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The Gokyo Lakes Trek is one of the most adventurous and least travelled trekking routes in the Everest Khumbu region. This trek undoubtedly offers beautiful valleys, pristine turquoise lakes, the impressive glacier, and the magnificent snow-capped mountain peaks.

Gokyo Lakes Trek also considered as an alternative to the established Everest Base Camp trek. It is full of serene beauty, Himalayan desert, pristine lakes, and much more. Besides, the walk through the Gokyo Valley offers the opportunity to explore the impressive five lakes of Gokyo and the famous viewpoint Gokyo Ri, from where you can enjoy a majestic view of Mount Everest and its surroundings. Such as Mount Makalu, Cho Oyu, Lhotse, Nuptse, etc. Main highlights of this trek are as below

- ❖ 35-minute Kathmandu-Lukla flight with panoramic views of the landscapes
- ❖ Discover the unique and lively Sherpa tradition, culture and way of life
- ❖ Trek in Sagarmatha National Park, the habitat of exotic animals.
- ❖ Enjoy panoramic views of mountains like Tawache, Everest and more
- ❖ Visit the world's highest freshwater lake system, the Gokyo Lakes
- ❖ Breathtaking Mountain views from Gokyo Lake and Gokyo Ri
- ❖ Trek the world's largest glacier: the Ngozumpa Glacier

About Gokyo Lake Trek

Gokyo Lake Trek is the second most famous trek in the Everest region. Like all other hikes in the Everest region. Gokyo Lake Trek offers an exceptional view of the Himalayas, provides an opportunity to explore the culture of the people living there. Besides, it also offers the breathtaking beauty of the turquoise green lakes.

The five lakes, in a group known as Gokyo Lakes, are part of the tallest freshwater lake system worldwide.

In contrast to the Everest Base Camp Trek, this route only takes 13 days and is also less crowded in high season. However, the unique path through the Gokyo Valley is no less impressive. One of the main attractions of this hike is Gokyo Ri, the highest place you will reach during the trek to the Gokyo Lakes. It is unforgettable to climb to the top to watch the bright sunrise. Gokyo Ri also serves as a lookout point for more unobstructed views of Mount Everest and the surrounding peaks.

In addition to the adventure and the beautiful view, this hike is also an incredible opportunity to get to know the beautifully preserved culture of the Sherpas in Sagarmatha National Park.

You will start the trek from Lukla to reach Namche on the same route as Everest Base Camp and spend a day acclimatizing there. Then drive towards Dhole, Machhermo, and finally, Gokyo. On the eighth day, visit Gokyo's fifth lake and ascend to Gokyo Ri. The same way you return to Dole the next day and then back to Namche. After a walk down to Lukla, fly to Kathmandu.

Itinerary detail

Day 01: Welcome to Kathmandu airport

Welcome to Nepal. When you arrive at Kathmandu Tribhuvan International Airport, our representative will pick you up and take you to your reserved hotel. After check-in at the hotel, there will be a short briefing session about your trekking tour programs. After the briefing session, you can rest and relax in the hotel. If you want to familiarize yourself with the place, you can go for a walk in the Thamel area in the evening.

Meals included: none

Day 02: Preparation for trek and Kathmandu City Tour.

Today, after breakfast, we begin a tour of Kathmandu's historical and spiritual attractions with an experienced tour guide, which is also UNESCO World Heritage Sites. You will visit the historic Kathmandu Durbar Square, the holy Hindu temple of Pashupatinath, the famous monkey temple (Swayambhunath) and the Buddhist shrine (Bouddhanath), which is also one of the largest stupas in the world. At noon, our leader checks our equipment, introduces us to other participants, and we talk about their trip.

