



## Gokyo Lakes Trek - 14 Days

The Gokyo Lakes trek is a journey to the sparkling, pristine blue and green waters of the Gokyo Lakes, visiting one of the most remarkable viewpoints to see five of the 8 tallest mountains of the world, and walking through less crowded lands of the Khumbu region or to set the alternative journey to Everest Base Camp trek. This trekking adventure brings you to a chain of six turquoises, and glacial-fed lakes in the Everest region. At around 5000 meters it is one of the highest freshwater lake systems in the world.

Although the route to Gokyo Lakes is less busy, it still affords the trekker with an insight into local village life, impressive views of icy rivers and stony, glacier debris, snow-capped mountains, and of course the dazzling turquoise waters of Gokyo Lakes themselves. The trekkers wish to see Everest and other peaks vividly but wish to sleep fewer nights in the high elevations set on this journey.

Up till Namche Bazaar, we follow the same itinerary as we follow for the Everest Base Camp trek but before Tengboche, the path branches off climbing up to Mongla pass and entering the Gokyo valley. Entering the Gokyo Lakes is like entering a sacred place as well. These lakes are worshipped by both Hindus and Buddhists.

### ROUTE WE FOLLOW

Our journey to Gokyo Lakes begins with an enthralling morning flight to Lukla [2860m] from Kathmandu spending about 35 minutes on it. The flight goes between the hills, snow-clad peaks, and lustrous valleys.

Upon landing there, we hand over our bags to our porters and begin the trek after having coffee there. Passing the small villages, pastures, and mane walls following the riverbank, we reach Phakding on the same day in 2-3 hours' walk.

The next day, we ascend to Namche Bazaar, a famous Sherpa village with several amenities such as luxury hotels, banks, ATMs, bakeries, shops, and so on. After a day of acclimatization, we hike to Dole. During this day trek, we leave the main trail of EBC and follow the Gokyo Valley route.

Passing the quaint villages, and lush alpine vegetation, we reach the village of Maccherma [commonly known as Macchermo] and next day to Gokyo Valley. We shall have an acclimatization day at Gokyo valley, and we will hike to Gokyo Ri, the highest point of the trek, or visit the 3rd and 4th lakes during the acclimatization day. We travel around the Gokyo valley and immerse ourselves in its beauty. Beautiful snowcapped lands surround the Gokyo Lakes. The melting snow forms the pristine waters of the lakes.

Experiencing the hikes, viewing the mountain peaks, glaciers, lakes, Himalayan wildlife, and flora, and witnessing the Himalayan lifestyles, we hike back to Lukla following the same trail of ascent and fly back to Kathmandu before the final departure.



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## PRICE INCLUDES

### Transportation

Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing  
Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes

### Food and Accommodation

- Four nights in Kathmandu in a 3-star category hotel
- Eleven nights in the best available local lodge/teahouse throughout the trek  
One night in the tented camp at Everest Base Camp
- All standard meals (Breakfast, Lunch, and Dinner) during the trek
- Available seasonal fruits throughout the trek
- Breakfast at a hotel in Kathmandu
- Farewell Dinner in Kathmandu

### Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- A porter for two trekkers/ climbers including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment

### Permits and Tariffs

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- All other government, local taxes, and official expenses

### Additional

- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Everest Base Camp trekking map, t-shirt, and the
- Outward Adventure Appreciation Certificate after the successful trek
- A first aid medicine bag in each group



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## PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides and porters (Tips are appreciated)



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## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu [1,338 m/4,390 ft]

Namaste.

Welcome to Nepal!

As you arrive at Tribhuvan International Airport in Kathmandu, you will complete the customs formalities and will board to exit the terminal. One of the official representatives will be seen nearby awaiting you to greet you and transfer you to your hotel.

Catching a private vehicle, you will be headed to your hotel and our representative will help you to check in. As there are no other scheduled programs today, you can rest and in the evening you can stroll around the windy and vibrant streets of Thamel.

### Day 2: Kathmandu Sightseeing and Trek Preparation

We will set off for a guided sightseeing tour of different UNESCO world heritage sites today located in the different parts of Kathmandu valley. In the beginning, we head to the Swyambhunath stupa, one of the oldest Buddhist stupas located at the top of the hill west of the Thamel. We will explore centuries-old carvings, monuments, and statues and will see the entire Kathmandu valley from the top.

