

## Everest Gokyo Lake Trek -15 Days

Enjoy the majestic beauty of mountains glaciers and emerald lakes in the Everest region with Everest Gokyo Lake Trek! It is one of the stunning treks that offer the splendour of mountains vistas, glaciers, icefalls, and azure lakes of Gokyo at once. The gorgeousness of the Everest region is not hidden from anyone, and Gokyo lake trek allows you to venture into the classic trail with the divine aura of majestic mountains and serene mountain lakes. If Everest Gokyo lake trek is your first journey to Everest, then get ready for some stunning views of Mt. Everest, the highest peak of the world accompanied by other towering peaks like Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku, Mt. Tawache, etc. Apart from the mountain views, Gokyo valley is a major attraction that makes you feel as if you have stepped into a natural paradise.

Like many other treks to Everest, Everest Gokyo lake Trek starts with a flight to Lukla which is followed by a walk down to Dudhkoshi River and hike up along the undulating path to Namche Bazaar. On the way, we pass the dense forests of rhododendron and many other Sherpa settlements. The trail continues through the village of Phortse and Macchemo to Ngozumba glacier. As we come across the glacier, we can feel as if the soaring mountains are approaching near to us. A gradual walk ahead will bring us to Gokyo valley with emerald lakes embedded in it and the towering mountains looming right above us. Our eyes will be rewarded with some splendid views of Mt. Everest, Mt. Lhotse, Mt. Makalu and [Mt. Cho Oyu](#) and many more.

So, pack your bags and come along with your reliable travel companion – **World alpine Treks** to immerse into the spellbinding beauty of Gokyo lake. We are all set for Everest Gokyo Lake Trek! If you want a more challenging journey, you can check our [Everest Chola pass Trek](#). For more info, do not forget to write to us.

### Itinerary

#### Day 01 : Welcome to Kathmandu (TIA)

The first day marks your arrival day in Kathmandu. Clear all the visa requirements and customs clearance, if any, at the arrival section of the airport. As you come out, you will find a representative from World Alpine Treks waiting for you holding a board with your name. You will then be transferred to your hotel at Kathmandu. The representative will shortly inform you about the plans ahead.

#### Day 02 : Sightseeing in Kathmandu

The second day is a day tour to warm-up prior to your trekking journey. Kathmandu is a city enriched with artistic palaces, beautiful monuments, ancient temples, and other constructions of historical and cultural importance. No wonder the city has seven out of

ten UNESCO listed world heritage sites. Today, you will be guided to the UNESCO listed heritage sites in Kathmandu. These heritages are perfect examples of rich history, exceptional culture, and architectural treasures of Nepal. At first, you will be taken to Kathmandu Durbar Square. The art, crafts, and carvings in the palaces, temples, and other monuments of the durbar square are excellent. After that, you will be escorted to Swayambhunath stupa (Monkey temple), Pashupatinath temple and Boudhanath stupa respectively. (Inclusive of breakfast)

### Day 03 : Fly to Lukla (2843 Meters) - 30 minute and Trek to Phakding (2610 Meters) - 3 Hours

On the second day, you will be headed to the domestic terminal of Tribhuvan airport for a flight to Lukla. The flight to Lukla in itself is an enriching experience where you will be able to enjoy some wonderful views of mountains. As you land in Lukla, you will meet our other crew members at the airport. From Lukla, we walk down through the trail along with hotels and lodges to Dudhkoshi River. We cross a long suspension bridge over the river and follow a path that takes us to Phakding. We stay at Phakding for the night. (Inclusive of Breakfast, lunch, and dinner)

### Day 04 : Trek to Namche Bazaar (3440 Meters) - 5 Hours

We wake up early and enjoy our breakfast. Then we follow our trail that goes through an undulating path up and down via traditional villages, fields, and rhododendron forests. We gradually ascend and enter into Sagarmatha National Park with magnificent views of Mt. Thamserku on sight. We pass villages like Jorsale and Monjo on the way to Namche. Namche Bazaar is an old but lively Sherpa village. It is a gateway to all the trekking routes that go to the Everest region. There are many vibrant shops, cyber cafes, restaurants, hotels, and lodge at this time. Namche bazaar never rests. It always gets a lot of visitors and is always crowded. We stay at a guesthouse/ lodge in Namche for the night. (Inclusive of Breakfast, lunch, and dinner)

### Day 05 : Hike to Everest View Hotel (3880 Meters) - 3 Hours

The narrow street of Namche is always crowded. Do not get surprised if the yak bells and other horns wake you up. Today is a day set aside for acclimatization purposes. As we gain height, our body needs to be well adapted with the altitude change. Therefore, we have set aside an extra day in Namche. Today, we hike up to Everest View Hotel for close up views of mountains in the Everest region. From the hotel, we can enjoy some striking views of mountains like Kwangde, Thamserku, Kangtega, Nuptse, Lhotse, Ama Dablam, etc. from the hotel, and we walk towards the village of Khunde and Khumjung. We explore the villages and visit a museum and a photo gallery on our way back to

Namche. We stay at a guesthouse/ lodge in Namche for the night. (Inclusive of Breakfast, lunch, and dinner)