Meals included: Breakfast

Day 03: Flight Kathmandu to Lukla, trek to Phakding: walking distance 3 - 4 hours

Today is your first day of the trek, and the goal is to reach phakding. Early Morning, You will escort to Tribhuvan domestic airport in a private vehicle to board a flight to Lukla. After a 35-40 minute flight, you will land at Lukla airport. Upon arrival at Lukla airport, you will be introduced to the other crew members who are waiting for your arrival. At the same time, the luggage is prepared for your porter. As soon as everything is ready, you will start the trek towards the destination of the day, leaving Lukla behind. After four hours of downhill and flat trail experience, you will reach phakding. After a while rest, take a short walk through the village of Phakding or even a walk to the nearby gompas to acclimatize. The night is spent at the lodge in Phakding.

Meals included: Breakfast, lunch, and dinner

Day 04: Trek from Phakding to the Namche Bazaar: Walking Distance 5 - 6 hours

Today is the second day of your trek, and our destination is the Namche Bazaar. Without wasting time, we leave Phakding and walk towards Monju over some suspension bridges and small settlements. Monju is popularly recognized as the gateway to Sagarmatha National Park. Upon arrival in Sagarmatha National Park, the team leaders at the entrance will take care of the necessary documents for the National Park, while you can enjoy nearby. Then we enter the national park, from where a vertical descent leads us through some suspension bridges. The path climbs over these bridges to the Namche Bazaar, which offers the first view

of Mount Everest along with other peaks. You will spend night at a Lodge in Namche Bazaar.

Meals included: Breakfast lunch and dinner

Day 05: Namche Bazaar: acclimatization Day

Acclimatization is essential so that we can adapt to the gradual changes in the environment. It will also help us avoid acute mountain sickness. Today, we take part in activities that help us adapt to the change in altitude and the drop in the air. Staying active is the best way to acclimatize. Instead of resting, we visit the Sherpa Museum and the famous statue of Tenzing Norgay and genuinely epic views of Everest, Lhotse, and Ama Dablam. Then we climb to Everest View Hotel at 3,880 meters above sea level and have lunch. Then we return to the Namche Bazaar to explore the rest of the day before sleeping.

Meals included: Breakfast lunch and dinner

Day 6: Trek from Namche to Dole. Walking distance 7 to 8 hours

Today is the fourth day of the trek, and our goal is Dhole. If you leave the Namche Bazaar behind, you can easily walk to Kyangjuma, from where you have one of the best views of towering peaks. The walk continues via the rhododendron forest to Sanasa, an significant crossroads of trails in the Everest Base camp and Gokyo Valley. We leave the Everest Base Camp Trail, follow the stone step path on our left, and head towards Mong. From Mong, there is an easy descent to the banks of the Dudh Koshi River when we cross Phortse Thanga. We walk to Tenga and follow the banks of the Dudh Koshi River. From here, we leave the river bank and go through the birch and rhododendron forest to Dhole. The night is spent in a hostel in Dhole.

Meals included: Breakfast lunch and dinner

Day 07: Trek from Dole to Machhermo: walking distance 5 - 6 hours

After having breakfast at the dole, we start trek to Machheromo. On the way, you walk with the pine and oak forests. You will go uphill gently so that it is not as

difficult as the day before. Along the way, you can see peaks such as Taboche, Cholatse, Cho Oyu, and Everest.

Meals included: breakfast lunch dinner

Day 08: Trek from Machharmo to Gokyo: Walking Distance 5 - 6 hours

We climb a hill and enjoy the view of the Dudh Koshi valley and the Mount Kangtega, Thamserku, and Cho-Oyu. Beyond the ridge, the valley widens when the path leads through a choir and reaches Phangga. You go down to the river bank before walking the end moraine of the Ngozamba glacier. We passed Longpongo, Raboche Tsho, and Dudh Pokhari before we reached Gokyo. On the way next to the first lake, we see the footprints of a Lama (Buddhist priest). We explored Dudh Pokhari before saying good night. Night stay at Lodge in Gokyo.

Meals included: Breakfast, lunch, and dinner

Day 09: Gokyo Valley: Climb the Gokyo Ri and go to the fifth lake: Walking 5 - 6 hours.