After that, we head towards Patan Durbar Square, one of the ancient palaces used by the then Malla Kings. Not only the Durbar periphery, but we will also visit museums, Krishna Mandir, Golden Temple, etc. there. The perfect examples of ancient carvings (wooden and metal) can be explored here.

We have not finished the destinations yet. From here our vehicle moves towards Boudhnath Stupa, one of the best and most popular giant Buddhist stupas in the world. Circulating it, we enter one of the cultural restaurants there for lunch. Witnessing the view of Boudhanath from the rooftop, we take our lunch.

After exploring Boudhanath, we head to Pashupatinath, one of the most popular Hindu temples. The main Hindu temple and its periphery, cremating places, Bhasmeshwor Mahadev temple, and several other monuments can be seen here. Devoted to the mighty Hindu deity Lord Shiva, the Pashupatinath Temple is situated on the banks of the Bagmati River. You can feel an essence of spirituality and peace in your mind within its vicinity.

In the evening, you will be invited to our office where we will discuss your upcoming adventure. You will be introduced to your trekking leader and he/she will explain your adventure ahead.

### Day 3: Fly to Lukla [2,860 m/9,384 ft] and trek to Phakding [2,610m/8,562ft]: 9 km/3-4 hours

After breakfast, we move to Kathmandu airport and board a scenic flight to Lukla. It takes just 35 minutes to land Lukla. En route, we will see an aerial view of irresistible snow-capped mountains, green hills, and so on.



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Once we land there, we set our journey towards Phakding. On the way, we will pass the settlements of Chaurikharka, Chhelpung, Ghat, small gompas, prayer wheels, mane walls, fluttering prayer flags throughout the jungle, and will get a beautiful view of Mt. Khumbu-Yul-Iha (5761m) and other.

Our guide will help us to check into the hotel and assist us with food and accommodation in the teahouse. We will spend our first night in the Himalayan foothills.

#### **Day 4: Trek Phakding to Namche Bazaar [3,440 m/11,283 ft]: 12 km/5-6 hours**

Our second day of trek begins after breakfast at our teahouse. We keep moving north along the banks of Dudh Koshi River which opens up the panoramic views of snow-clad peaks all around. We cross the river several times through suspension bridges including the Hillary Suspension Bridge. After crossing this [Hillary], we ascend steeply till we reach the village of Namche Bazaar.

We'll continue moving north along the banks of Dudh Koshi River that opens up majestic views of snow-capped peaks all around. There are several suspension bridges to cross- including the famous - Hillary Suspension Bridge.

As you move ahead, you will reach Sagarmatha National Park, where we will register our permits and climb up through the dense forest from where we can see the first views of Mt. Everest. However, we will continue trekking until we reach Namche Bazaar.

Namche Bazaar is a large Sherpa village with numerous showcases; banks, museum, stupa, bakery, shops, bars, restaurants and so on. We will explore the entire village the next day.

#### **Day 5: Acclimatization Day in Namche bazaar – Hike to Everest View Hotel**

Today is scheduled as an acclimatization day and we will spend the entire day hiking to Everest View Hotel, Sherpa museum, Syangboche airport, and many other places. We let the body acclimatize to the high altitude – and it will get even higher! We will walk hike and sleep low. This is the best way to acclimatize our bodies.

After breakfast, we head for the Everest View Hotel which has the finest views of Everest. Walking approximately 2-3 hours, we reach there and get the magnificent views of Mt. Everest, Ama Dablam, and several other peaks nearby.

If we have more stamina, we can hike to Khumjung or Khunde village where we can witness Khunde hospital, Khumjung School, Khumjung monastery, and so on. After exploring them all, we hike back to Namche Bazaar and await for next adventure.

#### **Day 6: Namche Bazaar to Dole [4,200 m/ 13,780 ft] 11 km /5-6 hours**

We trek to Dole today where we leave the main trail of Everest Base Camp trek and catch the Gokyo Valley trek route. Leaving Namche Bazaar, we follow the way to Kyanjuma instead of Phunki Thenga.

