

Gokyo and Gokyo Ri Trek

This trek begins with a spectacular flight to Lukla, thirty minutes from Kathmandu. This flight has amazing mountain views. This trek explores the breathtaking Gokyo valley which is located adjacent to the Khumbu. Gokyo is a land of high altitude lakes and glaciers. When you hike to the high point of Gokyo Ri (5360m) you are rewarded with four views of the eight highest mountains on earth; all in one panorama! From here you can see Mt. Everest 8848m, Mt. Cho Oyo 8201m, Mt. Lhotse 8516m and Mt. Makalu 8463m; also many glaciers such as Ngozumpa and its' beautiful lakes. You can see Mt. Everest and the Himalayan range better than from Kala Patthar and the Everest Base camp trek. Gokyo valley trekking trails have good teahouses and lodge facilities managed by local the local Sherpa people.

Location: Nepal - Khumbu region

Duration: 18 days, Maximum altitude 5,360m

Trek type: Teahouse (eat and sleep in hotel)

Group size: 2- 12

Sample Itinerary

Day 1: Arrive in Kathmandu. You will be met on arrival at Kathmandu airport and driven to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer. A full briefing will be given in the afternoon.

Day 2: Sightseeing in Kathmandu. We will explore Kathmandu with flexibility depending on what you would like to see.

Day 3: In the morning we head to the airport and fly to Lukla (2804 meters) and trek to Phakding (altitude 2610m / 3 hrs. apx.). The early morning flight to Lukla takes apx. 35 minutes. Here the guide will brief you and introduce our porters before we begin our trek towards Phakding.

Day 4: Trek to Namche Bazaar (3440m / 5-6 hrs. apx.). Namche Bazaar is known as the Gateway to Everest, there are many good hotels and lodges. There are several very interesting villages in this region (Khumbu).

Day 5: Namche Bazaar Acclimatization Day. We will spend a day here in order to acclimate to the thinning air. We will take a short trek to a museum celebrating the traditional customs of the Sherpa people.

Day 6: Trek to Phorste Thanga (3680m / 5 hrs. apx.) The trail climbs steeply out of Namche Bazaar through Syangboche. Beautiful panoramas and Everest views abound. Our hotel is in Khumjung village.

Day 7: Trek to Dole (4,200m / 5 hrs. apx.) Today's trail climbs through rhododendron forests, juniper and Yak Kharkas. We will also pass several summer settlements and great views of Thamserku.

Day 8: Trek to Machherma (4470m / 5 hrs. apx.) The trail climbs a ridge for an excellent view both down the valley to Kengtega and up towards Cho Oyu. Then it descends to the river and now a steep climb begins to the terminal moraine of the Ngozumpa glacier.

Day 9: Trek to Gokyo (4790m / 5 hrs. apx.) Today's trek takes us to our furthest destination, Gokyo (4790m). We will make this camp our base for 2 nights as we will have several sightseeing trips around Gokyo.

Day 10: Trek to Gokyo Ri (5,360m / 5 hrs.) and then back to the Gokyo teahouse for an overnight. There are stunning views of the Gokyo valley, the massive Ngozumpa Glacier and incredible panoramic views of such giants as Everest, Lhotse, Nuptse, Makalu, Cho-Oyu, and Gyachung Kang. All from Gokyo Ri.

Day 11: Trek to Phortse Village (3,810m / 7 hrs. apx.)

Day 12: Trek to Tengboche (3,860m / 4 hrs.)

Day 13: Trek to Namche (5 hrs. apx.)

Day 14: Trek to Phakding (6 hrs. apx.)

Day 15: Trek to Lukla (3 hrs. apx.). Free time in the afternoon, reconfirm flight tickets, and visit Lukla villages.

Day 16: Fly to Kathmandu and transfer to hotel. The trekking ends here. In the evening we will go out for a group celebratory meal and cultural display.

Day 17: Leisure day is in Kathmandu. It's also a spare day in case of bad weather in Lukla. If you are interested in continuing on to the Chitwan Jungle Safari, River Rafting Adventure or any other tours you can start today.

Day 18: Transfer to (KTM) Tribhuvan International Airport. Journey end.

Note: Above itinerary includes FB (Full Board) which is Accommodations, Breakfasts, Lunches and Dinners.

Special note:

Above itinerary can be designed according to your preferences. Please let us know whether you would like to make it a shorter or longer trek. Also, if you would like to stay more than 18 days, we offer city guided tours of Kathmandu, white water rafting, jungle safaris or Everest mountain flights.

Brief Package Highlights:

In this package, we have included 4 nights hotel in Kathmandu at 3 star hotels on BB plan, meals and accommodations during trekking, farewell dinner in Kathmandu, domestic flights (round-trip) from KTM to Lukla, all ground transportation by private car, an experienced guide and porter and all of the government taxes and necessary permits.

Included in the cost:

- Airport transfers (round-trip)
- 4 nights' accommodation in Kathmandu on BB plan.
- Meals (Breakfast, lunch and dinner) during trekking.
- Farewell dinner in Kathmandu.
- Fresh fruits during trekking.
- Double occupancy rate.
- Everest Trekking map.
- Round trip flight: Kathmandu / Lukla (tax incl.)
- Experienced Government licensed holder guide.
- Travel & Rescue arrangements.
- Porter / Sherpa who will carry your bags during the trekking.
- Food, accommodation, insurance, salary, equipment, transportation, local taxes for guide and porter.
- Group medical supplies (i.e. first aid provisions).
- All necessary paper work and national park permits.
- TIMS (Trekking Information Management System).
- All government taxes and tourist service charges.

Services excluded in the cost:

Meals and drinks while in Kathmandu.

Your personal travel insurance.

Nepal entry visa fee.

Tips for trekking staff and drivers (tipping is expected but it is not mandatory).

Personal shopping and laundry.

Personal extra trekking equipment (i.e. custom poles).

For your information, you must stay two nights in Kathmandu before and after the trek. That is why we have included them. They are 3 star hotels. You may upgrade your accommodations for a surcharge.

For the current pricing, please use the contact form.