

Gokyo Trek

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Gokyo Trek

URL: <https://ascendhikes.com/package/gokyo-trek/>

Trip Code

GK2026

Activity

Trekking

Duration

12

Max. Altitude

5357m

Best Season

Spring and autumn season

Transportation

flight

Group Size

1 - 14

Destination

Nepal

Start / End Point

Kathmandu / Kathmandu

Region

Everest Region Treks

Nature Of Trek

Lodge to Lodge

Activity Per Day

4-7 hours

Per Person From

USD 1,295

Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

Accommodation

Teahouses and Camping

BLD

Breakfast, Lunch and Dinner

Gokyo Trek

The Gokyo Trek is one of the most beautiful alternatives to the Everest Base Camp trek in Everest region. 2600meters, altitude to 5360meters, Gokyo - ri, passing through wonderful valleys, peaceful Gokyo lake and stunning Himalayan panoramas experience in this trek. From the Gokyo - ri Offering close up Mt. Cho-yu, Mt. Everest, Mt. Lothse, Mt. Makalu above 8000m and others surrounding long Himalayan ranges with less crowded trails in the Everest region trek.

Gokyo Trek Nepal, Complete Itinerary and Guide

Day 01: Arrival in Kathmandu and transfer to hotel

When arrive at Kathmandu international airport, our team will pick up you and transfer to hotel where we or you booked.

Highlight of the day:

- Kathmandu valley and the Himalayan ranges from airplane.
- Hotel in Thamel and explore shops surrounding.
- First experience in Kathmandu and Thamel discover.
- Wonderful evening to walk in Thamel Bazar.

Drive Distance

12-13 km

Drive Duration

30 minute

Highest Altitude:

1300 m

Meals:

Lunch and Dinner separate, and Breakfast included

Accommodation:

Star Level hotel in Thamel, Kathmandu

Day 02: Early in the morning Fly to Lukla (2840m) and trek to Phakding (2610m)

It depends on where are flying to Lukla, from Kathmandu or Ramechhap. If from Ramechhap then have to drive at 01:00 am to take a flight and if you are flying from Kathmandu to Lukla then you have to wake up

at 4-5 o'clock in the morning and drive to 30 minutes to airport.

Highlights of the day:

- Amazing lukla flight and airport.
- Beautiful khumbu valley with Dudhkodi Rive.
- Lukla touristic, and shopping place.
- Monastery and Sherpa culture.
- Mt. Kusum khang view from Tharakoshi.
- Phakding village and first starting trek to Gokyo

Trek Distance:

8km

Trek Duration

3-4-hour

Highest Altitude:

2610m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

Tea- houses sharing basis

Day 03: Trek to Namche Bazar

The second day of trekking gradually ups and down. Today gaining most of the altitude after the lunch, so be ready to make it easily to Namche.

Highlights of the day:

- Dudhkoshi valley and suspension bridges.
- Manjo, where entering Sagarmatha national park.
- Some wildlife on the cliff side.
- Hilary bridge and buggy-jump.
- Views of Mt Everest, Thamserku, Cholatche, Kongde peak and ranges.
- A beautiful and famous Namche village.

Trek Distance:

11- 12 km

Trek Duration

6-7-hour

Highest Altitude:

3440m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

Tea houses and guest houses

Day 04: Acclimatization Day and explore to Namche

This is the hiking and exploring day in Namche village. After breakfast hike to Everest view hotel and explore Namche village. There are so many different activities you can do in Namche and Khumjung valley.

Highlights of the day:

- Namche viewpoint and museum.
- Everest view hotel and wonderful panoramic views.
- SPCC visit for activities.
- Khumjung valley and Sherpa culture.
- Syangboche airport between mountains.
- First panoramic mountains views.
- Local Market in Namche bazar.

Trek Distance:

12.5 km

Trek Duration

round trip

Highest Altitude:

3880 m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

Tea- houses

Day 05: Trek to Dole

Namche to Dole is quite difficult trails. Gradual trails to Kyanjuma and then steep ascent to Mongla danda. After that descend to the Phortse Tenga and climb up do Dole.

Highlights of the day:

Beautiful rhododendron forest.

- Wonderful views of Mt. Amadablam.
- Great view of Mt. Everest and ranges.
- Musk deer and Danphe can see near Kyanguma.
- Amazing Tengboche monastery and valley views.
- Dole village and the mountains ranges.
- Travel Tips: start early in the morning for clear views, walk slowly to avoid altitude sickness, drink enough water, use walking poles on steep ascent.

Trek Distance:

12.5 km

Trek Duration

6-7-hour trekking

Highest Altitude:

4210 m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

Tea house basic facility

Day 06: Trek Machermo village

The trails to Machhermo are easy flat way but the altitude makes it moderate with panoramic views of surrounding Himalayan ranges.

