Gokyo valley Trek

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Gokyo valley Trek

URL: https://ascendhikes.com/package/gokyo-valley-trek-202/

Trip Code
GK20261

Destination
Nepal

Activity
Trekking

Start / End Point
Kathmandu / Kathmandu

Duration
14

Region
Everest Region Treks

Max. Altitude
5460m

Nature Of Trek
Lodge to Lodge

Best Season
February to October

Activity Per Day
4-8 hours

Transportation
Lukla flight

Per Person From
USD 1,295

Group Size
1 – 14

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

Guest house	**BLD** Breakfast, Lunch and Dinner

Welcome to Gokyo valley

The Gokyo Ri Trek is among the most breathtaking hikes in the Everest region. A great alternative to the Everest Base Camp Trek is Gokyo Ri (5483). The Gokyo lakes are spectacularly seen from there. On a clear day, Gokyo Ri offers views of numerous other mountains, such as Makalu (8475 m), Everest (8850 m), Lhotse (8501 m), and Cho Oyu (8153 m).

This Gokyo valley trek is special because of its lakes, climbs, and views of Gokyo Ri. Because of the superior vistas from the Gokyo Ri trek compared to Everest Base Camp, the Gokyo Ri Trek is superior to Everest Base Camp. Another explanation is that there are less people on the Gokyo Ri Trek than Everest base camp trek.

Why Gokyo Valley Trek?

The Gokyo valley Trek, also known as the Gokyo Lakes Trek, is a thrilling adventure in Nepal's Everest region, offering breathtaking mountain peaks, high-altitude lakes, and stunning vistas. The trek begins with a scenic flight from Kathmandu to Lukla airport, one of the world's most extreme airports. The journey takes you through off-the-beaten trails, including the vantage point of Gokyo Ri (5,357m), where you can enjoy a panoramic view of Mount Everest, Lhotse, and Cho Oyu.

The trek also takes you through the famous Sherpa center, Namche Bazaar. The trek lasts 11 days, with a maximum altitude of 5,357 meters at Gokyo Ri. The trek is challenging, with 5-6 hours of walking per day. The best time to trek is in autumn and spring, and a minimum group size of one person is recommended.

Highlight of Gokyo Trek:

- **Amazing Lukla flight surrounding mountains views.**
- **A famous Namche bazaar and Sagarmatha national park.**
- **Hike to Everest view hotel and Khumjung village.**
- **Alpine flora and fauna above Dole village.**
- **Gokyo Lake and discover other 5 lakes.**
- **Famous and panoramic viewpoint Gokyo-Ri 5357m.**

Drive and fly to reach trekking sport:

- **Thamel to Kathmandu domestic airport (7-8 km) 30 minutes to 45-minute drive for Lukla flight. (depending on traffic).**
- **Thamel to Ramechhap (125 km) 4–5-hour drive for Lukla flight. (Lukla flight operate from Ramechhap in main season).**
- **If flight is cancelled then drive to Surke is about 460 km, and about 17 – 20 hours driving by privet vehicle.**
- **Trekking start from Lukla – Namche – Dole – Machermo – Gokyo – Lukla 10 days as usual.**

Note: Normally in Kathmandu need 2 days to operate all.

Extra activities on Gokyo trails

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 test in the Khumbu valley.**
- **Hiking to the Gokyo-Ri is one of the most highlight of the trek.**

Quick Gokyo valley Trik Information

Welcome to the Gokyo trek. It is about 93 km, starting from Lukla to ending at Lukla trekking duration. Depending on our pace, normally 10 days trekking and 2 days to prepare day in Kathmandu. The altitude 2600-meter Phakding village to 5360-meter Gokyo-Ri, exploring Sagarmatha national park trekking ends in Lukla with amazing memories.

Trek duration and possibilities.

Gokyo – Lake trek normally takes 12 days start from Kathmandu to back Kathmandu. It is depending on your pace. Ascend Hikes are always very flexible about the itinerary. Here is some possibility treks start and ending.

