

# Everest Gokyo Lake Trek

**Gokyo Lake Trek** or the [Everest Gokyo Lake Trek](#) might come out as a trip of your lifetime! Though this is a short trek to the Khumbu Region like the **Everest View Trek**, the attractions here are hors concours. The trek from the semi-alpine vegetation to snowy frozen lakes is what our hike sees to!

The trek, as usual, starts from Lukla the same as other packages of the **Khumbu Region** including the **Everest Base Camp Trek**. While on the flight to Lukla, relish in the first views of the Eastern Himalayas, a mountain range with most of the highest peaks in the world. Disembark the plane and start off towards Phakding. Trail follows an easy path towards the Sagarmatha National Park and then towards the Namche Bazaar, the shopping center for the Sherpa People. A days rest at Namche with a visit to the **Everest View Hotel**, the photo gallery, and the cultural museum makes it worth acclimatizing.

Pursuing the track upwards will take us to the village of Dole. If, instead, we trek to Thame, it sees us off to the **Everest High Pass Trek**. Next stop, a place with the **Himalayan Rescue Center** which offers knowledge about altitude sickness, its prevention, and cure. Important stuff to take in, right? After all this, comes the day, we've all been waiting for! The day we explore the Gokyo Lakes!

In this Gokyo Lake Trek, five of the six lakes will be at our disposal, waiting to be explored. The first and foremost is at a height of 4690 meters Longpongo Tso, then Taboche Tso, and the Dudh Pokhari, where the Gokyo Village is located, Thonak Cho, and finally the Gyazumpa Cho. Not only lakes but also our expedition makes way for the largest glacier in **Nepal** and the Scoundrel's Viewpoint with views of the four eight-thousanders. And, let's not forget about our short **Gokyo RI peak** climbing quest.

Immerse in the turquoise lakes of the **Gokyo Valley** in this one of a kind tour!

Duration: 14 days

Price: \$1200

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

## Itinerary:

**Day 01:** Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

**Day 02:** Fly to Lukla (2860 meters) and Trek to Phakding (2610 meters)

30 minutes is far from enough to get to one of the bewitching airports in the world, the Lukla Airport. Though dangerous, Lukla Airstrip AKA Tenzing and Hilary Airport offers the first closest peek of the Mahalangur Mountain Range. Start walking towards the Cheplung Village as the path descends down to Thado Koshi to finally get past a large suspension bridge to arrive at Ghat. An easy

walk downhill from Ghat ensures our arrival at Phakding.

**Day 03:** Trek to Namche Bazaar (3440 meters)

Walk through the Pine forests to reach the Zam Phute village and across a rivulet to arrive at Tok Tok. Follow an uphill trail to Benkar before crossing a bridge to get to Chumao, a TIMS checkpoint. A short walk to the entry point of the Sagarmatha (Everest) National Park, Monjo from where a steep descent will see our arrival at Jorsalle. Across a large suspension bridge over the Bhote Koshi and Dudh Koshi Rivers to climb up gradually to reach the marketing hub of the Khumbu Region, Namche Bazaar in about 3 hours. Enjoy the views of the Eastern Himalayas!

**Day 04:** Acclimatization Day

Be a lark and enjoy the crack of dawn at Namche. Following breakfast, walk towards the Syanboche Airport, the closest to Mount Everest yet unpaved airstrip of Nepal. Later, hike up to the Everest View Hotel, the highest altitude hotel in the world and also the destination for Everest View Trek, and enjoy a 360 degree view of the Mahalangur Mountain Range, also the Everest. Back to Namche to explore Everest Photo Gallery and Sherpa Culture Museum. Also, enjoy the typical Sherpa culture while at it!

**Day 05:** Trek to Dole (4200 meters)

Rest day is up now, it's time for us to walk up to the Kyangjuma Village. An easy walk to Sansa followed up by an uphill climb to Mong and another downhill then uphill climb through rhododendron, juniper, and coniferous forest takes us to Phortse Thanga. Pass the village of Tongba and Gyele before finally making it up to Dole. The holy mountain of Khumbila and Tawache mountain just look gorgeous from here!

