

Gokyo Lakes Trek

Overview

When you trek in the Everest region, you feel like you are on top of the world, in fact, you virtually are! This spectacular trek from Lukla to Gokyo will offer you awesome scenery, giant glaciers, teal coloured glacial lakes and, from Gokyo Ri, a magnificent panorama of some of the highest mountains in the world including Mt. Everest, Lhotse, Cho Oyu and Makalu peaks

Trip Details

Day 01 Welcome to Kathmandu

A Himalayan Holidays representative will meet and welcome you at Kathmandu Airport and transfer you to your hotel, after a welcome drink and check-in at the hotel a pre-trek briefing will be held. The rest of the day is yours to explore the local area. o/n at hotel B

Day 02 Kathmandu Sightseeing

After breakfast you will be picked up at the hotel to begin an interesting tour around Kathmandu . Your English-speaking guide will escort you to Durbar Square the historic centre of the city and home to the living goddess Kumari. Then on to Swayambhunath or Monkey Temple, situated high on a hill top this stupa is one of the most recognized images of the Kathmandu Valley and affords magnificent views of the city and valley below. From here we travel to Pashupatinath the site of the most important Hindu temple in Nepal and located on the banks of the holy Bagmati River. Here we will see holy men known as Sadhus performing their religious rituals and you may witness funeral pyres burning on the river side ghats. o/n at hotel B

Day 03 Kathmandu - Lukla - Phakding 2610m (Approx 3 hours trekking)

You will be transferred from your hotel to Kathmandu airport for your 40 minute spectacular flight to Lukla. A few hours of easy walking takes us up to the picturesque village of Phakding at 2,800 metres and where we spend our first night at a trekking lodge. o/n at lodge BLD

Day 04 Phakding to Namche Bazaar 3480m (Approx 6 -7 hours trekking)

From Phakding we cross the Dudh Kosi river to follow the trail north up the valley where the trail officially enters the Sagarmatha National Park. Here your trekking permits will be checked before continuing on through the National Park . We walk on through Jorsale continue along the trail, cross the Bhote Kosi River on a high suspension bridge and begin the steady steep climb to Namche Bazaar at 3480 metres. o/n at lodge BLD

Day 05 Rest day for acclimatisation

We have a rest day in Namche Bazaar to acclimatize. This town is the hub of Sherpa society and the administrative centre of the Solu Khumbu region. There are many shops selling Tibetan and Nepalese artifacts, restaurants, a bakery, money changer and even an internet service. The National Park Headquarters/information centre is worth visiting and if you have forgotten anything there are plenty of shops selling trekking clothing and equipment. o/n at lodge BLD

Day 06 Namche - Thami return to Namche 3500m (Approx 6 - 7 hours trekking)

An acclimatization walk to the west to visit Thami and visit the monastery is a good way to spend the second day in the area. If you are lucky enough to chat with the monks or nuns they can tell you the fascinating origin of the monastery while you admire the religious wall paintings and artifacts. You may also like to visit the local primary school and you will definitely want to spin the huge prayer wheels before we cross the river on our return walk back to our lodge. o/n at lodge BLD

Day 07 Namche Bazaar to Khumjung 3790m (Approx 2-3 hours trekking)

From Namche we ascend the steep path up above the village where we have spectacular views of the town, and then on up to Syanboche airstrip. Above the airstrip is the Everest View Hotel, aptly named for its magnificent views. After sitting on the balcony with a drink and soaking in the vista of the "Top of the World", we continue our trek onto Khumjung at 3790 metres. Sir Edmund Hillary established a school and science laboratory in this town, it has several lodges, a bakery and is a pleasant town to spend the night. The Khumjung Gumpa possesses what is supposed to be a Yeti skull. o/n at lodge BLD

Day 08 Khumjung to Dole 4200m (Approx 4 hours trekking)

Leaving the main trail to Mt. Everest, we climb high on a ridge to 4000m past a large chorten at the village of Mong, birthplace of the famous saint Lama Sange Dorje and from there we descend to the village of Phortse Tenga by the Dudh Kosi (river). From Phortse the trail climbs steeply through forests of rhododendrons, the national flower of Nepal and then juniper and firs as the altitude increases. We pass through Sherpa kharkas (high pasture summer settlements where Sherpas graze their herds of yaks) and the villages of Tongba 3950m and Gyele 3960m to Dole. We have great views of Khumbila and Tawachee peaks throughout the day.o/n at lodge BLD