Highlights of the day:

- Surrounding mountains views.
- Beautiful Dole, Luzzi and Machermo village.
- First view of Mt. Cho-oyu 8201 m.
- Yak caravans to transport daily uses things.
- Medical post in Machhermo for information about altitude.
- Some wild animals and birds can seen.

Trek Distance:

6km

Trek Duration

4-hour

Highest Altitude:

4470 m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

Basic to comfortable guest- house

Day 07: Trek to Gokyo lake

Machermo to Gokyo lake is about 4-5 hours trekking. Passing through wonderful alpine bushes, panoramic views and valleys are encouraging to go more higher and higher. Through amazing first and second Lakes passing will arrive third lake is Gokyo lake, stay overnight here.

Highlights of the day:

- Passing wonderful valleys and panoramic views.
- Passing two Lakes and arrive Gokyo lake.
- Amazing views of Mt. Cho-yu.
- Explore the Glacier nearby Gokyo lake.
- Discovering Gokyo and Lakes.
- Gokyo -Ri 5360 m, a panoramic viewpoint

Trek Distance:

7 km

Trek Duration

4-5 hours

Highest Altitude:

4790 m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

basic to comfortable tea- house

Day 08: Trek back to Dole

Early in the morning, start hike to Gokyo-Ri, one of the main highlights of the trek. It is hard and challenging to get top of the Ri, but the unbelievable views of Himalayas are amazing experience. Hike to Gokyo-Ri is worth hike in this trek. After this wonderful experience trek back to Gokyo and trek continue to Dole.

Highlights of the day:

- Main highlight of the Trek Gokyo-Ri 5360m.
- Wonderful 360° panoramic view from ri.
- Memorable experience Gokyo - ri, and Valley.
- Way back with wonderful views surrounding.

Trek Distance:

16-17 km

Trek Duration

7 - 8 hours

Highest Altitude:

4110 m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

Basic tea- houses

Day 09: Trek back to Namche

Easy way back to Namche, about 4-5 hours trekking and time for more explore in Namche village.

Trek Distance:

12.5km

Trek Duration

4-5-hour

Highest Altitude:

3440 m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

Comfortable Tea-house

Day 10: Trek Back to Lukla

This is the easy descend to Lukla but it is long day to get in Lukla. Start your trek earlier and enjoy the rest of time in Lukla- last day of your trekking for this time. Next day fly to Kathmandu.

Trek Distance:

18-20km

Trek Duration

6-8 hours

Highest Altitude:

2840 m

Meals:

Breakfast / Lunch and / Dinner

Accommodation:

Comfortable Tea-house

Day 11: fly back to Kathmandu

Early in the morning flight to Kathmandu and rest of the day exploring Kathmandu city and shopping in Thamel.

Highlights of the day:

- Amazing Lukla flight back to Kathmandu.
- Discover Kathmandu valley

Highest Altitude:

1300 m

Flight Hours:

25-30 minutes

Meals:

Breakfast provide

Accommodation:

BB plan hotel in Thamel or Buddha

Day 12: Final departure from Kathmandu international airport

After all complete Gokyo valley trek, our team will manage you to drop Trivuvan international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our warm hospitality and Nepalese cultures.

Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Includes for Gokyo trek

- Which services are including for Gokyo Trek?
- All the Airport Transfer are Included.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- 2 Nights Hotel in Kathmandu with BB plan.
- All the official expenses and paperwork, Permits and necessities documents.
- All the domestic Flight, Kathmandu to Lukla and return flight from Lukla to Kathmandu.
- Government license holder Ascend Hikes Experience English speaking Guide.
- A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.
- All the Government Taxes.
- All the Insurance of Guide and Porters.
- Farwell dinner in Kathmandu.

Service Exclude on Gokyo Trek

- What is not included in this Gokyo Valley Trek?
- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and other expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- Food before and after Trekking.
- Excess Baggage charge.
- Personal expenses: Wi-Fi, Battery charge etc....
- Staff (guides and Porters) tips.
- All other things are excluded which is not in the list of Include

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,595
2 - 2	USD 1,395
3 - 3	USD 1,295
4 - 4	USD 1,095
5 - 5	USD 1,075
6+	USD 995

Essential Information for Gokyo Trek

There are several things to care before doing this Gokyo and Everest region Trek, here are describe some major factor of this trekking risk with prevention and it should be happened in the mountains, to make your mind setup.

Altitude sickness and precaution

A Beginner's Guide about altitude-sickness to the Gokyo Trek in Nepal.

Above the 3000 meters altitude, should be get altitude sickness in the Himalayas. There is no boundary, who will get altitude sickness. Anyone - any time can get altitude symptoms. It's depending on how you can adjust the Himalaya.

What are the main symptoms of altitude sickness?

Some major symptoms of Altitude sickness.

- Less apatite and tiredness.
- Short breath and can't sleep at night.
- Headache and dizziness.
- Vomiting and whole body cold.

How to prevention altitude sickness in the mountains?