**Day 06:** Trek to Machhermo (4400 meters)

Hike up to Lambara and then to the Luza village. An easy hike up the side of the valley will see our arrival at Machhermo. Visit the Himalayan Rescue Hospital to find out more about altitude sickness and its symptoms, prevention and cure.

**Day 07:** Trek to Gokyo (4700 meters)

Up a ridge as it opens up to a wide trail to Pangka. A short descend to the Dudh Koshi and a steep hike uphill will take us to the first lake Longpongo Tso and then the Taboche Tso. The hike opens up to the Kangtega, Thamserku, Cho Oyu, Longpongo, and the Raboche Tso peaks. A short trail from here takes us to the 3<sup>rd</sup> lake, Dudh Pokhari or the Gokyo Cho. Explore the Dudh Pokhari at the Gokyo Village!

**Day 08:** Climb Gokyo RI (5360 meters) and Explore Gokyo Lakes

An early hike uphill on the steep snowy trail takes us to the 5360 meters tall Gokyo RI in about two hours. Enjoy the views of some of the tallest mountains of the Everest Region, Cho Oyu, Gyachung Kang, Lhotse, Cholatse, Tawache, Makalu, and the Everest. Get back to Gokyo RI and explore the 4<sup>th</sup> lake, Thonak Cho, the deepest lake, and the 5<sup>th</sup> one, Gyazumpa Cho, the second largest lake. Also, make sure to go a bit further towards the Scoundrel's Viewpoint, and take in the views of the four eight-thousanders and also the Ngozumpa Glacier, the largest glacier in Nepal.

**Day 09:** Trek back to Dole (4200 meters)

Drop back down to a riverbank and then climb up to Pangka. Trekkers hike to Dzongla from here to get to the Everest Base Camp. Hike downhill along the ridge to arrive at Machhermo. Yet another descend takes us to Dole.

**Day 10: Trek to Khumjung (3790 meters)**

An easy trek day that begins from Dole and ends at Khumjung. Khumjung is the home to a school built by Sir Edmund Hilary's Himalayan Trust and a 380 years old monastery. Quick fact: the old monastery holds a Yeti Scalp. But, is it really a Yeti Scalp, you be the judge!

**Day 11: Trek to Phakding (2610 meters)**

Descend to Namche Bazaar and then to the Sagarmatha National Park checkpoint at Monjo. Hike past magnolia, fir, and rhododendron forest to Chumoa prior to walking across the Dudh Koshi River to arrive at Phakding.

**Day 12: Phakding to Lukla (2860 meters)**

Ascend towards Ghat and walk across a large suspension bridge to Thado Koshi. An uphill climb afterwards will see us at Cheplung. The path towards Lukla from here is as easy as a pie. Take a hot shower and enjoy the rest of the day!

**Day 13: Fly to Kathmandu (1440 meters)**

Get the last look at the Mahalangur Mountain Range and bid farewell to them! An early morning flight will see us back at the capital city of Nepal, Kathmandu.

**Day 14: Onward Departure**

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

**Highlights:**

- Gokyo Lakes
- Ngozumpa Glacier, Largest glacier of Nepal
- Peak Climbing: Gokyo RI (5360 meters)
- Khumbu Glacier
- Sagarmatha National Park
- Scoundrel's Viewpoint
- Lukla Airport (Tenzing and Hilary Airport)
- Sherpa Culture, Tradition, and Lifestyle
- Everest, Nuptse, Lhotse, Cho Oyu, Makalu, Ama Dablam, and Other Mahalangur Mountains

**Cost Include:**

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Round Trip Flight Kathmandu to Lukla and Back
- Trekking Map and Trip Achievement Certificate
- First Aid

- TIMS and Sagarmatha National Park Permit Fee
- Government Taxes and Office Service Charge

**Cost exclude:**

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa