

# Everest Gokyo Trekking

**Duration:** 15 Days

**Starts At:** Kathmandu

**Grade:** Moderate

**Accommodation:** Hotel And Lodges

**Transport:** Plane, Car, Jeeps

**Altitude:** 5360m

**Ends At:** Kathmandu

**Group Size:** Minimum 2 Pax

**Meals:** Breakfast

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## Highlights

- Mesmerizing Gokyo lake, Tengboche Monastery, and Gokyo Ri pass (5,350m).
- Superb views of Mt. Everest, Makalu, Chholatse peak, Cho Oyu, Khumbila and many other peaks.
- Observe Sherpa's Culture
- Beautiful Gojumba Glacier (Largest glacier of Nepal).
- Visit UNESCO world cultural heritage sites of Kathmandu Valley.

## Overview

*Everest Gokyo Lake Trekking is said to be an option to the well known Everest Base Camp trek which most backpackers start with when planning trips in the Everest region. The trek is a stage for glorious views of Mt. Everest and other mountain peaks and also one of the largest glaciers of Nepal, Ngozumpa glacier. The most outstanding feature of Everest Gokyo Lake Trekking is the view of 8,000m peaks like Everest, Lhotse, Nuptse and Makalu. Everest Gokyo Trek is one of Nepal's popular treks set amongst breath-taking high mountain scenery, through the Khumbu. The tremendous ice ridge between Cho Oyu and Gyachung Kang (7922m) is another majestic vista of trekking Gokyo on a high...*

Everest Gokyo Trekking is the ultimate trekking option to discover the might of Nepal's huge mountain peaks, glaciers and the lovely emerald lakes of Everest Region. The loveliness of the landscapes hereabouts never disappoints & keeps you spell-bound throughout your venture. If it's your first visit to this region you will be amazed with views of the Great Himalayas – better known as the adventure crown of the world. Everest Gokyo trekking is a super alternative for mountain lovers who like the challenges that come with high altitudes. Hike through roughshod trails and experience the chilling cold

climate which is evident every day. The routes don't only offer sublime natural beauty but also customary and ecological splendor.

Our trip begins with a scenic flight from Kathmandu to Lukla, where we begin hiking on the banks of Dudh Koshi River to Phakding. The trail passes through breathtaking waterfalls and some rivers. On the way, we go through colorful villages that give us interesting insights into the lifestyles, culture and traditions of people surviving in these harsh regions. Our journey takes us to Namche Bazaar, gateway to the Khumbu where we spend a day and enjoy the scenic views of this bustling Bazar. After some good acclimatization, we continue our journey through Phortse and Machhermo village which gives us the real first views of the massive mountains in this area. The trip also brings us face-to-face with the biggest glacier in Nepal- Ngozumba Glacier; this is a stunning sight to behold. We then culminate at Gokyo valley with the gripping views of gorgeous lakes and soaring mountains. We also get to see a small settlement on the edge of the third lake. Just above Gokyo, the snowy shiny cones of some of the world's highest mountains become a feast for our eyes, they include: Mt. Everest and Cho Oyu, Lhotse and Makalu. the views here are so many, we also see the marvelous ice edges between Cho Oyu and Gyachung (7922m). The specialness about this trip is the real close-up views we get to behold of famous Mountain peaks, glaciers & serene clean lakes that leave us memories for a whole lifetime...

Check out our fixed itinerary for ***Everest Gokyo Trekking*** or just send us an [email](#) and we'll tailor make an itinerary based on your requirements.

### **Best Trekking Season for this Trek:**

Generally, the autumn and spring are the perfect and high trekking season for Everest Gokyo Lake trek. June, July and August are the low months to visit the Everest region as the trail remains slippery and muddy due to the monsoon. In addition, visit our [trekking season information](#) section for further details.

## **Itinerary**

### **Day 01: Arrival in Kathmandu (1,335m) and transfer to the hotel**

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Everest Gokyo Lake Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world. Overnight at hotel inclusive Breakfast.

## **Day 02 : Sightseeing in Kathmandu Valley**

Kathmandu, being a historical and cultural heart of Nepal is a popular destination for tourists, trekkers, and adventure seekers. The city presents a wonderful mixture of Hinduism, Tibetan Buddhism and Western influence in the Valley. Patan and Bhaktapur are its two major neighboring cities. These two cities bear a rich historical, cultural and religious significance. There will be a full-day guided tour to the most famous Hindu shrine PASUPATHINATH, the largest Buddhist stupa in the city BOUDHANATH, the 15th-century palace of 55 windows and SOYAMBHUNATH. Return to the hotel for your overnight.

## **Day 03 : Flight to Lukla and trek to Phakding (2,652m) - 3 hrs walk**

A thrilling scenic flight to Lukla and a landing on a steep mountain runway brings us to the start of our trek at the village of Lukla [2850m]. After meeting the crew, we head up the Dudh Kosi Valley on a well-marked trail and then stay overnight in Phakding.

## **Day 04 : Trek from Phakding to Namche Bazaar (3,440m) - 6 hrs walk**

After a good breakfast at Phakding, we set out for the mountain junction town of Namche; we cross and re-cross the river on high airy suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market – a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Namche is the gateway to the Khumbu. This is where we crash out for the night.

## **Day 05 : Acclimatization in Namche Bazaar**

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops, and souvenir shops. It is an ideal place to spend a day, acclimatizing to the new altitude before heading off towards Syangboche. To acclimatize, you visit Khunde Hospital set-up by Sir Edmund Hillary or take a one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse, and Everest. We then go to Khumjung where we visit a school established by Hillary. We begin our hike after enjoying lunch; bypassing the route of Khimde. There are also good views from the National Park Centre and Museum just above the town. After going through our acclimatization drills, we head down to our lodge for some beers & a good sleep.

## **Day 06 : Trek from Namche Bazaar to Dole (4,086m) - 6 hrs walk**

We are now approaching 4000m, and the air gets thinner. Today is a spectacular day in terms of scenery as we follow the main trail north out of Mongla. A short climb to a crest reveals a wonderful view towards Everest and Lhotse. We follow this main trail for a while longer, passing many traders selling Tibetan handicrafts, to a crossroads high above the Dudh Kosi. The trail to Everest drops down the hill but we turn off here and climb to cross the Mong La before reaching Phortse Tenga. From Phortse Tenga, the trail climbs steeply to Dole, through rhododendron and birch forest festooned with

hanging mosses and lichens. This is natural nature at its best. We crash out at Dole for the night.

### **Day 07 : Trek from Dole to Machhermo (4,400m) 5 hrs walk**

From Dole we climb steadily along the side of the valley, where the rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements [yersa], which are used when yaks are taken to these pastures to graze in the summer months. Ahead of us are excellent views of Cho Oyu, while at the rear are the peaks of Kantega and Thamserku. Today's trek is a somewhat short one and we will arrive at Machhermo in time for lunch. Overnight Machhermo at lodge.

### **Day 08 : Trek from Machhermo to Gokyo (4,750m) - 5 hrs walk**

Heady Gokyo Ri looms above the village on the northern edge of the lake. We leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region – some say it is even better than that from Kala Pattar. Overnight at guesthouse.

