

## Gokyo Valley Trek & #8211; 14 Days

Duration: 14 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 5357m</b>
<b>Activity: Sightseeing, Trekking, Hiking</b>	<b>Group Size: Min 02 pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Nepal, a country of high mountains, is truly blessed by natural assets. The **Khumbu Region** with the highest mountain, Everest is just on the right side of the famous **Gokyo Valley trek** is recently more popular than [Everest Base Camp Trek](#) especially for the beauty of lakes and its serenity. The trek begins at Lukla and slowly moves towards Phakding for the first day through some Sherpa villages taking the fresh air of the green forest and the river. We meet local people spinning prayer's wheels with **Om Mani Padme Hum** (Buddhist Chants). The flocks of horses and mules might make us wait for photography. Before reaching Top Danda, we cross the suspension bridge which is full of prayer flags. Even the trekkers put the prayer flags to make their journey safe and joyful. Then the trail goes up to the popular town like village called Namche Bazaar (3440m)-(Himalayan Town) crossing the villages **Manjo** and **Jorsalle** where we check in with the permit for Everest Region. Our trail goes up just before we reach the double bridge (the highest bridge to this region) then we climb up to greet the first view of Mt. Everest at Top Danda before we arrive at **Namche Bazaar**. The place Namche Bazaar is like a town where you can have fancy shops to the Iris Pub and the coffee shops. The next day acclimatization to **Everest View Point** will feel you like in heaven. When climbing steep up for one hour 30 min, one can feel like in the high mountain. But the view every step you walk will overlap the steep trail. Upon reaching the top, you will take your time to enjoy the Everest view, Lhotse, Amadablam, Taboche, etc. Then we go down to the famous and the biggest Sherpa village, Khumjung. There is a monastery with the mythical **Yeti Skull**. The Hillary school and the hospital can be visited there. After all, we will be back to Namche Bazaar and spend the night there. the next day after breakfast, we start the trek with the wide and easy path up to Kenjoma. It is a place for a nice view of Everest with a cup of tea or coffee. Then the trail separates after while for going Gokyo and EBC. We gradually climb up until we reach Mong Lha where we will have lunch. The nice view of Mt. Amadablam is closer from here and the famous village Phortse can be seen just down to the north. Walking down to Phortse Thangna around one hour, we gradually climb up with some steep up to Reach Dole. The Gokyo valley with the Mt. Cho Oyu is really beautiful. The landscape with

some yaks and the trekkers walking on will be one of the best parts here. After passing Machhermo Village, the trail to Gokyo is even more exciting. There are three lakes which are crystal blue and the reflection of the mountain can be seen here. The Gokyo lake is awesome and we stay there in Gokyo looking at the serene lake and the walk to see the Glacier. The next early morning, we climb up to the Gokyo Ri (5357m) taking about 2 hours. The beauty of the high mountain combination with glacier is excellent. The Gokyo lake with the village and Mt. Cholatse is one of the best parts for the photo. The view of Mt. Everest from here is what people can best enjoy. Then we come down to Gokyo and take a good rest. From the next day, we walk down the same trail as we take from the beginning day. Å



## Itinerary

### Arrival at TIA, Kathmandu (1350m), and transfer to the hotel.

Arrival at TIA, Kathmandu (1350m) and transfer to the hotel. Overnight at Hotel.

### World Heritage Sites sightseeing at Pashupatinath Temple & Baudhanath Stupa.

World Heritage sites sightseeing, the cremation site on banks of Gange (Pashupatinath and Baudhanath Stupa) and lunch at the nice rooftop restaurant at Boudhanath.

### Kathmandu to Lukla (2886m) to trek to Phakding (2610m), 25 min flight & 3 hrs walk.

Kathmandu to Lukla flight and walk to Phakding about 3 hrs. View of Nupla (5885). Views of the valley to Everest. Pass the mani walls & villages. Stay at local guest house.

### Phakding to Namche Bazaar (3440m), 6 hrs walk.

Phakding to Namche Bazar &#8211; Can see Everest in the distance. A steep climb to Namche Bazar (3440m). Visit some monasteries and villages along the way.

### Namche Bazaar Acclimatization day. Walk to Everest view hotel (3780m), back to Namche Bazaar.

Namche Bazaar Acclimatization day. Walk up to Khunde hospital and the Everest View Hotel (Outstanding views of the mountains) hike back to Namche Bazaar.

### Namche Bazaar to Dole (4038m) Via Khumjung village (3790m).

Namche Bazaar to Dole (4110m) &#8211; Via Khumjung village. Picturesque village with a Gompa at the top. Climb to a Chhorten on top of a ridge. 4/5 hrs.

### Dole to Machhermo (4470m) Climb the valley. A short day to Machhermo for lunch.

Dole to Machhermo (4470m) Climb the valley. The trail passes summer settlements. View of Mt. Choyu (8188m). A short day to Machhermo for lunch-4/5 hrs.

### Machhermo to Gokyo Lake (4790m) - 3.5 hrs.

Machhermo to Gokyo lake (4790m) &#8211; 3.5 hrs. There are five different lakes in this valley. Gokyo is the third one in order.

### Gokyo Ri (5357m) climbing for panoramic beauty.

Gokyo Ri (5316m) climbing for panoramic beauty. We can see excellent view of the biggest glacier in Nepal. Walk about 3.5 hrs.

### Gokyo to Machhermo (4470m), 3/4 hrs.

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Gokyo to Machhermo; 3/4 hrs walk down following the river. The trails located between mountains and it seems like gorge among mountains.

**Machhermo to Namche Bazaar (3450m), 6 hrs.**

Machhermo to Namche Bazaar; walk down about 5.5-6 hrs. through Kenjoma and Monglha.

**Machhermo to Namche Bazaar to Lukla - walk about 6 hrs. Lunch at Phakding.**

Machhermo to Namche Bazaar to Lukla-walk about 6 hrs. Lunch at Phakding.

**Lukla to Kathmandu fly back from Lukla.**

Free day and dinner in a cultural show restaurant in Thamel.

**Final departure day to your destination.**

Our representative will drop you at the airport by private vehicle.

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## Cost Includes

- => Accommodation in Kathmandu with B/B basis.
- => Kathmandu &#8211; Lukla &#8211; Kathmandu two way flight.
- => Airport pick up and drop by private vehicle for international flight.
- => Airport pick up and drop by private vehicle for domestic flight.
- => 3 times meal per day during the trek (Breakfast, Lunch & Dinner).
- => Accommodation on Lodge during the trek.
- => An English/French Speaking Guide and an assistant guide if group size is more above 6 pax.
- => Necessary Porter 1: 2 ( One porter for two Guest) the porter will carry max. 20 KG your luggage during the trek.
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All Government/local Taxes and Sagarmatha National Park Fees.
- => TIMS card &#8211; Trekkers Information Management System.
- => General equipment for Porter during the adventure trip.
- => Guide, assistant guide and porter&#8217;s salary.
- => Guide, assistant guide & porters&#8217; insurance during the trekking.
- => Welcome dinner with typical Nepali culture in Kathmandu.
- => Medical kit.
- => Maps of the trip area.
- => T-shirt from company.
- => Farewell dinner at the end.
- => Trip completion certificate.

## Cost Excludes

- => Trekking equipment for you.
- => Nepal entry visa.
- => Any type of personal expenses such as Alcoholic or Non-Alcoholic Beverage drinks.
- => Internet and Laundry service.
- => Emergency Rescue and Travel Insurance for client.
- => Trip cancellation cost accident or Health, Loss Theft or Damage and personal effects and climate disturbance.
- => Tips for guides and porters.