

Gokyo Trek



TRIP FACTS

Monastery visit, superb mountain views including Everest, picturesque Sherpa settlements, Mani stones, monasteries, visit of Gokyo peak (5480m) & Gokyo Lake (4750m), View of Khumbu Glacier, friendly Sherpa peoples and many more...

Trip duration:	10 Days
Maximum altitude:	5480m
Grade:	Strenuous to fairly challenging
Starts in:	Kathmandu
Ends in:	Kathmandu
Accommodation:	Tea House (lodge)
Transportation:	Flights to and from Lukla
Best Season:	Oct- Nov (autumn season)
Very good Season	Mar- May (spring season)
Good season:	Dec-Feb (Winter season)
On luck weather season:	June-Sep (summer/rainy Season)

ITINERARY:

- **Day 01 Fly to Lukla, trek to Phakding**
Altitude: 2640M
Trek Length: 3 Hours
Meal: Lunch, Dinner

We take an early morning flight to Lukla, where all Everest treks begin. As we start our Trekking from there we gradually descend towards the village of Phakding with a glimpse of Mt.Khumbila. Overnight at Phakding.

- **Day 02 Trek to Namche Bazaar**
Altitude: 3440M
Trek Length: 6 hours
Meal: Breakfast, Lunch, Dinner

We start our trek after breakfast as we slowly and gradually ascend through the pine forests. We cross Dudh Koshi River as we pass the monjo village as we enter the Everest national park region. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is probably the biggest town in the Everest region. Overnight at Namche.

- **Day 03 Acclimatization Day - Namche Bazaar**

Altitude: 3440M

Meal: Breakfast, Lunch, Dinner

As we enter the high altitude region, we have a free day at the town of Namche. At this day we will prepare ourselves for the days to come. Namche is a beautiful town located at the foothills of the Everest Mountain ranges. We can hike-up to Sagarmatha National Park and enjoy the sunrise over the Himalayas including Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde. Overnight at Namche.

- **Day 04 Trek to Phortse Thanga**

Altitude: 3600M

Trek Length: 5 Hours

Meal: Breakfast, Lunch, Dinner

We ascend our climb passing the Khumjung hill then descending east towards the Dudhkoshi River and taking turn towards the north. The trail descends in a sequence of steep zigzags down the slope to the Dush Koshi. Overnight in Phortse Thanga.

- **Day 05 Trek to Machhermo**

Altitude: 4410M

Trek Length: 5 Hours

Following the path of the Dudh Koshi River it is an uphill climb to Machhermo. Walking alongside the beautiful Rhododendron forest. We will continue our uphill journey passing different villages finally reaching Machhermo. Overnight at Machhermo.

- **Day 06 Trek to Gokyo**

Altitude: 4750M

Trek Length: 5.5 Hours

Meal: Breakfast, Lunch, Dinner

The trek today takes us at one of our main destinations, Gokyo. Gokyo village stands by the third lake and Cho-Oyu Mountain as an environment sets an amazing remarkable sight here. Overnight at Gokyo.

- **Day 07 Early morning trek to Gokyo Peak and trek to Dole**

Altitude: 5480M/4500M

Trek Length: 8 Hours

Meal: Breakfast, Lunch, Dinner

Early in the morning, we have a steep climb up to the top of Gokyo Ri at an elevation of 5,483 m. As we ascend, the views become even more fantastic and we can see four of the seven highest peaks of Nepal, Cho Oyu, Everest, Lhotse and Makalu. We descend our trail with the same path and stay overnight at Dole.

- **Day 08 Trek to Namche Bazar**

Altitude: 3441M

Trek Length: 7 Hours

Meal: Breakfast, Lunch, Dinner

We follow the trail back ascending and descending towards the town of Namche Bazaar. Namche Bazaar being one of the high altitude towns you can always enjoy the views and the surrounding around and in the town. Overnight at Namche.

- **Day 09 Trek to Lukla**
Altitude: 2804M
Trek Length: 6 Hours
Meal: Breakfast, Lunch, Dinner

We finally bid our good byes to the Everest area as it is the last day of our trek. We enjoy and celebrate our achievements that we have achieved during the journey as we descend towards the Village of Lukla. Overnight at Lukla.