Gokyo Valley Trek Price for individual

- **Kathmandu hotel starting from usd $ 10 -150 /-**
- **Each time Airport transfer Car/ Taxi usd $ 12 – 20/-**
- **Kathmandu to Lukla flight one-way usd $ 225/-**
- **Kathmandu to Ramechhap car/jeep rent one-way usd $ 120-$150/-**
- **Ramechap to Lukla flight one-way usd $ 187/-**
- **Guide Salary per Day usd $ 30/-**
- **Porter salary per day usd $ 25/-**
- **Food and accommodations per day usd $ 35 – 45/-**
- **Each Porter and guide insurance usd $ 50/-**
- **Permit for Sagarmatha national Park Npr. 3000/- P/p.**
- **Local Government permit Npr. 3,000/- Per person.**

Note: This are the latest update price for Gokyo Trek 2026.

If you are exciting to explore Gokyo valley trek, book your trek with us at advance and get some discount. We are always available in:

E-mail: ascendhikes@gmail.com

WhatsApp: +977 9851232566

Direct call: +977 9803667776

Itinerary

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.

Altitude: 1300 meters Kathmandu valley.

Distance / Time duration: 12-13 km from airport to Thamel about 30 minute drive to transfer hotel.

Food and drinks: Lunch and Dinner separate, and Breakfast included.

Accommodations: Star Level hotel in Thamel, Kathmandu.

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.

Trek Distance:
5-6 km

Trek Duration
an hour

Highest Altitude:
1400m

Meals:
breakfast lunch dinner

Place:
Thamel Kathmandu

Accommodation:
Hotel

Day 02: Early in the morning fly to Lukla and trek to Phakding

Its depends from where 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.

ltitude: 2610m. altitude of Phakding village.

Distance/ Time duration: 8km, about 3-4 hour walking.

Elevation gain: 1300m, Kathmandu 1300 to Phakding 2600m.

Trails difficulty: Easy starting day after flight to Lukla.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Tea-houses sharing basis.

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:
9 km

Trek Duration
3-4 hours

Drive Distance
5-6 km

Drive Duration
an hours

Highest Altitude:
2860m Lukla

Flight Hours:
30 minutes

Meals:
breakfast lunch dinner

Place:
Phakding

Accommodation:
guest house

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.

ltitude: 3440 m, Namche Bazaar.

Distance/ Time duration: 11- 12 km, 6-7 hour trekking.

Elevation gain: 830m, altitude different then Phakding.

Trails difficulty: Moderate Gradually ups and down.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Tea houses and guest houses.

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:
10 km

Trek Duration
5-6 hours

Highest Altitude:
3440m, Namche Bazar

Meals:
brakfast lunch dinner

Place:
Namche Bazar

Accommodation:
guest house

Day 04: Day for discover Namche and Acclomatization

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.

Altitude: 3880 m, Everest view hotel.

Distance/ Time duration: 12.5 km, round trip,

Elevation gain: 440 m, good hiking pace.

Trails difficulty: Easy to climb to view point and back.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Tea-houses

Highlights of the day:

Namche viewpoint and musium.

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.

Highest Altitude:
3440 m

Meals:
breakfast lunch dinner

Place:
Namche

Accommodation:
guest house

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.

ltitude: 4110 m, Dole village.

Distance/ Time duration: 12.5 km, 6-7 hour trekking.

Elevation gain: 670 m, altitude different then Namche.

Trails difficulty: Challenging to Dole steep ascent.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Tea house basic facility.

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 km

Trek Duration
6-7 hours

Highest Altitude:
4110 m

Meals:
breakfast lunch dinner

Place:
Dole

Accommodation:
guest house

Day 06: Trek to Machermo

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

ltitude: 4470 m, Machhermo village.

Distance/ Time duration: 6km, 4 hour trekking.

Elevation gain: 360 m, from Dole village.

Trails difficulty: Moderate and gradual trails.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic to comfortable guest- house.

Highlights of the day:

Surrounding mountains views.

Beautiful Dole, Luzza and Machermo village.

First view of Mt. Cho-oyu 8201 m.

Yak caravanas to transport daily uses things.

Medical post in Machhermo for information about altitude.

Some wild animals and birds can seen.

