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GOKYO VALLEY TREK

Overview

The Gokyo valley is a beautiful mountain valley in the Everest region. This one-of-a-kind walk to Gokyo Valley takes you through the various Himalayan foothills. The Gokyo Valley Trail is an alternative to the traditional Everest Base Camp trek, but it still includes breathtaking views of Mount Everest as well as overnight stays in Namche Bazaar, the gateway to the Everest Region. The Gokyo lakes and Gokyo Ri trek is for individuals who want to trek in the Everest region without the physical strain of reaching Everest's base camp. The view of the beautiful ice edge between Gyachung(2922m) and Cho Oyu in the Khumbu region is one of the trek's most impressive and prominent features. Gokyo Lake Trekking provides us with a rare and unique opportunity to view amazing Himalayan ranges above 8000 meters in height, including the highest Mt Everest, Cho Oya, Lhotse Makalu, and Ngozumpa Glacier – Nepal's largest glacier. Gokyo Express Trek provides an opportunity to travel around the great destination and its incredible sights that are beyond your imagination.

The trek for this Gokyo valley trip begins in Lukla. The trekkers then follow normal EBC routes through Phakding and Namche Bazar. Following acclimatization in Namche, the path departs from the traditional EBC trip and proceeds to Dole. We will next go through many rural villages before reaching Machhermo. After a day of rest, we will depart Machhermo for Gokyo. The trek follows the left bank of the Dudh Koshi River and traverses the famed Ngozumpa Glacier. You will return to Dole after hiking to Gokyo Ri (5360m) and visiting the area. Finally, you will make your way back to Namche and Lukla. This fascinating adventure takes you across new territory. Gokyo Lakes are the highest freshwater series of lakes in the world, have historical significance, are designated as Ramsar (important wetlands), and are considered a holy site by Hindus and Buddhists.

Itinerary

Day 1: Flight to Lukla and Trek to Phakding.

Our Gokyo Valley Trek begins with a local flight from Kathmandu to Lukla, which takes about 50 min. This picturesque flight offers spectacular views of Langtang and the Annapurna Himalayan range. We will first descend from Lukla to the Thado Koshi River and pass a few suspension bridges before arriving in Phakding. Because we will be acclimatizing, the trek will be brief and entertaining. We shall not pass up the opportunity to visit Rimishung Monastery in Phakding.

Destination: Phakding

Altitude Gain: 2652

Duration: 3

Accommodation: Lodge

Day 2: Trek from Phakding to Namche Bazaar.

We proceed on the route shortly after finishing breakfast in Phakding. We register our permit number and group data at the National Park office in Monju, the entry to the Sagarmatha National Park, after crossing the Dudh Koshi River. After that, we ascend to Namche Bazaar via the Hillary Suspension Bridge.

Destination: Namche Bazaar

Altitude Gain: 3440

Duration: 6

Accommodation: Lodge

Day 3: Acclimatize day at Namche Bazaar.

This is the day to relax in the heart of the Khumbu region, Namche Bazaar. It's also a day for our bodies to adjust to the high altitude. Even if we are staying in Namche, we must stay active and go around. Banks, ATMs, and Cyber Cafes are available, and you may also visit the Sherpa museum or the local community.

Destination: Namche Bazaar

Altitude Gain: 3440

Duration: 2

Accommodation: Lodge

Day 4: Trek from Namche Bazaar to Dhole.

We continue our journey to Dhole after waking up to the lovely mountain air of Namche. The trail is relatively straightforward, passing through rhododendron, juniper, and other huge coniferous forests and crossing various valleys. Spring is the best time to visit since the rhododendron forests are in flower and their lingering perfume fills the air. You may also see Sherpas grazing their herds of Yak on the green slopes.

Destination: Dhole

Altitude Gain: 4040

Duration: 6

Accommodation: Lodge

Day 5: Trek from Dhole to Machhermo.

