

Gokyo Valley Trek

Gokyo Cho or known popularly as Gokyo Lake and the Gokyo lake system is glacial lake system in the Everest region of the Himalayas in which five lakes scattered in the same line with main lake named Gokyo. This lake covers an area of 42.9 ha (106 acres). Gokyo village – a small hamlet – lies on the eastern shore of the lake and one of the biggest glaciers, Ngozumpa glacier, adjacent to the lake.

Gokyo Valley Trek offers one of the best trek experiences in the Himalayas in which you can enjoy the majestic views of the peaks including Mt. Everest (8,848 m./29,029 ft) – the crown of the world, Makalu (8,485 m/ 27,838 ft), Cho Oyu (8,201 m/ 26,906 ft), Ama Dablam (6,812 m/ 22,349 ft), Thamsarku (6,608 m/ 21,680 ft), Kantenga, Cho-Latse, Tawache and others. Not only view of the Himalayan peaks but also the Sherpa culture, and high Himalayan lifestyle amaze you equally.

During the trek you will climb the peak namely Gokyo Ri (5,357 m/ 17,575 ft) to view the magnificent view of the Himalayan peaks and Everest.

If you have time, strength, and will then you can combine Gokyo Valley trek with Everest Base Camp crossing over Cho-La pass. Famous Three Pass Trek also runs through Gokyo Lake. This itinerary takes you through the Dudhkoshi valley up to Gokyo from Namche which is classic trekking route as well.

Itinerary in Detail:

Day 01: Arrival in Kathmandu (1,300 m/4265ft):

Arrive Kathmandu where our friendly representative meet and greet at the airport. We transfer you to the Hotel you are booked, and complete check-in formalities. After a short rest and time to freshen up, we will then show you Thamel – one of the busiest tourist areas. You can look up for ATMs, money changer, shops, retailers, gears or any other necessities that you require. You will then be taken to our office for tour briefing. Overnight will be spent at the hotel.

Delay on flight will postpone the schedule for next feasible day.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You start your day with yummy breakfast and proceed for the tour. We will show your two different religious/cultural sights – Pashupatinath Temple and Boudhanath Stupa.

Pashupatinath Temple: Known to be a space devoted to lord Shiva, a Hindu deity, Pashupatinath temple is one of the most famous destinations for Hindu pilgrims. Bagmati river – revered to be a holy river – where Hindu dead body are cremated is another attraction of the tour. It is a UNESCO world cultural heritage site and is famous for the celebration of "Shivaratri", which falls in between the stretch of February-March.

Boudhanath stupa: The stupa is one of the largest monuments of its form in Nepal. It is located in the eastern Kathmandu and stands with four pair of eyes keeping track of four directions of the

city. The holy and serene environment will definitely leave you relaxed and calm. It is believed to be inspired by Mahayana philosophy.

The completion of short tour will leave you with plenty time to prepare for your journey towards Everest Base Camp. Night will be spent at hotel.

Day 03: Fly Kathmandu – Lukla (2,860 m/9383ft) and Trek to Phakding (2,610 m/ 8,563ft) | 30 mins flight and 3.30 hrs walk:

You drive to domestic airport early morning for a flight to Lukla with Guide. A flight of 30 mins flying over Nepal's mid-hills and mountains parallel to the Himalayan ranges will be an amazing adventurous experience on its own. Upon landing on an airstrip of a beautiful town Lukla – gateway to the Everest trek, you will stop for a short while to fix your luggages, meet with crew members, and have a cup of tea/coffee to start the day.

You then walk for three and half hrs approximately on a gently sloped landscape towards Phakding and spend your night at a local lodge in the bank of beautiful Dudh Koshi river.

Day 04: Trek Phakding to Namche Bazaar (3,440 m/11,286 ft) | 6 hrs walk .

The second day of your trek will be an exciting yet challenging walk and informative as well since you enter the Sagarmatha National Park. The first part of the walk is beautiful along the Dudh Koshi river in the pine and deodar cedar forest with couple of small settlements. As you approach just below the ridge of Namche, you cross the highest hanging bridge – hold your breath if you suffer from Acrophobia or Gephyrophobia.

For the last part, you walk steep two to three hours uphill in the pine forest to reach Namche Bazaar. It used to be a trading post for Tibetan and Nepali merchants who cross over the high Himalayan pass called Nang Pa La pass (5,806 m/ 19,050 ft). Early trans-Himalayan trading place, Namche still holds its prominence for local market place.

You spend two nights in this town.

Day 05: Rest and Acclimatization at Namche Bazaar | 1.5 to 5 hrs.

On this day, you hike around Namche Bazar and get yourselves habituated with the altitude differences you will be facing.

In order to be more than sure about your health we recommend to climb further up to Everest view Hotel – provides a beautiful view of mountain range including Mt. Everest.

On your way up, you pass small airstrip of Syangboche (3,780 m/12,402 ft) – the highest altitude airstrip in Nepal which is not permitted for commercial flights. The hilltop above Syangboche provides first view of magical Himalayan range including Taboche Peak (6,367 m/ 20,889 ft), Lhotse (8,516 m/ 27,940 ft), Peak- 38 and Ama Dablam (6,812 m/ 22,349 ft), Thamskerku (6,608 m/21,680 ft) and others.

While at Khumjung (3,780 m/12,401 ft), you can visit the Hillary School – high school built by sir Edmund Hillary who reached the summit of Mt. Everest at first in 1953. Lunch in one of the tea houses in Khumjung. You can visit Khunde where Hospital under Hillary trust is serving to local Sherpas.

