

Gokyo Lakes and Gokyo Ri Trek



Introduction

Gokyo Lakes (4800m/15748 feet) and **Gokyo Ri** trek is no doubt one of the most remarkable treks in Everest region. Tengboche Manastery, Phortse Village, Gokyo Ri, 5th and 6th Lakes are the major attraction of this trek. This trek starts at the Lukla (2828m/9278 feet) and follows the Dudh Koshi valley which climbs up to the Sherpa capital of Namche. We trek ascend via Tengboche, Pangboche and Phortse villages which are wonderful villages with background exciting glance of the high mountains. It also supports to acclimatize your body. Tengboche Monastery (3867m/ 12687 feet) is surrounded by rhododendrons forest. Tengboche monastery is the one of the biggest monasteries in khumbu area. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot, seen to best advantage in the morning, is absolutely thrilling and stunning view of Everest (8848m/29029 feet) , Lhotse, Amadablam, Nuptse and others mountains. Tengboche Monastery (3860m.) is spiritual center for Sherpa, where about 40 Tibetan Buddhist monks are in residence. The trail to Gokyo is a gradual ascent up the valley passes through the patches of birch and rhododendron forest where the indescribable musk deer can sometimes be seen. Through small yak-grazing settlements, we reach to Gokyo lakes. An excursion to the Gokyo fourth and fifth lakes would be an attraction in Gokyo Valley. The Ngozumpa Glacier is the largest in the Nepal Himalayas. The Gokyo Ri (5330m/17487 feet) is considered as the best view point in the Everest Region. The incredible sceneries including magnificent views of Everest (8848m), Makalu (8463m), Cho Oyo (8201m),Lhotse (8516m) , Gyachung Kang (7922m) and other mountains. Set among breath-taking high mountain surroundings, the route leads through the Khumbu the motherland of Sherpa. **Renjo la pass** gives an alternative way to the Gokyo trek making a circuit. Renjo la pass provides a lifetime memory of panoramic views of the Everest and others Himalayan range. The Renjo-La Pass route is off the usual beaten track. At the pass, a great view of the

Gokyo lakes on one side, the Rermo Pokhari lakes on the other side, and a numerous of snowy peaks are in the background, which provide as incredible atmosphere. After nice view from the Renjo-La top, the trail descends following Thame valley. We then trek down by making our way back down to Lukla.

Trip Facts

Trip Duration	14 Days
Trip Grade:	Strenuous
Best Season	Macrch to May & September-November
Per Day Hiking:	4-7 hrs
Elevation	Minimum 2610m-Maximum 5330m
Accomodation	Lodge
Transportation	Flight/Car/Jeep/Bus

Cost Includes

What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights Hotel in Kathmandu on BB Plan.
3. Kathmandu - Lukla - Kathmandu flight ticket with departure tax.
4. One English speaking guide and required porters.
5. All meals (Breakfast, lunch and dinner) with Lodge accommodation during the trek.
6. Sagarmatha National park permits and Trekker's Information Management System (TIMS) card.
7. Guide's; porter's food, lodge, flight, insurance, equipment, salary etc.
8. First Aids Kit.
9. Local fresh fruit like orange, banana, apple, grape etc .
10. 13% government VAT and official charge.

What are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu.
- All the drinks such as: coke, beer, tea , coffee, mineral water.
- Hot shower and Battery charge and your trekking gears.
- Your travel insurance which should include the emergency rescue.
- Tips for your guide and porters etc.

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Fly to Lukla and Trekking

Day 03-12: Trekking

Day 13: Fly to Kathmandu

Day 14: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Kathmandu-Lukla-Phakding

Fly from Kathmandu to Lukla (2828 m. 30 minutes) trek to Phakding (2610 meters, 3 hours walking) and then overnight at Lodge.

3. Phakding-Namche Bazar

Trek from Phakding to Namche Bazaar (3441m. 5/6 hours walking) and then overnight at Lodge.

4. Acclimatization day in Namche Bazaar.

We can hike this day, the way up Syangboche, Everest View Hotel and Khumjung village. The Himalayas views including Thamskerku, Mt. Everest (world highest peak), Mt. Lhotse, Konde, Kangtega, Ama Dablam, Tawoche are excellent from Everest view Hotel.

5. Namche-Tengboche

Trek from Namche Bazaar to Tengboche (3867m, 5/6 hours walking) and then overnight at Lodge.

6. Tengboche-Dole

Trek from Tengboche to Dole (4200m, 6/7 hours walking) Via Pangboche and then overnight at Lodge.

7. Dole-Machhermo

Trek from Dole to Machhermo (4470 m, 5/6 hours walking) and then overnight at Lodge.

8. Machhermo-Gokyo Lake

Trek from Machhermo to Gokyo Lake (4790m, 4/5 hours walking) and overnight at Lodge.

9. Gokyo Ri and Gokyo Lakes

Hike to Gokyo Ri (5330 m, 3 hours walking) and then rest of the explore to 5th Lake and overnight at same Place.

10. Gokyo Lake-Dole

Trek back from Gokyo Lake to Dole (4200m, 6 hours walking overnight at Lodge).

11. Dole-Namche

Trek from Dole to Namche (3441m, 5/6 hours walking) and overnight at Lodge.

12. Namche-Lukla

Trek from Namche to Lukla (2840m, 6/7 hours walking) and then overnight at Lodge.

13. Lukla-Kathmandu

Fly back to Kathmandu early in the morning (35 minutes) overnight at selected Hotel.

14. Departure to international airport.

Final departure to international airport to fly your home country.