

## Gokyo Lake Trek



### Introduction

**Gokyo Lake Trek** trek is no doubt one of the most remarkable treks in Everest region. Tengboche Monastery, Phortse Village, Gokyo Ri, 5th and 6th Lakes are the major attraction of this trek.

**Gokyo Lake 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 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. **Is it possible to do Renjo La pass on the way back ? 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.

## Gokyo Lake Trek Highlights

- Gokyo Ri, Panoramic view including Mt. Everest, Lhotse, Makalu, Cho Oyu others.
- Gokyo 5<sup>th</sup> Lake close view Cho Oyu and nice view of Mt. Everest.
- Tengboche Monastery spiritual center for Sherpa
- The Ngozumpa Glacier is the largest in the Nepal Himalayas
- Buddhist prayer stone with matra written
- Syangboche View Point
- Flight to Lukla , one Adventurous

## 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 Government Certificate Holder Trekking guide and Trekkers 2:1 porters.
5. All meals (Breakfast, lunch and dinner tea/ coffee) 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. Duffel Bag.
9. Fingertip Pulse Oximeter ( we use everyday to check your oxygen level and blood pressure in your body to minimize high risk ).
10. Nepal Hidden Treks and Expedition T-short.
11. First Aids Kit.
12. Local fresh fruit like orange, banana, apple, grape etc .
13. 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, 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

This morning, your guide will come to pick you up at your Hotel in Kathmandu and drive to Domestic Airport. You will take fly from Kathmandu to Lukla (2828 m. 30 minutes). From Luka, trek to Phakding (2610 meters, 3 hours walking). You will pass villages, Monasteries, Buddhist prayer stone with Matra written, Kusum Kangaru Mountain View etc. The trail is mostly downhill from Lukla to Phakdig, overnight at Lodge.

### 3. Phakding-Namche Bazar

Today, you will trek from Phakding to Namche Bazaar. The trail from Phakding to Jorsalle is up and down. From Jorsalle, the trail is all the uphill to Namche. You will pass many small villages such as Tok Tok, Banker, Monjo (Sagarmatha National Entry Poin ), Jorsalle, Thamserku, Kangtega, Konde, Kusum Kangaru view. You will have first view of Mt. Everest when you climb from Jorsalle to Namche Bazaar. Trek from Phading to Namche takes 5-6 hours walk. The Namche Bazar is located at 3441m elevation, overnight at Lodge.

#### 4. **Acclimatization day in Namche Bazaar.**

Today is acclimatization day. We can hike way up Syangboche, Everest View Hotel and Khumjung village (Tenzing Hillary School in Khumjung village). The Himalayas views including Thamserku, Mt. Everest (world highest peak), Mt. Lhotse, Konde, Kangtega, Ama Dablam, Tawoche are excellent from Everest view Hotel. The round trip takes 4-5 hours walk. In the afternoon, you can visit Sherpa Museum, National Museum, walk around Namche Bazar etc.

#### 5. **Namche-Tengboche**

Today, you will trek from Namche Bazaar to Tengboche. The trail from Namche to Kyanjuma is easy and flat. You will have nice view Mt. Everest, Ama Dablam, Thamserku, Tawoche etc. From Kyanjuma, you will trek down to Phunki Tenga. From Phunki Tenga, you will trek uphill to Tengboche Monastery. Trek from Namche to Tengboche takes around 5-6 hours. Tengboche is located at 3867m, overnight at Lodge. You will visit Tengboche Monastery at 3:00PM.

#### 6. **Tengboche-Dole**

You will wake up in the morning for the best view of Mt. Everest, Ama Dablam and other mountain view. After the breakfast, you will trek from Tengboche to Dole. The trail from Tengboche, you trek down to river. You will cross the bridge and then climb up to Phortse. From Phortse village, you will trek down to river and climb up to Dole. The trek from Tengboche to Dole takes 5-6 hours walk. Dole is located at 4200m elevation, overnight at Lodge.