We spend another day in Gokyo to get used to the altitude. In good weather, we walk to Gokyo Ri today. From the top of Gokyo Ri, we admire the view of the Himalayas and the calm lakes of Gokyo. We also hiked to the fourth and fifth lakes of Gokyo. The fourth lake is only 3 km north of Gokyo. It is Specified by high cliffs and Himalayan peaks that rise above it. We continue and reach the fifth lake. Climbing a nearby hill guarantees you incredible views of mount Cho-Oyu, Everest, Lhotse, Gyachung Kang, Nuptse, and Makulu. From here, we can see a lot more: The place is called Scoundrel's POV. From the northern part of the fifth lake, we see the Cho Oyu base camp and the Ngazumpa glacier, the largest glacier in the world. We go back to Gokyo for the night stay.

Meals included: Breakfast, lunch, and dinner

Day 10: Trek back Gokyo to Dole: walking distance 3-4 hours

We descend a path along the Dudh Koshi River and pass the first Gokyo Lakes. On the way, enjoy the view of the Cholatse and Taboche peaks. Our route descends

before we climb a hill. After reaching the Chorten on edge, we see a great view of the mount Thamserku, Cho Oyu, and Kangtega. You walk through the villages of Machhermo, Luza, and Lhafarma before reaching Dole. We will spend the night in Dole.

Meals included: Breakfast, lunch, and dinner

Day 11: Trek Dole to Namche Bazar: walking 4 - 5 hours

Today, you go down a steep path to Phortse Thanga and think a lot of rhododendrons, waterfalls, and wildflowers. You also find wild goats, musk deer, pheasants, etc. From Mong, you can enjoy a good view of Khumbila Peak. On the way to Namche, you will admire the views of the Taboche, Ama Dablam, Thamserku, and Kangtega mountains. After walking for a while, we reached an intersection where the path from Sanasa meets our way. We hiked a trail that hangs on a wooded hill beyond Kyangjuma and crosses several curves and reaches to Namche Bazar. You will stay at standard lodge in the Namche Bazaar.

Meals included: Breakfast Lunch and dinner

Day 12: walk Namche Bazar to Lukla: walking 7 - 8 hours.

We descend a rocky path and cross several suspension bridges before walking on a flat road. The air is warmer than we go the same way to reach Lukla. Our hike on the mountain ends after reaching Lukla. We spend our time remembering our time on the hill. Night stay in Lukla.

Meals included: Breakfast, lunch, and dinner

Day 13: Flight Lukla to Kathmandu

Today is your last day in the Everest region of Nepal. Your porters bring your luggage to the airport, where we say goodbye. As soon as the plane has landed at the Lukla airport, we board the plane and fly back to Kathmandu in the early morning, enjoying the panoramic view from the sky again. Our office vehicle will be waiting for you at Kathmandu Airport that will accompany you safely to the three-star hotels in Kathmandu.

Meals included: Breakfast

Day 14: Drop to Kathmandu International Airport

Today is your last day of Nepal trip. If your flight is scheduled early in the morning, one of our company representatives will accompany you according to the departure time of your flight to the airport. However, if the flight is scheduled later in the evening, you can go shopping and pick up some souvenirs or just hang out in the shopping areas of Kathmandu. However, if you would like to spend additional days in Nepal, we can also arrange other adventure activities that you can participate in during your stay in Nepal.

Meals included: Breakfast

Cost Include

- ❖ Three-star accommodation in Kathmandu for three days
- ❖ Rooms in the best available lodge and all meals during the trek
- ❖ All ground transports including pickups and drops at Kathmandu airport
- ❖ Full day tour of the Kathmandu Valley with a guide and a private vehicle
- ❖ All entrance and permits fees during sightseeing and trekking
- ❖ Domestic flight ticket to Lukla and back
- ❖ An experienced English speaking guide and a guide assistant.
- ❖ One porter for two people who can carry 30 Kg.
- ❖ Entry ticket to Sagarmatha National Park and TIMS card
- ❖ Required documents from the Nepalese government and the tax authorities
- ❖ All necessary insurance for guides and porters.
- ❖ First-aid service for minor injuries
- ❖ Salary, meals, and accommodation for guides and porters.

