

# Gokyo Lake Trek | Duration: 17 Days Days | Cost: \$1899

The Gokyo Lakes region at the head of the Dudh Kosi Valley provides a great alternative to the popular Everest Base Camp trek. It is a more tranquil trek through the Sherpa heartland that affords ample time for acclimatization with opportunities to savor mountain panoramas. The highlight of the trek is the ascent of Gokyo Ri (5483m). From the summit at over 5000m we gain superb views of Everest as well as the 8000m peaks of Lhotse, Makalu and Cho Oyu in Tibet. Many trekkers will argue that this is one of the finest views in the Himalaya, with the awesome bulk of Everest dominating the skyline. Late afternoon is a fine time to make the climb above the shimmering lakes to capture a sunset over one of the most awesome spectacles the Nepal Himalaya has to offer. Read out why Gokyo Lake Trek could be your priority travel destination from here; Why Gokyo Trek Should Be Your Top Priority?

## At a Glance:

- **Tour code:** GLK005
- **Style:** Trekking and Hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5483m
- **Duration:** 17 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 1899

## Highlights of the tour:

- The most beautiful trek of Everest Region
- Ascend of Gokyo Ri (5483m) & Gokyo lake
- Observe the stunning scenery of Mt. Everest, Makalu and Cho Oyo and other mountains from Gokyo Ri
- Spectacular Himalaya mountain views, mani walls, chortens and prayer flags,
- Encounter highland Sherpa people's life style and their unique cultural hospitality
- Breathtaking Mountain flight to and From Lukla
- Visit palace, Monastery, Stupa and Temple of Kathmandu

## **What's Included:**

- Kathmandu Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- 3 meals during trek
- Internal flights and land transport involved in the itinerary
- Flights of guide
- Airport tax
- Good standard Hotel ( 3-4\*) accommodation in Kathmandu with breakfast
- Tims permit
- National park permit
- Insured and equipped porter as on IPPG rules
- Ascents of Gokyo Ri (5483m) and explore Gokyo lake
- Acclimatize day to explore in Namche
- Trekking off the main trail to the village of Phortse - one of the more traditional Sherpa villages in the Khumbu region

## **What's Not Included:**

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch and dinner in the city.
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill

## **Arrival and transfer to hotel**

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

## **Kathmandu sightseeing**

Your first day will begin with breakfast at your Hotel. You will be taken for sightseeing of Kathmandu Valley to explore color and contrast of the vibrant city. Drive to famous Buddhist Stupa "Swayambunath" or known as Monkey temple on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu. This temple attracts Buddhists and tourists from round the world. Swayambhunath Stupa is the

most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible for many miles and from all sides of the valley. Then you will be taken to Pashupatinath Temple. Pashupatinath is the most important Hindu temple dedicated to god Shiva. Every year this temple attracts hundreds of elderly followers of Hinduism. This is also the cremation center. After exploring this temple you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of century's old temples and palaces

## **Fly to Lukla (2,845m) & trek to Phakding**

You will take stunning flight from Kathmandu to Lukla. Upon arrival meet the trekking crew and after short tea break trek northwards up the valley of the Dudh Kosi. Descend from the small plateau, down into the forested valley. The trek is very easy and short today, however the altitude difference between Kathmandu and this place can make a people a bit difficult. After lunch trek north down towards Phakding. The trail crosses several tributary streams and you will have some tantalizing views before reaching the small settlement of Phakding (2650m), where you will spend your first night.

## **Trek to Namche (3440m). Walk approx 3-4 hours**

Hike through fields and villages from Phakding to Namche Bazaar. Heading out of Phakding you will follow the Dudh Kosi northwards. This day's walk takes you through magnificent forests of rhododendron, giant fir and magnolia trees. You will cross the west fork of the river, the Bhote Kosi, and start the steep climb to Namche Bazaar. Namche is the largest Sherpa village and has long been the primary staging area for major Himalayan expeditions. Namche is a prosperous Sherpa village and an important trading center with a weekly market selling fresh foodstuffs brought up from lower villages.

## **Rest day in Namche for acclimatize**

You will take a rest day in Namche and explore the village Thamo or Synboche. Make fit yourself for the further journey. This day is for acclimatization. Physiologically prepare yourself for adaptation to changes in climate or environment. We recommend you to stay active even in a rest day as it is better than being idle while on a trekking journey

## **Trek to Portse Tenga (3600m). Walk approx 6 hours**

Your day will begin with breakfast at your Hotel. You will start trekking to Portse Tenga today. Heading North-East you initially follow the main trail to Thyangboche as it contours around the hills, before you branch off on a short climb on the flanks of the sacred peak of Khumbliya (5761 m). You will traverse for some time across yak pastures as the trail gradually ascends to Mon La. Below you is the confluence of the Dudh Kosi and Imja Khola and across the valley Thyangboche monastery is framed by Ama Dablam and Kantega. You will reach a stupa draped with prayer flags atop a ridge at 3992 metres and then descend steeply through forest to the Dudh Koshi. Following the trail and walking up to the ridge will bring you the village of Portse. Overnight in Portse Tenga.