The Dhole to Machhermo trail is our next destination on this adventure. This phase of the journey offers spectacular scenery of lesser-known peaks such as Cholatse (6335m), Taboche (6367m), and Cho Oyu (8188m). You will climb beside the Dudh Koshi River, passing through several villages. After a few hours of hiking, we will arrive at Machhermo.

Destination: Machhermo

Altitude Gain: 4470

Duration: 6

Accommodation: Teahouse

Day 6: Trek from Machhermo to Gokyo.

Today we will ascend 300 meters to reach Gokyo Valley, our ultimate destination! Gokyo is a small town located at the foot of Gokyo Peak. Ngozumpa glacier, the largest glacier in the Himalayas, may be seen nearby in the Gokyo Valley. The beautiful 8000-meter-high peaks of Mount Everest, Cho Oyu, Makalu, Kanchenjunga, and Lhotse may be seen from Gokyo.

Destination: Gokyo valley

Altitude Gain: 4750

Duration: 5

Accommodation: Teahouse

Day 7: Acclimatization Day in Gokyo; a day hike to Gokyo Peak.

Today we will trek through the valley's breathtaking geographical landscapes. You will go via the Gokyo Lakes, Phangan and Machhermo local villages. The two mountain peaks

seen on this trek route are Taboche (6367m) and Cholatse (6335m). After a few hours of walking, we will arrive at Dhole. Then we'll go sightseeing, engage with people.

Destination: Gokyo Peak

Altitude Gain: 5357

Duration: 5

Accommodation: Teahouse

Day 8: Trek from Dhole to Namche Bazaar.

On this day, we will depart Dole early in the morning to begin our trek. To get to Namche Bazaar, you must pass through several forest trails and local villages. You will first descend to the town of Sanasa before continuing to Namche via Phortse Thanga and Mong. To go to Namche Bazaar, you'll have to walk through a few small monasteries. Namche has a variety of beautiful viewpoints and places to visit.

Destination: Namche Bazaar

Altitude Gain: 3440

Duration: 6

Accommodation: Teahouse

Day 9: Trek from Namche to Lukla.

The second last day of the three-day high pass trip has arrived. On this day, we'll go down to Namche bazaar, the epicenter of Sherpa culture and travel to Lukla, The trail descends steeply through many Sherpa communities, Mani walls, Buddhist monasteries, rhododendron and Pine forest to Jorasalle in about two hours, followed by a five-hour hike to Lukla via Monju, Banker, Phakding, Ghats Khola, Chaurikharka, and Chheplung. When you arrive in Lukla, you can relax for the evening and interact with the locals.

Destination: Lukla

Altitude Gain: 2800

Duration: 7

Accommodation: Teahouse

Day 10: Fly from Lukla to Kathmandu.

A flight from Lukla to Pokhara in the early morning. The flight and landing are both spectacular scenes. The remainder of the day might be spent sightseeing or relaxing. Your trekking concludes with an adventurous flight. Enjoy the sights and bid farewell to the

mountains and the hills. After you board in flight from Lukla to Pokhara, you will fly again with a sight of the highest mountains. You will recognize most of them through your window. Thank you and have a safe trip home.

Destination: Kathmandu

Altitude Gain: 1400

Duration: 1

Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner).
- Accommodations in Tea House/Lodge during the Trekking.
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Sharing by two clients) with Insurance, food, and accommodations.
- Proper First aid kit.
- Trekking permit (Annapurna Conservation Area Permit fee).
- TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses.
- Company's duffel bag will also be provided. (If needed)
- All essential official fees.

Excludes

- International Airfare.
- Your travel insurance.
- Excess luggage charge (weight limit 9 kg per person).
- Nepal visa fee.
- Any kind of drinks during the trek.
- Other items of personal expenses like hot shower, battery charge, telephone, porter, etc.
- Tips for the Guide and Porter(expected). Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, and government policy changes.