

- Mt Everest is the highest mountain in the world.
- Gokyo re is the best view point in Khumbu region.
- Different 5 lakes in this area.
- Enjoy the stunning view of world's highest mountains above 8000 meters: Everest, Lhotse, Cho-Oyu and Makalu.

Gokyo lake trekking is a famous trekking trail in Nepal, also known as the Gokyo Valley Trekking, situated in Khumbu Region, the eastern part of Nepal. Gokyo RI is one of the best viewpoints in Nepal, standing at over 5000m. Gokyo Lakes lie at the head of the Dudh Kosi River. Beautiful Gokyo Lake stands at above four thousand meters. Different 5 lakes lie in this area. This trek provides an excellent alternative to the Everest Base Camp Trekking.

Gokyo valley trekking offers magnificent snow-capped world's highest mountains above 8000 meters: Everest, Cho- Oyu, Lhotse, Makalu, other Neighbor Mountain likes Amadablam, Nuptse, Pumori, and famous Ngozumpa Glacier. The longest glacier in Nepal. It offers you the chance to observe the friendly Sherpa people and village, Buddhist monastery, alpine forests, and meadows. The Glacier Adventure Company has a carefully designed itinerary for Gokyo Lake trekking with some rest day best way to acclimatize safely. We have decades of experience, learned never to rush trekking to the high Himalayas.

## Trip Facts

**Price:**

USD 1470

**Duration:**

14 days

**Activities:**

Hiking & Trekking, Tours & Sightseeing

**Accommodation:**

Teahouse (Lodge to Lodge)

**Meals::**

Breakfast in Kathmandu/ All the meals during trekking

**Max. Altitude:**

Gokyo Ri 5357m

**Group Size:**

Minimum 1

**Best Season:**

February, March, April, May, September, October, November & December.

**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Plane

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## Route Map



## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 2: Kathmandu sightseeing (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. The traveler meets Trekking guide and team member, they check your equipment as well as advice what you need for trekking.

### Day 3: Kathmandu to Lukla to Phakding (2650m)

**Walking hr:** 3 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, Brand new day. Travelers are entering Sherpa Land. Early morning after breakfast drive to Kathmandu airport, then short flight (40m) from Kathmandu to Lukla with beautiful mountain scenery. After Lukla, the trail descends until Thado Koshi then ascends to Phakding. Explore Amazing Sherpa village with beautiful mountains.

### Day 4: Phakding to Namche (3450m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the exciting day for the travelers. First-time trekkers see Mt. Everest. After breakfast trekkers start walking for Namche. The trail follows the Dudh Koshi River and cross suspension bridge several times to reach Jorshalle. The Jorshalle is the entrance place to Everest National Park When the cross Hillary Bridge, then trail ascends until Namche. Namche is a beautiful village surrounded by beautiful mountains.

### Day 5: Namche Acclimatization day!

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a acclimatized day for adjusting the thin air. Namche is the main center of the Gokyo Lake trekking. There are a government office, Banks, ATM, Shops and Restaurants. After breakfast traveler goes for hiking to Khumjung Village (3840m) through Sangboche airport and Everest view hotel. On the way, the traveler enjoys with the blend of traditional customs of Sherpa indigenous peoples, views of snow-capped Himalayan range like Mt. Everest, Lhotse, Thamserku, and Amadablam.

### Day 6: Namche Bazaar to Dole (4090m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail follows the same route to Everest base camp until Sanasa then trail ascends up to Mongla Danda (4000m.) from there the trail descends to Phortse Tenga through Pine and rhododendron forest after that the trail ascending to Dole. Enjoy panoramic views of Mt Everest, Cho-Oyu, Thamserku, Khangtenga among other mountains lying around.

### Day 7:Dole to Machhermo(4465m)

**Walking hr:** 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Machhermo. The trail is ascents to Labharma and Luza through forest, waterfalls, and bridges. The trail passes summer settlements which used for Yak are taken to these pastures to graze. Enjoy views of Cho Oyu, Kantega and Thamserku and other mountains. Trekkers can visit the Himalayan Rescue Hospital for the lecture regarding Primary treatment and altitude sickness.

### Day 8:Machhermo to Gokyo (4750m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to reach Gokyo. After breakfast starts walking for Gokyo. Enjoy the view of the Dudh Koshi valley and beautiful mountains Kangtega, Thamserku, and Cho-Oyu. The trail passes through a Chorten and reaches Phangga then the trail descends to the river bank before ascending to the Ngozamba glacier. Trekkers pass Lake Namely Longpongo, Raboche Tsho, and Dudh Pokhari before reaching Gokyo. Gokyo is the beautiful place. Enjoy the day.

### Day 9:Gokyo to Gokyo Ri( 5357m) back to Machhermo (4465m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Gokyo RI is one of the best viewpoints to see Mt Everest. Early in the morning after breakfast the trail ascend to Gokyo RI and have amazing views of over eight thousand meter mountains including Mt. Everest, Mt. Lhotse, Cho-Oyu among others. After exploration descends to Gokyo eat Lunch then continue to descend to Machhermo.

### Day 10:Machhermo to Namche (3450m)

**Walking hr:** 3 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start the walk. The trail descends to Photse Tenga then the trail is ascending to Mongla Danda then descends to Namche through forest, waterfalls, bridges and Sherpa Village. Enjoy panoramic views of Mt Everest, Amadablam, Thamserku, and others.

### Day 11:Namche to Lukla (2850m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast trekkers start to walk. Today is the last day of your adventure Everest base camp trekking. The trail descends to Thado Koshi after that the trail ascending to Lukla. When reaching Lukla re-confirm ticket and visit around Lukla in the evening time.

### Day 12:Lukla to Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early in the morning after breakfast walk to Lukla airport, then the short flight to Kathmandu, transfer to hotel

in Kathmandu, Your adventures finished take a rest and relax. Enjoy the day.

### Day 13:Leisure day in Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Farewell dinner

Today is leisure day, in case of bad weather in Lukla. If, Trekkers cannot fly on scheduled date and time from Lukla to Kathmandu. Free time to go shopping, the souvenir to your family members and friends. Enjoy the day.

### Day 14:Departure day

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Gokyo lake trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they can change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

## Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation two/three star hotel in Kathmandu breakfast included (4 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour Guide and Entrance fees
- Government license experienced English speaking Guide. Two People one porter and 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Sagarmatha National Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Kathmandu to Lukla to Kathmandu/ airport tax
- All our government taxes.
- Official expense.

## Trip Cost Excludes

- Your travel and rescue insurance

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- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Mineral water or boiled water, shower)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses not included in Price.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of the early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and the early return from the mountain (due to any reason) than the scheduled.

## IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Gokyo Lake Trekking located remote area in the Khumbu region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

## Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Gokyo Lake Trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

## Acclimatization

Glacier Adventure's Gokyo Lake Trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted safe Gokyo Lake Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

## Physical Condition & Experience Requirements

Normally, Gokyo Lake Trekking is a remote mountain in Khumbu region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any

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other medical concerns the trip may raise. “Medical and emigration expenses are your responsibility.”

### **Insurance**

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

### **Staff Arrangements**

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Gokyo Lake Trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.  
Trekking guide training.  
First aid course.  
Conservation & Biodiversity

### **Porter care**

Trekking is adventures. Porter's job is a hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains of the Khumbu region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

### **Accommodations**

All accommodations for Gokyo Lake Trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.