Costs excluded

- ❖ Any food other than breakfast in Kathmandu
- ❖ Travel and rescue insurance, travel cancellation costs, accident Etc.

- ❖ Additional night in Kathmandu by any reason
- ❖ Personal expenses such as phone calls, internet, laundry, battery charging.
- ❖ All alcoholic and non-alcoholic drinks, including mineral water.
- ❖ excess baggage fee (s)
- ❖ Entry visa for Nepal
- ❖ Tips for the crew

Food and accommodation

During your trekking in Nepal, accommodation is straightforward and offers limited options, so don't expect the Luxuries as your home. We use a simple family-run guest house or a tea house Lodge. If available, we offer a private double or twin room with a shared bathroom. There will not always be access to a hot shower. Depending on height and location, accommodations typically incur additional costs for a bucket of warm water, which you can mix with cold water for washing.

During Your trek, you can expect to get mainly continental and local meals ordered from the menus. Most of the tea houses offer Nepalese, Tibetan, Chinese, and even Indian and Italian dishes. We offer three meals a day with tea or coffee. The food on the trek is usually vegetarian, and the staples are rice, vegetable curries, lentil soup, pasta, bread, potatoes, Momo, French fries, etc. Dessert is not including in the package.

There are fewer varieties in higher places near mountain base camps than in lower areas. Whenever possible, we try to offer you fresh vegetables from the village and fresh fruit. You can choose the food as you like, but it is better not to order different dishes for each person since it takes a long time to cook so many meals, especially during lunch. You can buy bottled water in the mountains, but we recommend that you bring water purifiers such as iodine and avoid bottled water. Water bottles are the primary source of pollution in the mountains. If you trek at high altitude like Everest base camp, Drinking alcohol can increase the possibility of altitude sickness, so don't drink alcohol until you come back to a lower elevation.

Trekking guide (s) and other crew arrangements

The most important thing that makes this hike enjoyable and unforgettable are the experienced, polite, and helpful guides and crew who can make your days on the mountain go smoothly. The best and most professional leaders lead our trip. All employees are carefully selected based on their experience, leadership skills, and personal skills. To preserve local communities, we only employ local people who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of your local region (s).

Travel insurance

Travel insurance for every itinerary of our company is a prerequisite to book a holiday. You must have at least one emergency and repatriation insurance that covers the cost of the rescue on the mountain. Carefully read the terms and conditions of your insurers, in particular, you must ensure that the following are covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on trekking 3) evacuation of the helicopter in case of emergency. It is essential to understand that you will bear the cost of the evacuation and return procedures and that it is your responsibility to pay for the evacuation or medical treatment. You must be fully aware of the effects of your travel insurance and understand the limitations and exclusions of the policy. Please note that our company guide may, under certain circumstances, initiate helicopter rescue (or other necessary) operations in medical emergencies without first seeking approval from your insurance company.

Physical fitness and experience requirements

Gokyo Lakes and Gokyo Ri Trek is a moderate hike. You need to walk 5 to 6 hours every day with a light backpack. The hike is relatively easy for those who used to walking at higher altitudes. We gently request you to jog and exercise frequently at least a few months before the start of your trek. Previous hiking experiences would be a bonus, but no technical knowledge required for this trip. It is also vital that you consult with your doctor before booking the trek. Participants with

existing diseases such as heart, lung, and blood diseases must also inform us before booking the walk.

Best travel time

We can do Gokyo Lakes Trek in autumn (September to November) and spring (March to May). During this time, weather and sky is clear, and the view is brilliant. The weather is best for walking without rain. Especially during the spring season, we can also enjoy lush vegetation in the lower regions of the trail.