After 3 to 4 hours walk we will reach Lukla. Upon arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with smile on faces! Overnight at Lukla.

### **Day 12 : Fly back to Kathmandu**

Flights to Kathmandu are usually scheduled for morning because wind can create problem to fly the aircraft in the afternoon. But sometime the flight time can be delayed due to bad weather and other unprecedented reasons that are beyond our control. We fly back to Kathmandu after our long mountain journey. After reaching Kathmandu we have the rest of the day off to rest or do some souvenir shopping. Overnight in Kathmandu

## **Inclusions**

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### **What is included?**

Airport transfers in Kathmandu.

Domestic flights between Kathmandu and Lukla.

Trekking permits and TIMS (Trekking Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).

Accommodation in teahouses or lodges during the trek.

All meals (breakfast, lunch, and dinner) during the trek.

Sagarmatha National Park entrance and Khumbu rural municipality fee.

Basic first aid kit.

Government taxes and service charges.

### **What isn't included?**

International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Accommodation and meals in Kathmandu (beyond the itinerary).

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

### **Complimentary**