## **Trek to Dole (4000m). Walk approx 3 hours**

Retracing our steps back to Dole. The views during the return have a different point. The trail meanders around the constantly changing obstacles and affords great views of Cho Oyu and Cholatse. You will be crossing Machhermo and reach your destination at Dole. You will see the slopes of Cholatse and Taweche. You can enjoy excellent views of Kyajo Ri (6186 m) and the mountains and glaciers of the range. Overnight at Dole.

## **Trek to Machhermo (4410m). Walk approx 5-6 hours**

Today, after breakfast continuing a steady but constant climb, you will reach the village of Machhermo. Short time lunch break. You can visit the local villages and interact with local villagers about their lifestyle and culture. This afternoon can be spent relaxing or you may wish to stretch your legs and take a walk up the ridge behind Luza for a view of the Gokyo Valley. Overnight in the lodge of Machhermo.

## **Trek to Gokyo (4759m), Gokyo Lake. Walk approx 5-6 hours**

This day you will climb through a ridge chorten from where you can see fabulous view of both down the valley and the Mt.Kangtega, Thamserku and northern part to the Cho Oyu. After some gentle walk you will reach Phanga. Continuing the path you descend to the river bank before beginning to climb up to the terminal moraine of the Ngozamba Glacier. The trail follows the valley past the first lake, known as Longpongo. At the sight of the second lake, Taboche Tso and then you will reach the third lake Dudh Koshi, the two linked by a surging stream. Gokyo village stands by the third lake. Dinner and night stay in the Gokyo.

## **Ascent of Gokyo Ri (5483m). Walk approx 4 hours**

You will be woken up early to climb to the Gokyo Ri, which hangs above the Gokyo village at the northern edge of the lake. From this spot, you will catch the most exquisite view ever of the Himalayas especially that of the Everest, Lhotse, Makalu, Nuptse, Cho Oyu and other neighboring snow peaks. Later on, you can hike up to the Scoundrel's Viewpoint, exploring the fourth, fifth and even the sixth lake of Gokyo if time permits. In the evening dinner and night stay in the lodge of Gokyo Ri.

## **Trek to Thare (4500 m). Walk approx 5 hours**

Today after breakfast you will trek to Thare. Walk approximately five hour to reach your destination. There is the place where you can explore Thare monastery and beautiful village. You can know the people living there including their life style, culture and costumes. Overnight in the lodge of Thare.

## **Trek to Thyangboche (3867m). Walk approx 6 hours**

Trek to Thyangboche and visit the famous monastery. You will descend the Pheriche valley with spectacular views of Ama Dablam and join the main Imja Khola Valley, which you follow down to Pangboche with superb views looking back to the great ridge of Lhotse-Nuptse. Pangboche, at 3985m is the highest permanent settlement on the approach to Everest. Dropping down to the rushing Imja Khola you then walk through rhododendron forests to Thyangboche at 3867m.

## **Trek to Monjo (2850m). Walk approx 6 hours**

An easy trail contours round the hillsides back to Namche Bazaar. From here you will drop down to the river and retrace your path through Monjo. Monjo is a small village in the Khumbu region. It lies in the Dudh Kosi River just north of Phakding and south of Jorsale on the edge of the Sagarmatha National Park. You will visit Buddhist Monastery and explore surrounding and enjoy natural beauty of Monjo.

## **Trek to Lukla (2800m). Walk approx 5 hours**

Retrace the way alongside the Dudh Koshi River to the small town of Lukla. You'll have a long and leisurely trek back to Lukla. You can explore the area if you like or just rest for the day.

## **Fly to Kathmandu (1330m)**

Fly from Lukla to Kathmandu, Enjoy panoramic mountain views and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants before spending the evening celebrating your achievements!

## **Day at leisure/ reserve day in case of flight cancel/Hotel**

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before transferring to the airport for flight back.

## **Drive to Airport for Return flight**

Your final day in Kathmandu is a free day to you to do as you choose. Many people take the time to shop, others enjoy exploring the cultural side of the city. Our local guide can advise you on the best shops in the area. Final Farewells! Our airport representative will travel with you to the airport.

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