Day 06: Trek Namche Bazaar to Dole (3,680 m/ 12,073 ft) / 7-8 hrs walk:

After breakfast, you walk through the most beautiful gentle stretch for about two hours to reach Kyangjuma from where trail forks and we take the upper one to Gokyo Valley. The lower one leads to the Everest Base Camp directly.

The trail to Mongla is beautiful and gentle uphill . On your way up to Mong La you can witness amazing view of mountains. Enjoy your lunch at one restaurant in Mong La or continue a short downhill for lunch at Phortse Thanga. The trail down to Tenga is beautiful in the Rhododendron forest – that blooms in Spring. You can meet various wild life here including Himalayan Thar, Deer, Himalayan Monal and others.

From Phortse Tenga you walk steep uphill for about two hours in pine and rhododendron forest to reach a small yet beautiful town of Dole. Overnight stay in the lodge in Dole.

Day 07: Trek to Machhermo (4,470 m/ 14,665 ft) / 6 hrs walk:

Enjoy your breakfast, and start the day with a good hour uphill in much barren alpine region. Stop for a good lemon tea at Lapharma from where the trail is comparatively less steep. You walk past small pastureland at Luza to reach Machhermo. Being located near the glacial stream, this place is cold but cozy. You can visit a temporary clinic to know about altitude sickness operated by Himalayan Rescue Association. You spend the night at a local lodge.

Day 08: Trek Machhermo to Gokyo (4,790 m/ 15,715 ft)/ 5 hrs walk:

As soon as you leave Machhermo, and climb a short steep stretch to the Chorten located atop, the view of mountain peaks are magnificent. Every second of our hard trek will prove worth it given the scenic pleasure you get to witness. We then make our way to Pangka – a place where rather sad incident of avalanche killed more than 40 people in 1995. After we reach the river bed, we pass Ngozumba glacier on our right then climb up and reach the first lake of Gokyo lake system. Taking an inspiration and walking further will take us to the mesmerizing third lake of Gokyo passing second lake on our way. We spend the night at valley of Gokyo in a local lodge.

Day 09: Hike to Gokyo RI (5,357 m/ 17,575 ft) and Gokyo Lake Exploration

Today you begin the day with challenging climb through rocky trail of Gokyo Ri at pre-dawn to catch first sunlight in the Himalayan peaks. It is about three hours climb steep up to the top from where you can experience the most mesmerizing mountain view including three eight thousanders peaks Mt. Everest, Mt. Makalu, and Cho Oyu along with many Himalayan peaks.

After the Gokyo Ri, you return to your hotel, enjoy the lunch and rest. Explore the ridge to view Ngozumpa glacier in the evening, or stroll around the Lake.

Overnight stay at the lodge in Gokyo village.

Day 10: Trek back from Gokyo to Phortse Tenga(3810m/12497ft) / 6-7hrs walk:

After you enjoy the beauty of Gokyo Lake, today you walk back to Phortse Tenga – a beautiful place near the Dudhkoshi river in the pine forest to spend the tranquil night. You walk all the way back same path as you go up, but you view differently due to change of direction. Enjoy the return walk and overnight in the lodge.

Day 11: Trek Phortse Tenga to Monjo (2,835 m/9301ft) via Namchebazar/ 6 hrs walk:

After breakfast, we trek all the way to Namche Bazar for lunch. From Namche, trek down the trail to reach Monjo. The trekking is steeply down routed. We spend our night at a local lodge in Monjo.

Day 12: Trek from Monjo – Lukla (2,840 m/ 9,317 ft) / 4 hrs walk:

From Monjo you trek alongside Dudh Koshi river passing the beautiful Phakding again on our way and crossing numbers of hanging bridges – some may terrify you if you are panic to the height. Upon reaching Lukla, we thank our crew members and celebrate the completion of the trip. You spend final night in the mountain fresh air. Overnight at the Hotel.

Day 13: Lukla – Kathmandu (1300 m)/ fly 30 mins:

We take a thrilling flight to Kathmandu. The flight will bring changes in air and leave fresh mountain air back, but you get an opportunity to give rest to your body after a long trek in the Himalayas. You will get good food after weeks of limited optioned meal in the Himalayas.

We transfer you to hotel and leave you for the day to explore nearest market and relax. You will spend the night at hotel.

Day 14: Love Kathmandu Tour (Hidden places in Kathmandu and Durbar square):

Kathmandu city stands with a century long history of markets, trading spots, various arts, buildings with architectural and cultural affluences.

On your last day, you will be exploring the local market of Asan, Indrachowk and Newroad, only to discover the historic and cultural identity of this beautiful city. You will then visit Kathmandu Durbar Square; centre to accumulate Kathmandu's architectural prominence. Here, you will experience an unique culture of "living goddess", visiting her temple could make your trip informative and exhilarating given the cultural differences. After this eventful day, you will spend your night at hotel and prepare for the departure next day.

Day 15: Departure Day:

You will be dropped off at the Kathmandu International Airport as per your flight schedule. This marks your last day in Nepal, our representative will bid you final good bye.

Cost Includes:

- Airport Pick up and Drop with representative.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation during the trek
- All meals (three times a day: Breakfast, Lunch & Dinner)
- Tea Coffee (3 times a day).
- A professional trekking guide, Porter (Helper) and assistant guide for group size above 5 trekkers
- Air ticket (Kathmandu- Lukla –Kathmandu)
- All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff
- Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack

- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.