- **Day 10 Fly to Kathmandu**
Altitude: 1400M
Meal: Breakfast

We say good bye to the village town of Lukla as we fly back to Kathmandu where our staff will transfer you back to the hotel of Kathmandu. Overnight in Kathmandu.

Gokyo Ri trek is highly adjustable trek, we can manage rest day at Gokyo and manage for side trips at fifth lake at near to Cho Oyu Base Camp.

(NOTE: Since this information is a standard representation of what we provide, the above trip schedule can be customized as per your request and requirements.)

Cost Includes

- International and Domestic airport pickup service and drop service
- Kathmandu to Lukla, Lukla to Kathmandu flight ticket
- Trekking conservation permit
- Trekking Register Certificate
- Equipped and insured trekking porter (one porter in between 2 person)
- Experienced and first aid trained license holder trekking guide
- Tea House accommodation during the trek in double occupancy
- All meals during the trek (B=breakfast, L=Lunch, D= Dinner)
- Sleeping bag (only if require)
- Government taxes and service charges

Cost Excludes

- Drinks and Bar Bill (beverage/all kind of drink) in the tea house trek
- Helicopter evacuation/rescue in case of emergency
- Personal insurance
- Personal use trekking equipment
- Tipping to guide and porter

EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings

- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm (down or fibre fill)
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night –sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees(down or fibrefill – or rent one in Kathmandu)
- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry); can get the one from Trekking Team office
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

USEFUL INFO

General Trekking temperature in Spring season; trekking in Autumn is more cold

800- 2000m:

Day: 26 degree Celsius

Night: 8 degree Celsius

2000-3000m:

Day: 24 degree Celsius

Night: 4 degree Celsius

3000-4000m:

Day: 20 degree Celsius

Night: minus 4 degree Celsius

4000-5000m:

Day: 19 degree Celsius

Night: minus 8 degree Celsius

Trekking Guide we provide: English speaking trekking guide, equipped and insured, flexible during the trek, sense of humour and friendly.

Porter we provide (*if needed): Experienced for high altitude trek, equipped and insured, sense of humour and friendly.

General minimum Tips for Guide and Porter (tipping in Nepal are not obligatory but always trekking staff they hope from you to have tips at the end of the trek and they always do their best make the memorable holiday in Nepal).

Important note: Travel insurance is mandatory for each member of your group and must include cover of trekking or high alpine insurance, up to 6000m, including helicopter rescue.

Gokyo is not real adventure trek ; but we never know anyone can have health problem anywhere. So, I would like to request you come with good insurance which will even cover helicopter evacuation; I am sure you will not needed helicopter evacuation but just for in case.

Meals that serve in mostly lodge/tea house: Nepali, Indian, Chinese, Italian foods are available in the trekking meal; and you can order meal with looking into meal menu. Be vegetarian is best choice during the trek; meat item may not be good enough hygiene for your stomach. Mountains made food are just simple; do not expect high about the meal during the trek.

Electricity facilities in trekking lodge: Mostly place they have hidro power line but some place you will have solar power system. You will have battery charging facilities in mostly tea house; for these facilities you may need to pay some money (cost about USD 1 for 1 hour charge).

Gokyo trek; Room in Tea house: You will have mountain hut (tea house accommodation). In this trek you can expect high room quality. Mostly time you will have common bath room. At higher elevation trekking lodge rooms are limited. Lodge also offer solar hot water or gas hot water for the shower; service for extra payment.

Lukla flight: Flight is not guarantee all the time; fly is always depends at on weather; fly service is everyday in between 7 AM to 10 AM. In case regular fly service to Lukla or Lukla to Kathmandu is cancel; there are an option fly with helicopter. Of course you will get back USD 163 per person back from Trekking Team Pvt. Ltd from Lukla flight. Flight baggage limits 10+5 kg per person. You can also take more weight with extra baggage charge.

Financial Security:

<https://trekkingteam.com/content/before-booking-a-trip/financial-security.html>