#### 7. **Dole-Machhermo**

Today, you will trek from Dole to Machhermo. You will have nice Mountain View during the trek. Dole to Machhermo takes 4-5 hours walk. The trail is slowly uphill to Machhermo. Machhermo is located at 4470 m elevation, Overnight at Lodge. In the afternoon, you will climb a bit more than Machhermo for acclimatization.

#### 8. **Machhermo-Gokyo Lake**

Today, you will Trek from Machhermo to Gokyo Lake. The trail from Machhermo to Gokyo Lake is nice and easy. You will have nice view of Cho oyu, Cholatse and other mountain view during the trek. Trek from Machhermo to Gokyo Lake takes 4-5 hours walk. The Gokyo Lake is located at 4790 m elevation, Overnight at Lodge. In the afternoon, you will explore around Ngozumpa Glacier and Gokyo lakes.

#### 9. **Gokyo Ri and Gokyo Lakes**

This morning, you will hike up to Gokyo Ri (5330m) for the best view of Mt. Everest, Makalu, Cho Oyu, Pumori, Nuptse and many other mountain with nice view of Gokyo Valley. After that, walk back to Gokyo Lake (4 hours walking). In the afternoon, you may walk around 4<sup>th</sup> or 5<sup>th</sup> Lakes for another nice and close view of Mt. Cho Oyu or take a rest, Overnight at Lodge.

## 10. Gokyo Lake-Dole

Today. You will trek back from Gokyo Lake to Dole. You will have nice view on the way back. The trail is downhill all the way. The trek from Gokyo Lake to Dole takes 6 hours walk. Dole is located at 4200m elevation, overnight at Lodge.

**Optional:** If you want more adventure, you will trek to Lungden by crossing over Renjo La Pass 5368m.

## 11. Dole-Namche

Today, you will trek from Dole to Namche. The trail is downhill to Phortse Tenga. From Phortse tenga, you will climb up to Mong La Danda. During this hike, you will have wonderful Mountain View. From Mong La Danda, the trail is downhill to Namche Bazaar. Trek from Dole to Namche takes 6 hours walk. The Namche is located at 3440m, overnight at Lodge.

## 12. Namche-Lukla

Today, you will trek from Namche to Lukla. The trail is mostly downhill. You will pass many villages such as Jorsalle, Monjo (Sagarmatha National Park check post), Banker, Phakding, Ghat, Chheplung etc. The trek from Namche to Lukla takes 6-7 hours walk. Lukla is located at 2828 m elevation, overnight at Lodge.

## 13. Lukla-Kathmandu

You will take an early flight from Lukla to Kathmandu in the morning (30 minutes) and check in at the Hotel in Kathmandu. In the afternoon, you have free and shopping day for family and friends.

## 14. Departure to international airport.

Final departure to international airport to fly your home country.

## FAQS

### 1. How hard is this trek?

The highest point of this trek is Gokyo Ri (5330m) and 5th Lake (4990m) . We give this trek grade 4. Grade 1 is easiest and grade 5 is hardest trek.

### 2. What kind of accomodation do we expect ?

We provide one twin bed private common room for 2 people. You have to share Toilet and Bathroom.

### 3. Do we need sleeping bag ?

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

**4. Is Internet or WIFI available on this trek ?**

Yeah, Internet or WIFI is available on this trek. But you have to pay to use WIFI .

**5. Do you have fixed group?**

We organize small group trek everyday. Everyday is available to book this trek.

**6. Is electricity available on this trek?**

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

**7. Drinking Water**

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy mineral water and boiled water.

**8. Shower**

Hot Shower is available on the trek. You can have shower by paying extra charge.

**9. Bank or ATM or Money Exchange**

This is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

**10. Single Trekker**

We also organize single traveler for this trek. But you have to pay single supplement cost.

**11. When is the best time to do this trek ?**

The best time is March to May and September to November. But We organize this trek all the months.

**12. Can you buy or rent trekking gears in Kathmandu ?**

Yeah, you can buy or rent gears in Kathmandu.

**13. Do we need any extra day to do Renjo La Pass ?**

No, you will make it same day. So , you do not need extra day to do Renjo La pass.