#### Day 06 : Trek to Dole (4200 Meters) - 6 Hours

Leaving Namche, we walk along an easy path to Sangnasha. From here, we climb up steep along with the forests of rhododendron, pine, and juniper to Mong la. On the route, we pass many Kharkas (summer settlements) crowded with yak grazing in those vast pastures. From the pass, we descend down to Phorche Tanga from where continue through our trail to Dole. Tonight, we stay at a guesthouse/ lodge in Dole. (Inclusive of Breakfast, lunch, and dinner)

#### Day 07 : Trek to Macchermo (4400 Meters) - 5 Hours

As we continue with the trail to Gokyo valley, our trail ascends up steep through the bushes of juniper to Lambara/ Luza and passes through many Kharkas on the way. We continue towards the valley above the river belt and cross the sandy trail to Macchemo. Macchemo is an interesting place because a yeti incident was reported in this place. In 1974, it was reported that a Yeti killed three yaks and attacked a woman in this particular place. Tonight, we stay at a guesthouse/ lodge in Macchermo. (Inclusive of Breakfast, lunch, and dinner)

#### Day 08 : Trek to Gokyo Lake (4700 Meters) - 4 Hours

From Macchermo, we climb up to a ridge that offers splendid views of Gokyo valley and **Mt. Cho-Oyu**. From the ridge, we walk through a trail that widens up and passes through Pangka. From here, the trail descends down to a riverbank. No sooner, we climb on through the moraine of Ngozumpa glacier. The climb up the moraine is quite steep but the first view of Gokyo lakes is enough to get rid of all the hasty moments during our journey. Tonight, we stay at a guesthouse in Gokyo valley. (Inclusive of Breakfast, lunch, and dinner)

#### Day 09 : Hike to Gokyo Ri (5360 Meters) - 4 Hours

From the Gokyo valley, we hike up to Gokyo Ri for stunning views of mountains and serene emerald lakes in the valley. Gokyo Ri is often considered as one of the best viewpoints in the Everest region. As you hike up the Ri, you will be rewarded with the panoramic views of the Mahalangur Himalayan range. The peaks of Mt. Cho-Oyu, Mt. Everest, Mt. Lhotse, Mt. Makalu, Mt. Cholatse, Mt. Tawache rising tall in a row looks amazing. Even the view of glaciers, icefalls, and groups of lakes at one shot is alluring. Tonight, we stay at a guesthouse in Gokyo valley. (Inclusive of Breakfast, lunch, and dinner)

## Day 10 : Trek back to Dole (4200 Meters) - 6 hours

Beholding the astounding beauty of Himalayan and azure Gokyo lakes, we retrace our steps back to the village of Dole. We return back through the same path that we had followed earlier. Tonight, we stay at a guesthouse/ lodge in Dole. (Inclusive of Breakfast, lunch, and dinner)

## Day 11 : Trek to Namche Bazaar (3440 Meters) – Hours

Today, we descend down to Namche Bazaar via the same path that we had taken earlier. We descend down through the same path to Namche Bazaar. Tonight, we stay at a guesthouse/ lodge in Namche. (Inclusive of Breakfast, lunch, and dinner)

## Day 12 : Namche bazaar to Lukla (2843 Meters) - 7 Hours

We further descend down to Lukla via Phakding. We stay at a guesthouse/ lodge in Lukla for the night. (Inclusive of Breakfast, lunch, and dinner))

## Day 13 : Fly to Kathmandu ( TIA) - 30 Minutes

We take a return flight from Lukla to Kathmandu. Upon arrival, you will be transferred to your hotel room in Kathmandu. You can relax in your room for the rest of the day. (Inclusive of Breakfast)

## Day 14 : Rest day in Kathmandu

After thirteen days long journey, today is a free day in Kathmandu. You have two options for the day – you can either explore some unexplored UNESCO listed heritage sites around Kathmandu or go to the shopping malls for shopping. You can also collect some souvenirs for your family and friends back home. (Inclusive of Breakfast)

## Day 15 : Departure day

Before a few hours of your scheduled flight, you will be transferred to the international terminal of Tribhuvan International airport. (Inclusive of Breakfast)

## Inclusion

- All ground transportations by private vehicle.
- Kathmandu to Lukla & Lukla to Kathmanu flight with departure Tax.
- All ground transportation during the trip.

- Meals as mentioned in itinerary.
- 2 Nights Accommodation in a three-star category hotel in Kathmandu.
- Accommodation in guesthouses during the trekking journey.
- Trekking permit & TIMS
- Duffel bag, trekking map, company t-shirt.
- Sleeping bag if you require.
- Entry fee to national parks, heritage sites and other places.
- A professional English speaking guide and a porter (one porter for two clients).
- Insurance of support crew members and their other costs.
- First aid kit.
- Trekking completion certificate from company
- All government taxes

## Exclusion

- Travel insurance .
- International airfare.
- Nepal entry visa fee: You can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying the US \$ 50 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying the US \$ 125). Please bring 2 copies of passport-size photos
- Lunch and dinner in Kathmandu .
- Extra night hotel Kathmandu in case of early arrival late departur.
- Hot shower during the trek except for Namche and Lukla.
- Personal refreshment expenses - soft drinks, hard drinks, mineral bottled water, cigarettes, chocolates, etc.
- Utility expenses like telephone, electricity for charging, internet, laundry services, etc.

- Tips for support crew members of your trekking team.