On the way, we pass through beautiful rhododendron, pine, and juniper trees. Crossing past several local yak pasturelands, and meadows, that take us to the beautiful culturally rich Sherpa village of Tongba, Gyele, and finally we



reach at Dole where we stay overnight at one of the teahouses there. On the way, we will see northwestern Himalayas of Everest Himalayas like Khumbila and Tawache vividly.

### **Day 7: Trek Dole to Machhermo [4,470 m/ 14,663 ft] 7 km / 5-6 hours**

Leaving Dole, we trek higher which takes us to the beautiful meadows that serve as yak pastures, and alongside, you will see several shrines and prayer flags. During summer months, you can see the yaks grazing throughout.

Looking forward, we will see the stunning Mt. Cho Oyu, and several other mountains nearby. Leaving the villages like Lapahrma, and Luja, we reach our destination- Machhermo.

### **Day 8: Trek Machhermo to Gokyo [4800 m/15,744 ft] 5.7 km/4 hours**

The trail heads towards the Gokyo valley initially heading to a scenic ridge with the views of Kangtega and then walking to a wider valley. The trail today is not that much tiring with only some short steep sections. The trail descends to Dudh Koshi River and climbs to the Ngozumpa Glacier and the first Gokyo lake. Continuing northward, we reach at the second lake which is unlike the small first lake, is quite long and runs parallel to the hiking trail. Walking further we come to the 3rd lake and on the bank of this lake there are some teahouses. We check in one of the teahouses there and spend overnight there.

### **Day 9: Gokyo Valley: Acclimatization Day – Hike Gokyo Ri [5357 m/17,570 ft]**

It is the second acclimatization day at Gokyo. However we will hike to Gokyo Ri (5,430m/17,519ft), the highest point of the trek which is the perfect viewpoint for four of the six highest mountains of the world - Everest (8,848m), Lhotse (8,516m), Makalu (8,485m), and Cho Oyu (8,201m), entire Gokyo valley, glaciers and many more. After lunch, we hike to the 4th and 5th lakes of Gokyo Lakes.

### **Day 10: Trek to Dole [4,200 m/13776ft]: 14 km/5-6 hours**

Following the route that we ascent earlier, having the views of mountains, and leaving the Gokyo valley, we hike back to Dole today for an overnight stay. We will pass via several small Sherpa settlements as Machhermo, Luja, Lapahrma, and so on.

### **Day 11: Dole to Namche Bazaar: 12 km/4-5 hours**

We trek further down to Namche Bazaar today enjoying incredible waterfalls, enjoying the interaction with local Himalayan flora, fauna, and rhododendron trees beautifully blooming in the spring season of the year.

During our trek down, we will get ample chance to review the snow-capped Himalayan views of Amadablam, Tawache, Thamserku, and other peaks, along with a distant view of Tengboche too from Mongla.

Descending to Sansa, which connects us to the main Everest Base Camp trek trail takes us to Namche Bazaar, our day destination. Arriving at Namche, we take a complete rest, take a hot shower and relax during our overnight stay at one of the best teahouses.



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## **Day 12: Namche Bazaar to Lukla: 19km / 7-8 hours**

Leaving the gateway of Everest-Namche Bazaar, we retrace back to Namche Bazaar. We will have the last view of Everest today.

Upon arrival at Lukla, we have a get-together and celebrate the completion of our Gokyo Lakes adventure with the local crew and we will make our last evening in Khumbu memorable by raising a toast and shaking a leg to local tunes sung by your Sherpa crew.

## **Day 13: Fly back to Kathmandu**

We will be flying back to Kathmandu as per our schedule. Catching an early flight, we fly land at Kathmandu airport spending just 40 minutes.

Upon arriving in Kathmandu, you can spend the entire the in your own way; either exploring the remaining places or relaxing and preparing for the final departure.

In the evening, you will be invited to the farewell dinner organized by Altitude Adventure Treks.

## **Day 14: Final Departure**

Day fourteen marks the end of your entire adventure. We expect you are happy and fully satisfied with our services and expertise. Either you may choose the next package and initiate a new escapade or you can fly back home. If you are flying another destination, we will drop you at the Kathmandu Airport (TIA); three hours before your scheduled flight so that, you don't have to confront any troubles during your final moments in Nepal.