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# Gokyo Lake Trekking

## Facts

**Destination:** Nepal

**Trip Difficulty:** Moderate

**Trip Style:** Trekking and Tour

**Transport:** Private Vehicle / Aeroplane

**Food:** Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

**Accommodation:** 3-Star Hotel + Teahouses + Lodges

**Group Size:** 02 - 12

**Max Elevation:** 5,350m

The Gokyo Lake Trekking offers unrivaled views of Mt. Everest as well as its neighboring peaks, glaciers and glacial lakes. At the highest viewpoint at Gokyo Ri (5340m), we get sunrise views of Mt. Everest (8,848m), Lhotse (8,516m), Makalu (8,481m), Cho Oyu (8,201m) and others. The Ngozumba glacier that can be seen is the longest glacier in Nepal.

The Gokyo Lake Trekking also allows us to enjoy the Tibetan-influenced Buddhist culture of the Sherpa people as we stay in their traditional villages. After a short, scenic flight from Kathmandu, the trek begins from the airport town of Lukla. The next day we reach Namche Bazaar, a bustling market town that is the Sherpa capital, where we spend a full day and extra night for acclimatization. Several days later, we reach the high Gokyo valley, which is the base for our best Everest mountain, lake, and glacier views.

This trek can be extended by combining it with Everest Base Camp, or even further by adding various mountain passes. See our full list of Everest Region trekking options. For all



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treks involving the Everest region, we recommend that you add an extra day or two into your schedule to account for common flight delays and cancellations out of Lukla Airport, which can occur even for cloud cover.

To organize the Gokyo Lake Trekking, or other treks in the Everest region, feel free to contact us.

## Highlights

- Hike along Ngozumpa Glacier- the largest glacier of the Khumbu region.
- Very peaceful and less crowded trail but you can enjoy all the selection of the mountains.
- Hike to the Gokyo Ri (5340 metres)- the attractive vantage point to enjoy the panoramic views of Everest, Lhotse, Cho Oyu, and other surrounding peaks.
- Views of the Renjo La Pass- one of the most beautiful and highest passes of the Khumbu Region.
- Explore the Khumjung village- a famous Sherpa village and also a home of the real yeti skull
- Walk through beautiful rhododendron and pine forest, through the terraced green farm, numerous ethnic settlements, a valley with the amazing views of the snow-capped mountains and surrounding landscapes

## Day to Day Itinerary

**Day 01: Kathmandu arrival**

**Day 02: City tour or free day to explore and shop on your own.**

**Day 03: Fly to Lukla (2,869m) and trek to Phakding.**

**Day 04: Trek to Namche Bazaar.**



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- Day 05: Namche Bazaar, Rest and Acclimatization.**
- Day 06: Namche Bazaar to Dole.**
- Day 07: Dole to Machhermo.**
- Day 08: Machhermo to Gokyo Lake.**
- Day 09: Hike to Gokyo Ri (5,350m), return to Goyko Lake.**
- Day 10: Gokyo to Dole.**
- Day 11: Dole to Jorsale.**
- Day 12: Jorsale to Lukla**
- Day 13: Fly back to Kathmandu.**
- Day 14: Departure.**

## **Cost Includes**

- Airport pick-up and drop-off by private car/van/bus.
- 4 Nights accommodation in 3 stars (\*\*\*) hotel in Kathmandu with the BB plan.
- Kathmandu city tour including city tour guide salary, and private vehicle.
- Kathmandu –Lukla-Kathmandu flight.
- Full board meal during the trek (3 times tea/coffee, breakfast, lunch, and dinner).
- Teahouse lodging in the trek.
- Seasonal fruits during the trek.
- Experienced, expert, friendly guide, porter and their food, accommodation, salary, equipment, and insurance.
- Double bag for the trekking use.
- First Aid kit Included Oxi-meters
- All permits and Tims (please bring a passport copy and photos).
- Government tax, farewell dinner.

## Cost Excludes

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers.