

<http://www.gangajamunatreks.com/gokyo-lake-trekking-14-days>

Gokyo Lake Trekking

Gokyo Lake Trekking is trekking in Sherpa heartland of Everest region. The trip begins with the spectacular mountain flight to Lukla from Kathmandu. The trail takes us to the bustling town of Namche Bazaar, Thame village and Khumjung spending the moment while acclimatizing to the higher altitude amidst the backdrop of the most popular Himalayan peaks: Thamserku, Ama Dablam, Kangeiga and others.

We set off for Khumjung and climb towards Gokyo Lake, passing numerous water cascades along the way. Gokyo Ri rises above the northern shore of Dudh Pokari, which in the early morning reflects in the golden form of Cho Oyo and from its summit we have unparalleled glimpses of the other Himalayan giants Makalu, Everest



Gyachung Kang, which are particularly impressive at sunset. We can also see Mt. Everest and Himalayan range from this vantage point better than Kala Pattar and Everest Base Camp Trek. Gokyo valley trekking trails have good Teahouse / lodges facilities managed by local Sherpas' families.

Trip Highlight

- Sightseeing in Kathmandu valley – places of cultural world heritage site by UNESCO
- Himalayan flight from Kathmandu to Lukla and Back
- Trekking through Sherpa cultural villages
- Accommodation in comfortable lodges owned by local peoples
- Gokyo Lakes located an altitude of 4700 to 5000 meters
- Spectacular view of Mount Everest and hundreds of other mountains surrounding

Trip Fact

Destination: Nepal

Total Duration: 14 Days

Trip Grade: Moderate to Strenuous

Meals: Breakfast in Kathmandu, Full board in Trekking

Transportation: Private Vehicle

Recommended Month: Mar - May / Aug - Nov

Accommodation: Hotel/Guest House

Max sleeping altitude : 4790m

Max crossing altitude: 5357m

Minimum Pax : 1 pax Or more

Detail Itinerary

Day 01: Arrival in Tribhuban international airport Kathmandu (1350m) Transfer to Hotel and Overnight Welcome you by our representative. Drive to hotel and check in.

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It is suitable to prepare your trekking equipment at today evening. If you need extra equipment, your guide will help to buy from equipment shop at Thamel. We proceed to welcome dinner at Nepali typical restaurant. This is your first day of exploring typical Nepali food and cultural dance. Back to hotel and overnight.

Day 02: Exploration Kathmandu. Guided Touring in Kathmandu valley.

Pashupatinath, Baoddhanath, Swoyambhunath and Kathmandu Durbar squire.

Overnight at Hotel. After your breakfast in Hotel, start sightseeing in world's UNESCO heritage sites and other most historical attraction. Exploration of Pasupatinath (Hindu's temple) Baoddhanath stupa, Kathmandu Durbar squire and swoyambhunath.

Professional tour guide will brief you history and its interesting story about all monuments. Come back to Hotel. Introduction with you guide and final preparation of you trip.

Day 03: Kathmandu to Lukla flight and trek to Phakding (2610m -4/5 HRS).

overnight at Local tea house Early in the morning, drive you to Domestic airport. We take pack breakfast from hotel. Fly with small aircraft to Lukla (2840m) on the way of your flying, you will see panoramic Mountain views including Mt. Everest and other highest peaks. We meet our porters in Lukla airport. Start walking to Phakding (2610m) Overnight at tea house.

Day 04: Phakding – Namche Bazar (3440m – 6/7 HRS) Overnight at local tea

houseWe start walking after your breakfast in Phakding. Walking through pine forest and along with suspension bridge over Dudhkoshi River. Half day walking is up going hiking today. You will see first view of Mt. Everest after larja dovan. Overnight at Hotel in Namche.

Day 05: Day acclimatization in Namche Bazar. Overnight Today you will have great day by hiking over Everest view hotel, Musium and surrounding. If you are fit to walking more, you can explore Khumjung village and Hillary school. With the scenic view of Amadablam mountain and settlement of Sherpa's. Walking down to Namche Bazar for overnight. Namche bazar is facilitating with ATM, internet WIFI, good coffee shops and bakeries.

Day 06: Namche bazaar - Dole (4200m - 6/7 HRS) overnight at Local tea house

start easier walking from Namche Bazar. we have to reach more about 700 miter altitude. walking train containing easy up hill at starting, than flat and down to Dudhkoshi River. After steeps up walking, stop in Mongla for lunch. Gorgeous views of Everest, Ama Dablam, and others are shining from everywhere of walking. at the end after grueling climbing reach at Dole.

Day 07: Dole to Machchhermo (4470m - 4/5 HRS) Overnight at Local tea house

Start a steep climb then the grade declines and the trail becomes flat. At the end descend down into Machchhermo. During the day, sun is strong but the winds pick up

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into the evening making it very cool in the small valley Machchhermo. Magnificent views of Cho Oyu, while back down the valley are the peaks of Kantega and Thamserku

Day 08: Machchhermo to Gokyo (4790m - 5 HRS) Overnight at local ta house Very scenic trekking path to Gokyo valley today. Reach the place where five enlarge lakes with blue water lies and chance to stay night in between valley covered with high Himalayas. Your night at local tea houses are around main and biggest Gokyo Lake.

Day 09: Excursion around Gokyo Lake climb Gokyo Ri (5357m) Overnight at Gokyo Early in the morning, climb Gokyo Ri. Gokyo Ri is the best view point of Everest region from where, hundreds of scenic Himalayas views with best sunrise. back to hotel and take breakfast. Day tour goes up to base of Choyo to explore forth and fifth lake. Ngozumpa glacier, the biggest glacier of Nepal is also visited spot today

Day 10: Gokyo to Dole (4200m - 5 HRS) Overnight at local tea house After breakfast, start trekking back to Dole following same path. if weather was bad yesterday and not able to explore Gokyo Ri, we have time this morning to climb and explore.

Day 11: Dole to Namche Bazaar (3446m - 5HRS) Overnight at local tea house Today, we will start walking downhill again till Namche. We retrace the same way back to Namche today. The beginning the trail descending steeply to Photse Tenga. passing through rhododendron forests. Then the path immediately escalates steeply to Mongla Danda, where you can have your lunch and gently descends to Namche bazar

Day 12: Namche Bazaar to Lukla (2840m - 6/7 HRS. Overnight at local tea house walking distant is quite long today. All the way down hill till Lukla following Dudhkoshi River and suspension bridge over. Cross several sherpa villages and Everest National park checking counter. By late afternoon reach at Lukla. Your guide will reconfirm your tomorrow's flight of Kathmandu.

Day 13: Fly back to Kathmandu and rest. overnight at Hotel Morning flight back to Kathmandu. Transfer to hotel and rest. Your hotel in in Thamel which is main touristic market. you can spend your time in last hour shopping

Day 14: Departure Drop you to International airport for your final departure

Cost Including

- All your arrival and departure arrangement
- 3 nights' accommodation in Kathmandu on twin sharing
- Every morning breakfast in your stay at Kathmandu
- Sightseeing in Kathmandu valley with professional guide, private transportation and entrance fees
- Flight cost of Kathmandu – Lukla – Kathmandu

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- Everest national park permit and TIMS card
- Three times foods a day during your trekking
- Three times hot drinks a day during your trekking
- English speaking trekking guide and supporter in trekking
- Salary, Foods, Accommodation, Insurance, Equipment of Guide/ supporter
- Emergency evacuation arrangement
- Official taxes and Service charges

Cost Excluding

- Lunch and Dinner in Kathmandu
- More than 3 nights' accommodation, activities in Kathmandu if you come early from your trek
- Bottled drinks, Bar bills
- Personal expenses, Personal equipment, Insurance, Medical expenses, Emergency evacuation
- Any Tipping

Accommodation

In our package, accommodation in Kathmandu is on twin sharing 3 star categories of Hotels. Accommodation in trekking days is in local guest tea houses on twin sharing too. Our guide will choose a best and regular using normal guest houses. They have very clean tourist standard rooms, outside toilet and bathroom. In high season of trekking, some of the places (like, Gokyo) in trekking areas might more tourist than capacity of guest houses; in that case we might share night with group sharing room.

- Foods in your entire trip are in Hotel, Restaurant and in Local guest houses. While you are in Kathmandu, plenty of nice restaurants are near from your hotel. Foods and drinks in Gokyo Lake trekking are prepared by professional cooks. Your package including breakfast, Lunch and Dinner during your trekking. 3 times hot drinks are also in package.
- Bottled drinks are extra paid from the package. Bottled mineral water, boiled and filtered water, cola items, alcoholic items.