Note: we are above the altitude of 4000m, so highly advice you to flow proper latitude precaution for avoid altitude sickness.

Trek Distance:
6 km

Trek Duration
4 hours

Highest Altitude:
4470 m

Meals:
breakfast lunch dinner

Place:
Machermo

Accommodation:
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.

Altitude: 4790 m, Gokyo lake for the night.

Distance/ Time duration: 7 km, 4-5 hours trekking time.

Elevation gain: 320 m, higher then Machhermo.

Trails difficulty: Moderate, gently ascent to Gokyo.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic to comfortable tea-house.

Highlights of the day:

Passing wonderful valleys and panoramic views.

Passing two Lakes and arrive Gokyo lake.

Amazing views of Mt. Cho-oyu.

Explore the Glassier near by Golyo 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 dinner

Place:
Gokyo Lake

Accommodation:
guest 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.

Distance/ Time duration: 16-17 km, round Gokyo-ri and back 7 – 8 hours.

Elevation Loss: 680m, from Gokyo lake.

Trails difficulty: challenging to Gokyo-Ri after easy way back to Dole.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic tea-houses.

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:
5360 m, Gokyo ri

Meals:
breakfast lunch dinner

Place:
Dole

Accommodation:
guest house

Day 09: Trek to Namche

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

Distance/ Time duration: 12.5km, 4-5 hour Trekking.

Trails difficulty: Easy descend to namche Bazar.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic to comfortable Tea-houses.

Trek Distance:
13 km

Trek Duration
5-6 hours

Highest Altitude:
3440m

Meals:
breakfast lunch dinner

Place:
Namche bazar

Accommodation:
guest house

Day 10: Lukla

This is the easy descend to Lukla but it is long day to get in Likla. 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.

Distance/ Time duration: 18-20km, 6-8 hours trek.

Trails difficulty: Moderate descend with ups and down.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Comfortable Tea-house.

Trek Distance:
19 km

Trek Duration
7-8 hours

Highest Altitude:
2860m

Meals:
breakfast lunch dinner

Place:
Lukla

Accommodation:
guest 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.

Flight Time duration: 25-30 minutes flight.

Food and Drinks: Breakfast provide.

Accommodations: BB plan hotel in Thamel or Buddha.

Highlights of the day:

Amazing Lukla flight back to Kathmandu.

Discover Kathmandu valley.

Highest Altitude:
1400 m

Flight Hours:
30 minutes

Meals:
BB

Place:
Kathmandu

Accommodation:
hotel

Day 12: Final depature

After all complete Gokyo valley trek, our team will manage you to drop Trivuwan 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.

Cost Includes:

- **Airport Pick up and drop.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**
- **All the official expenses and paperwork (like Permit for peak climbing).**
- **All the Transportations.**
- **Flight to Lukla and 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.**

Cost Excludes:

- **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.**
- **All the accommodation and food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: wi-fi, Battery charge etc....**
- **Staff tips**
- **All other things are Exclude which is not in the list of Include.**

Group Discounts Available

No. of Persons	Price per Person
1 – 1	USD 1,695
2 – 2	USD 1,395
3 – 3	USD 1,295
4 – 4	USD 1,095
5 – 5	USD 1,075
6+	USD 995

How expensive for Gokyo trek?

Ascend Hikes Pvt Ltd. Price for the full board package trek:

For 1 person complete 12 days trek usd $ 1595/-

For 2 person complete 12 days trek usd $ 1395/-

For 3 person complete 12 days trek usd $ 1295/-

For 4 person complete 12 days trek usd $ 1095/-

For 5 person complete 12 days trek usd $ 1075/-

For 6 and 6+ person complete 12 days trek usd $ 995/-

What is the Must necessaries things need to carry for Gokyo Trek?

Here are the must necessaries equipment recommended to pack for the trekking to Gokyo trek.

Travel Documents to carry.

- **Valid Passport** (in case some place you need it).
- **Debit/Credit Cards** (For your own safety).
- **PP Size Photo** (2 Pieces) (need for the permits).
- **Insurance paper** and contact address (need for the rescues).
- Family members / company's contact address.

