

Detail Itinerary

Everest View via Sacred Gokyo Lakes

Gokyo Valley Trekking (often referred to as the Gokyo Lakes Trek) is a breathtaking alternative to the classic Everest Base Camp trail. Tucked away in the tranquil lap of the Himalayas, this journey leads trekkers through sacred, turquoise glacial lakes, scenic Sherpa settlements, and high-altitude alpine wilderness.

Recognized as one of the most stunning valley treks in Nepal, the Gokyo region offers a quieter, less crowded, yet equally rewarding Himalayan adventure with panoramic views of four 8,000-meter peaks.

Highlights of Gokyo Valley Trekking

- **Pristine Gokyo Lakes:** Explore the sacred, high-altitude oligotrophic lakes (4,700m-5,000m) embedded in the valley, which also serve as the source for the Dudh Koshi River.
- **Unmatched Views from Gokyo Ri (5,357m):** Summit Gokyo Ri for a spectacular 360-degree panorama featuring four of the world's six highest mountains: Mount Everest (8,848.86m), Lhotse (8,516m), Makalu (8,485m), and Cho Oyu (8,188m).
- **Ngozumpa Glacier:** Walk alongside the longest glacier in the Himalayas (36 kilometers long), located directly beneath the icy face of Mt. Cho Oyu.
- **Excursion to the 5th Lake:** Take a memorable day hike up to the 5th Lake (Scoundrel's Viewpoint) for dramatic, up-close vistas of Everest's northern face and the surrounding icefalls.
- **Authentic Sherpa Culture:** Experience traditional Buddhist heritage, ancient monasteries, prayer flag-draped bridges, and warm Sherpa hospitality in Namche Bazaar and surrounding villages.

Trail Extensions & Adventure Options

For experienced trekkers seeking a bigger high-altitude challenge, the Gokyo Valley route can easily be combined with neighboring high passes:

- **Cho La Pass & Everest Base Camp Combo:** Cross the adventurous Cho La Pass (5,420m) to connect Gokyo Valley with the main Everest Base Camp and Kala Patthar (5,545m) trail.
- **Everest Three Passes Trek:** Combine Gokyo with Renjo La and Kongma La for a complete, grand circuit of the Khumbu region.

Trek Difficulty & Best Season to Visit

- **Trek Difficulty:** Moderate to Challenging. Designed for physically fit trekkers and experienced hikers comfortable with high altitudes.
- **Starting Point:** A scenic 35-minute mountain flight from Kathmandu (or Ramechhap) to Lukla

(2,860m).

- **Best Seasons:** Spring (March to May) for clear skies and colorful rhododendron blooms, and Autumn (September to November) for crisp air and pristine mountain views.

At Nepal Kailash Trekking, we offer fully customized and safety-focused Gokyo Valley Trekking itineraries tailored to your schedule and preferences.

Trip Facts

- Trip Duration: 16 days
- Trek Duration: 13
- Primary Activity: Trekking
- Starts Point: Kathamadu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5360m
- Trip Mode: flight
- Accommodation: Lodge
- Season: March - May, Sept - Dec.

Detail Itinerary

Day 01: Arrival at Tribhuvan International Airport (TIA) 1350m, Kathmandu, Nepal

You will be picked up by our Airport Representative, and transfer to hotel. Overnight If your arrival early of the day then can do some sightseeing nearby your hotel. at the hotel with bed and breakfast (B.B.)

Day 02: Preparation for the trip

This day in Kathmandu - for preparation and conformity, evening briefing about the tour, overnight Hotel on BB plan

Day 03: Fly to Lukla 2800m and trek to Phakding 2610m, 3 hrs

Pick up from Hotel in an early morning, we drive about 20 minutes to Tribhuvan International Airport. After 45 minutes exciting flight to Lukla, you begin your trek to Phakding approximately three hours easy walking. Overnight lodge.

Day 04: Trek to Namche Bazaar 3440m, 6 hrs

You will begin trek normally flat following towards to Dudhkoshi after crossing the bridge at Phakding. The trails go still flat, up and down about 3 hours to Jorsalle. You would have seen already Thamserku, Kusum kangaroo and from just before Monjo Khumbu la above the Namche. There is a place where start Sagarmatha National Park, check yours permits just 20 minutes before Jorsalle, name of the spot lies end of the Monjo. From the Hillary, Bridge gives you a view of the Taboche peak across the Tyangboche after half an hour climbing the first view of the world highest peak Mt Everest and more. You have to climb up in altitude about two and half hours after crossing the Hillary Bridge,

Day 05: acclimatization day

This day, you can hike to Thame valley or Khumjung Khunde valley via world highest airport Syangboche (3790m) and Hotel Everest View. There is a museum above Namche in the military campsite and Sherpa cultural museum where you can watch video project by paying their certain fees. This place also gives you the world highest Mount Everest view and many more. Back to Namche for the 2nd night.

Day 06: Trek to Phortse Thanga 3680m, 3 hrs

By leaving Namche Bazaar after climbing little up then starts gradually flat trail till to Kyangjuma. On the way, you can see wonderful mountains views Ama Dablam 5856m including world highest peak on the earth across the ridge of Tengboche hill and valley, To the left valley Cholatse 6443m and Taboche 6542m above the cultivated field and Phortse village 3810m, this valley leads you to Gokyo. Trekking trail can be seen left valley upper long trails to Monla 3975m where several lodges are situated at the ridge of the top pass. About an hour ascend reached to Phortse Thanga Riverside of the Dudkoshi. Overnight lodge.