Some step to avoid altitude sickness

- Walk slowly where you are above 3500 meters altitude.
- Drink enough water (3-4 liters) recommend.
- Stop drinking alcohol and smoke.
- Eat plenty and hygienic food, instead of junk food.
- Don't sleep at daytime.
- Pack a diomox for the emergency case.
- And walk in high and sleep at low elevation.

Weather information

According to our experience in the Everest region trek, we are explaining on seasonally the weather is like this.

Spring (March -May):

The spring is one of the best trekking seasons in Gokyo trek and all over Nepal. Almost the clear weather and stable temperature, which is the great to explore Sagarmatha national park and Mahalangur Himalayan ranges. Normally the temperature in Gokyo vally region is like this:

The temperature in the daytime **5°C to 15°C** and

At the nighttime **-8°C to -12°C**.

Discover blossom rhododendron blooming everywhere, experience of traditional culture and mountains. Different kinds of Bird. Alpine flora and fauna is another plus point to make enjoyable trekking to Gokyo lake. Panoramic mountains views Photography experience, with beautiful landscapes and stable weather are the springs experience in Gokyo valley.

Summer season (June - August):

Summer is the best time for harvesting and planting season. It is best time for agriculture activities. Everywhere all the villagers are busy to harvesting. Some place You will have a chance to join in planting. Lush green landscape and nice waterfalls are the amazing experience. Normally this season is raining season, because of rain makes trails muddy and slippery. Some places would be dangerous from the landsliding.

Temperature: During the daytime temperature is **10°C to 16°C**,

And during the nighttime drop down **3°C to 6°C**.

If you are looking for trek in this summer season, have to well- preparation against rain and the land sliding. Benefits are less crowed and different experience of green valleys and mountains.

Autumn season (September - November):

Autumn season is another one of the best trekking seasons in whole Nepal. Explore different festivals in the moments. Especially Hindus festivals, like Dasain, Tihar (Deepawali), is one of the most famous and beautiful experience to memory on your camera. Trekking in autumn is not only the trek also the great experience of the festivals with the locals. Usually the weather is stable, clear blue skies and it is best for photography and panoramic views.

The temperature during the daytime grow **8°C to 15°C**

And at nighttime - **3°C to -8°C**.

If you are planning for Gokyo Everest region trek in this season, then it is an ideal choice, offering a beautiful views and suitable weather. We highly recommend this trip in autumn for everyone.

Winter season (December - February):

Winter is the time to explore snow trekking. Khumjung, Dole, Machermo and Gokyo and near route are the best magical landscape to photography of white peaks.

Mostly clear weather but frizzling cold makes challenging to trek. All the paths are frozen. If you are looking in winter for this Gokyo trek, it is highly recommended to take guide and porter to assist you.

The temperature is during the daytime **2°C to 8°C**,

And at the nighttime drop down **-12°C to -20°C**.

So, if you are considering in this cold temperature, not many snows, hiring with porter and guide and willing to chill out, then there is no objection to make this trek success with panoramic clear weather.

Extra activities

- On the Gokyo valley trek we are doing these activities accept trekking in normal route.
- Hiking to Everest viewpoint and Khumjung valley:
- Exploring the museum in Namche bazaar.
- Discovering local tea in the Khumbu valley.
- Hiking to the Gokyo-Ri is one of the most highlights of the trek.

Mountain ranges

Mahalangur Himalayan range are waiting for you in this Gokyo valley trek. On the way surrounding by long Himalayan range, specially panoramic views from the Gokyo-Ri 5357m. here are some major mountains name which we can see along the way.

- Thamserku and Kantenga peak
- Kusum-Kangaru and Kongde Peak
- Ammadablam (6800m) most beautiful mountain.
- Cholatse and Tawache Peak.
- Makalu (8463 meter).
- Cho-oyu (8201 meters).
- Lhotse (8516 meters).
- Everest (8848.50m) top of the world.

Flora and fauna

In this region is coverage from the Sagarmatha national park. This park is listed in the world heritage site, which is rich in flora and fauna. Here are some names of the major flora and fauna.

How to prepare for Gokyo Lakes trek?

Gokyo Trek is moderate to challenging trekking trails. If you are beginner, then better to know some tips and prepare before start trekking. Here are some tips to prepare and mind setup.

What is the Best Time to Trek Gokyo Lakes for Clear Views?

Spring (March to May) and Autumn (September to November) is the Ideal time for Gokyo valley trek and Everest region trek. This two season is normally stable, clear weather and best temperature for enjoyable trekking in Nepal.

How Difficult is the Gokyo Lakes Trek? And What You Need to Know?

How difficulty Gokyo trek is? This is often asking question, it is moderate to challenging trekking trails above alpine zone. You have to know mentally basic lodging and fooding. Proper acclimatization, and going to 5360m altitude, so packing proper gear and remember altitude sickness precautions.

Address

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