Medical/First Aid

- Small First Aid Kid – Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.
- Medications and prescriptions – Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

Head wear check list.

1. **Sun Cap: to** protect sun burn during the day trip.
2. **Warm Hat:** need for the high altitude to avoid cold.
3. **Neck Gaiter (Scarf):** protect your neck to keep warm.
4. **Head lamps:** remote area, most needed.

Footwear chick list.

1. **Normal Socks (2-3 Pairs)**
2. **Warm Socks (1-2 Pairs)**
3. **Trekking Shoes: comfortable** to hikes/ Trekking.
4. **Sports Shoes: for** the evening.

Eye care takes with you.

1. **Sunglasses: important** to protect your eye.
2. **Eye drop: better** to have one sometimes need it.

Hand Wear to take for Gokyo trek.

1. **Thin Fleece glove a pair:** keep your hand warm.
2. **Wind Stopper glove a pair:** useful for Poon hill hike.
3. **Walking Stick:** it helps a lot on the trekking while walking ups and down.

Bag – Pack for Gokyo Trek.

1. **Day Bag**Maximum 35L for during the day hike.
2. **Duffle Bag**40 L -60 L waterproof would be better.

Toilet and daily used things.

1. **Hand sanitizer:** to clean your hand.
2. **Toilet Paper** and **Wet Tissue**, it needed.
3. **Toothbrush:** it is daily used things.
4. **Soap and Shampoos**: you need every day in the mountain.
5. **Towel:** important to have one.

Budy Weare Chick list.

1. Thermal Top Base Layer (2-3 pieces).
2. **Fleece Jacket (**1 Piece).
3. **Gore Tex/ windproof Jacket (**1 Piece).
4. **Warm Jacket (1-2 Piece).**
5. **Insulated Down Jacket (1 Piece).**
6. **Cotton T-Shirt (2-4 Pieces).**
7. **T-shirt – Sport- quick dry and breathable (1-2/1-2 Pieces).**

Lower part of Body wear.

1. **Thermal Layer (1 Piece)**
2. **Fleece Trouser (1 piece)**
3. **Light Trekking Pant (1-2 pieces)**

4. **Quick dry Trekking Pants (1-2 Pairs)**
5. **Half pants (**1 Piece)
6. **Under Wear (2-3 pieces)**

Miscellaneous Things to carry.

1. **Pocket Knife (Swiss): travelling** knife is must important.
2. **Umbrella / Raincoat:** if it is rain would be useful.
3. **Nail Cutter:** in the mountain most useful.
4. **Altimeter Watch:** to discover altitude.
5. **Power Bank: in** the remote area, must needed,
6. **Camera:** your future memories.

Water Drinking bottle and Sleeping bag.

Mountain ranges for Gokyo valley trek.

Mahalangur Himalayan range are waiting for you in this Gokyo valley trek. On the way surrounding by long Himalayan range, especially 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.**
- **Cholacche and Tawache Peak.**
- **Makalu (8463 meter).**
- **Cho-oyu (8201 meters).**
- **Lothse (8516 meters).**
- **Everest (8848.50m) top of the world.**

Accommodations on Gokyo valley Trek

Welcome to the Gokyo trek. In these trails the accommodations are simple sharing basis to comfortable rooms according to our budget. Here are some information day by day.

- **Lukla – Budget tea-house to comfortable lodges.**
- **Phakding – budget tea house to comfortable lodges.**
- **Namche – Budget to comfortable lodges with hot shower.**
- **Dole – Limit basic lodges with cozy dining hall.**
- **Machermo – Basic to attached bathroom found.**
- **Gokyo Lake – Basic to modern comfortable guesthouses**.

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.

- **Physical Preparation: Before trekking, start training at least 5 – 6 weeks, like jogging, hiking and cycling.**

- **Mental Preparation: wake up early in the morning, prepare for cold morning, evening and basic Tea-houses conditions.**
- **Gear and packing: Check your proper gear list for suitable to the weather conditions.**

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.

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 are 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, a**nd 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 frizzing 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.