Day 07: Trek to Dole 4090m, 2 hrs

Immediately, leaving lodge of Phortse you have to follow an ascending trail to reach Dole. This day walk through peace forest of Rhododendron and end section scrub of the juniper. You can see through trees Mount Cho Oyu 8201m towards the valley by steeply climbing up. If you would stay Dole as previous night instead of Phortse then this day could be Machhermo. Because some trekkers used to trek Namche to Dole as well. Beware of the altitude. Overnight lodge.

Day 08: Trek to Mochhermo 4410m, 1.30 hrs

Today also short walking day, after little climbing from machhermo you reach to the ridge top of a little pass. This spot gives you dramatic mountains view both sides to towards and back valley as well. This day you can hike up for acclimatized. Overnight lodge.

Day 09: Trek to Gokyo 4750m, 4 hrs

Trek heading this day with wonderful mountains views which you would see some yesterday. It's much better today because you are going high up. The view mainly towards to north of Cho Oyu 8201 m, world 6th highest mountain and to south back Kangtega 6685m with others peaks. Nepal Kailash Trekking Company strongly suggests you take enough drinking water with you with some snickers and walk slowly because you are in potential altitude as well as extraordinary scenery. Just climbed a little rocky cliff with stone stairs encounter small steel bridge nearby see the first lake of the Gokyo valley. Dudh Koshi name is given by these valley lakes. And just above right-hand side see moraine world longest glacier with 20 Kilometer from Cho Oyu. Such you reach to the 2nd lake of Gokyo and then 3rd lake as well which know as a Dudh Pokhari. Overnight lodge.

Day 10: Hike to Gokyo Ri 5360m back to Gokyo

Gokyo side trip, an early morning, drink some hot drinks a quick breakfast and take again drinking water and some light lunch like bread or cookies. After crossing the stream ascend to Gokyo Ri after climbing up about 200m you can see World 5th highest mountain Mount Makalu 8463m. The top of the Gokyo Ri provides you outstanding mountains view of Kusum kangaroo, Thamserku, Kangtega, Taboche, Cholatse, Mt Makalu, Lhotse, Everest, Pumori, Cho Oyu many more others peaks and Ngozumpa glacier. If you have flexible time then can visit to the sacred up to fifth Lake 4980 m of Gokyo valley nearby Mount Cho Oyu. This side trip also gives you the view of the north face of the mount Everest, Makalu, Lhotse, as well as Nuptse too. Back to lodge for the night

Day 11: Trek to Phortse 3810 m via Thare

There is an alternative trekking trail except out itinerary, to Thame and Namche via Renjo La pass 5345 m or into Everest Base Camp via Cho la pass. Our itinerary follows down with Dudh Koshi, the trail junction is separated before Pohanka by crossed Dudh Koshi River at Nha 4400 m. This trail is opposite side then you ascend for Gokyo or east, along the trail you can see the south side view of the Khumbila and valley down Phortse. Overnight lodge.

Day 12: Trek to Tengboche 3870 m, 2 hrs

Today is a short walking day to Tyangboche from Phortse. At first, you can visit a monastery of Phortse above the village then walk for Tyangboche. By following the trail from monastery leads you to pangboche but you have to walk little down, above the ridge of the Phortse school one trail goes little further till end the hill which brings zigzag steeply down to Imjatse River. Then climb up to Tyangboche through Rhododendron forest and it provides you a glimpse view of Mount Ama Dablam and Everest ridge through trees. Be attention to see wild birds Pheasant and musk deer. You reach to behind the Tyangboche Monastery. This late afternoon you can visit the prayer ceremony at the Monastery. Tyangboche gives you Everest Panorama view, mostly beautifully mount Ama Dablam. Overnight lodge.

Day 13: Trek to Monjo 2840m 5 hrs

The day, you are going to turn off your Gokyo valley trek. At first walk steeply down to Phungi Thanga and after cross the bridge ascend towards along the lausasa (Labisyasa), Sanasa and join to Kyngjuma from where started for Gokyo Valley trekking by a junction.

Day 14: Trek to Lukla**Day 15:** Fly back to Kathmandu**Day 16:** Departure

Nepal Kailash Trekking Company representative will come to your hotel to pick you up and transferred to your on next board. The program is finished.

Cost Includes

- All ground transports by private vehicle as per itinerary required
- Kathmandu accommodation inclusive breakfast as per itinerary
- All entry fees as per itinerary - Sagarmatha National Park fee, Trekker's Information Management System Card fee {bring 2 copies passport size picture}
- Kathmandu Lukla Kathmandu round trip airfare and airport tax + Guide
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking highly experienced friendly and helpful trekking guide
- One porter for two member
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Company guarantee the rescue services if needed; please hand over your insurance policy copy to

us

- Government taxes and office service charge

Cost Excludes

- International airfare
- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US \$ 25, for 30 days US \$ 40 and for 90 days US \$ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
- Kathmandu and Lukla staying on flight cancelation due to bad weather
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Hot shower from Namche
- Battery charge during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Horse riding along the trek
- Extra cost on natural disaster
- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece
- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}
- Any other expenses which is not mentioned in the cost include
- Tips to staffs