### **Day 09 : A day for some well earned rest...explore Gokyo**

Today we will take rest at Gokyo village and relish views of charming sites of Gokyo village. If the day is fine then we can climb Gokyo Ri and enjoy views of the lovely Everest Region. The Gokyo region not only provides you views of Gokyo peak but also gives you wonderful chances to contemplate at the series of six emerald lakes. You can also see Thonak Tsho Lake (forth lake) and Ngozuma Thso lake (fifth lake). The forth lake of this series has a high cliff and peaks rising above the lake just about 3 km north. We can savor the views of the turquoise-colored water of the lake. Moreover, we can climb on the hill and get amazing views of Mt. Cho-Oyu, Mt. Gyachung Kang, Mt. Everest, Mt. Lhotse, Mt. Nuptse, and Mt. Makalu. Cho-Oyu base camp is situated beyond the fifth lake, from where we can get closer views of Mt. Cho Oyu and Gyachung Kang. Cho-Oyu base camp and the biggest glacier of the world – the Ngazumpa Glacier is a view we can catch from the northern part of the fifth lake. If possible we may even head to the sixth lake too. We then return to Gokyo village and spend overnight at our lodge.

### **Day 10 : Trek from Gokyo to Phortse (3,810m) - 6 hrs walk**

We follow the same trail back for an hour. Before Phang, the route turns left to the Dudhkoshi where about two-three teahouses are available after we cross the Dudhkoshi. It follows the river and sometimes brings you higher trails than going up to Gokyo via Dole/Machhermo. It is just the opposite trails which you could have seen when ascending Gokyo. This route gives you an opportunity to see more beautiful scenery. This then leads us via Thare to Phortse village where we sleep for overnight.

### **Day 11 : Trek from Phortse to Tengboche (3,860m) - 2 hrs walk**

After breakfast, we start our trek towards Tengboche enjoying a superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek

follows on the gradual trail with few ups and downs overlooking magnificent view of the great Himalaya. Along the way, we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Kosi River, we reach Phunki Tenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Tenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and it has the biggest Buddhist Monastery all over in the Khumbu region. Overnight stay at lodge in Tengboche.

### **Day 12 : Trek from Tengboche to Namche bazaar - 5 hrs walk**

We continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest to the famous monastery at Thyangboche. The views from here are splendid and Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants to be seen. From Thyangboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back to the shining lights of hustling Namche for a great hot water bath. Overnight at Namche.

### **Day 13 : Trek from Namche Bazaar to Lukla - (2800m) 7 hrs walk**

Our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where we can sample some 'Chhang' (local mountain beer – a favorite drink on the mountains brewed from fermented rice), we do a jig to some Sherpa dancing, enjoy a special meal and reflect back on a memorable trekking experience before we crash out for the night.

### **Day 14 : Fly back to Kathmandu and transfer to your hotel**

Most flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about forty-five minutes. We touch down at Kathmandu and transferred to our hotel. But please note, sometimes the flight can be delayed or canceled in the mountain regions of this type due to inclement weather and other unpredictable reasons beyond our control. Our guests are expected to be patient.

### **Day 15 : Departure to your own destination**

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday.

## Trip Includes:

- All the airport and hotel transfer as per the itinerary.
- Both way domestic airfares. (Kathmandu – Lukla – Kathmandu)
- Supporting porters to carry your luggage. (1 porter for 2 people)
- Company guarantees the rescue services; you should have your travel insurance policy.
- An experienced trekking guide for the trek.
- Everest region trekking permits and TIMS card fees.
- 3 nights Kathmandu hotel accommodation at 3 star hotel inclusive breakfast.
- 11 nights best twin sharing lodges accommodation during the trek.
- 1 day Kathmandu valley sightseeing around world heritage sites.
- First aid medical kit for the trek.
- Farewell dinner at typical local restaurant after the trek in Kathmandu.
- Company duffel bags and sleeping bags to use for the trek. (it should return after the trek)
- Appreciation certificate after trip completion

## Trip Exclude:

- International flights and Nepal travel visa.
- Meals during the trek and Kathmandu sightseeing entrance fees.
- Extra nights in Kathmandu and Lukla hotel accommodation if your flight delay due to bad weather.
- Tips to the trekking guide and porters.

## Trekking Gear Checklist

### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

## **Hands**

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

## **Lower Body**

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags

- 2 large waterproof rucksack covers (optional)

### **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

### **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

### **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

## **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)