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 litters) recommend.**
- **Stop drinking alcohol and smoke.**
- **Eat plenty and hygienic food, instead of junk food.**
- **Don't sleep at daytime.**
- **Pack a Diamox for the emergency case.**
- **And walk in high and sleep at low elevation.**

What to do/or what is the medicine, is recommended if get altitude sickness?

There is no medicine for the altitude sickness to recovery and ascent. Only the prevention is best idea. In case get altitude sickness what to do?

- **Try to eat hot soups and as soon as possible descend and descend to the low elevation.**
- **Take a Diamox for little relax and move down.**

- **If it is serious case, rescue whatever by helicopter or what is possible.**
- **Don’t underestimate with altitude sickness, it may take your life, try to descend and descend.**

Can you trek continue to Chola Pass and Everest Base Camp trek after Gokyo trek?

Yes, from Gokyo valley you can continue trek to Everest Base Camp over Cho-la pass. If extra 4 days left, then easy can trek continue to The Everest Base Camp.

The short Itinerary for Gokyo – Cho-La pass to Everest Base Camp.

Day – 01: Trek to Thangnak (4700m) from Gokyo lake.

Day – 02: Trek over Cho-la (5364m) to Zongla village4830m.

Day – 03: Trek to Gorakshep (5140m).

Day – 04: Trek back to Feriche/ Dingboche (4410m).

Day – 05: Trek to Namche Bazar (3440).

Day – 06: Trek to Lukla (2840m).

For more details and extra Itinerary please feel free to enquiry always available with **WhatsApp | E-mail | Call |**

Trekking Permits for Gokyo Valley Trek:

The permit is necessary to enter Khumbu Pasang Lhamu Rural Municipality. This permission only be acquired in Lukla & Monjo. The Khumbu Pasang Lhamu Rural Municipality Permit costs around **US$25** per person. You also need a national park permit in order to enter the Sagarmatha National Park. You can get this permit directly from Lukla and Monjo or through the Nepal Tourism Board in Kathmandu. The Sagarmatha National Park Permit is **US$27** per person. If you choose to begin the Gokyo Ri Trek by the traditional Jiri path, you will additionally require a Gaurishankar Conservation Area Project Permit (GCAP) too.

Altitude sickness

Every trek that Ascend Hikes plans take altitude sickness, or AMS (Acute Mountain Sickness) seriously into consideration. A medical condition that is potentially fatal is brought on by ascending at a higher elevation too quickly. We are aware that planning enough time for acclimatization is crucial to ensuring a safe trek in the Himalaya. Therefore, prudent planning is necessary to reduce the chance of AMS. The itinerary for Ascend Hikes is created to minimize the risk of AMS. However, it’s crucial to keep in mind that certain guests are more exposed than others. Throughout the entire journey, your guides and porters

will do every effort to provide you with support.

The Best Time of Year to Trek the Gokyo Valley:

The seasons of March through May and September through November are ideal for the Gokyo Valley Trek in Nepal. In Nepal, the weather throughout these two seasons is conducive to hiking. For this voyage, nevertheless, we provide you with additional details about each of these seasons:

Spring: March to May: The Gokyo Valley sees a lot of trekking activity in the spring because of the pleasant, mild weather. The weather is often nice and warm, which makes trekking comfortable. The nearby mountains are beautifully visible due to the frequently clear skies. But trekking is also very busy during this season. As spring approaches, the trail gets crowded.

September to November: Another popular time to hike the Gokyo Valley is in the fall. The daytime highs are moderate, and the weather is steady. That being said, it gets a little chilly and cool at night. During the day, the sky is usually clear and provide expansive views of the mountains. The trek's overall splendor is enhanced by the post-monsoon foliage that the autumn months bring to the regions. In addition, there are less people on the trail than in the spring.

Seasonal experience: Each season has its own unique qualities, and the one you favor will rely on your own tastes. Spring is the ideal season if you want to go trekking in a bustling setting with colorful vegetation. But autumn might be the greatest if you want to hike on quieter paths in nice weather choice. These two seasons are often the greatest for trekking in Nepal. However, we always advise checking the weather prediction before leaving on a vacation. You can also speak with the hiking specialists at Ascend hikes team. **Namaste!!!**

Address

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