Day 09 Dole to Machhermo 4410m (Approx 3 hours)

While many people feel that they could easily walk on further it is vitally important to acclimatize slowly, so today we have a short and fairly leisurely trek to allow us to acclimatize to the altitude. In the morning we have a steep but beautiful climb again through fir and rhododendron forests and stands of juniper to Lhabarma 4220m and Luza 4360m. Past the yak herder

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settlements we continue to climb along the side of the valley, high above the river to the camp at Machhermo 4410 m. It was here in 1974 that a yeti supposedly killed three yaks and attacked a Sherpa woman. So watch out for Yeti in this area. o/n at lodge BLD

Day 10 Machhermo to Gokyo 4720m (Approx 3-4 hours)

Due to the high altitude, the trekking today may be described as moderate to difficult and the going is slow (in fact, we recommended that you walk slowly, enjoy the view and take lots of photos). We climb a ridge from where the valley opens wide as the trail passes through Pangkha. and Mt. Cho Oyu at 8153 dominates the skyline to the north as we climb the moraine on the left flank of the Ngozumpa Glacier. The climb is steep to the first of the four lakes that lie in the Gokyo area but the trail levels off towards the second lake, Longponga at 4690m. We finally ascend a path past the largest of the lakes Dudh Pokhari to Gokyo at 4750m. Gokyo is a typical kharka settlement of stone houses and stone walled pastures. After lunch you may rest or explore the surroundings o/n at lodge BLD

Day 11 Rest and/or explore around Gokyo

A free day to explore the area around Gokyo or rest. For enthusiasts who still have the energy, a rigorous hike up to the peak of Gokyo Ri at 5360m provides spectacular views of the Everest trinity, Nuptse 7879m, Lhotse 8511m, and Everest 8848m, as well as Makalu 8463m looming to the east, Cho Oyu 8153m to the north and the smaller but closer peaks of Cholatse and Tawachee to the south. There is a wonderful view of Gokyo and Dudh Pokhari spread out below us. A short walk from behind the lodge will take you to the edge of the Ngozumpa Glacier the largest in Nepal and there are several short walks around the teal coloured glacial lake. o/n at lodge BLD

Day 12 Gokyo to Dole 4200m (Approx 5 hours)

We now return down the same path we traveled before but due to our acclimatization and the decreasing altitude, the pace is much faster and we are easily able to trek to Dole in 1 day. You may be lucky enough to see the Golden Eagles who frequent this area and often soar close to the track. o/n at lodge BLD

Day 13 Dole to Namche Bazaar

From Dole we retrace most of the journey that we took on our ascending journey without the side trip to Khumjung before descending down the steep path into Namche Bazaar where we will spend the night. o/n at lodge BLD

Day 14 Namche Bazaar to Phakding (approx 4-5 hours)

We retrace our trek down along the gorge of the Dudh Kosi through Jorsale and the beautiful National Park to stay at Phakding once more o/n at lodge. o/n at lodge BLD

Day 15 Phakding to Lukla (approx 3 hours)

A mostly uphill walk on our return to Lukla to catch our flight back to Kathmandu but you can have a leisurely start and still reach there before lunch. In the afternoon you might like explore the town of Lukla or visit the local "Thangka Painting School" and witness the students learning the art of these intricate and beautiful religious paintings. For many groups this may be the point where you say goodbye to some of your trekking crew so hopefully you will enjoy a good farewell dinner together, and your crew might even prepare a farewell treat for you where you will be invited to join in the singing and the dancing. o/n at lodge o/n at lodge BLD

Day 16 Fly to Kathmandu

Fly to Kathmandu, you will be met at the airport and transferred to your hotel, the remainder of day is yours to spend as you wish. o/n hotel B

Day 17 Explore Kathmandu

Explore Kathmandu. There is opportunity to arrange further sightseeing if you wish, perhaps to Patan, the second largest city in the Kathmandu Valley, Patan's Durbar Square has best display of Newari architecture in Nepal, or Bhaktapur, the medieval city and sometimes described as a living museum. You may like to explore the many shops and market in Kathmandu's tourist area of Thamel for some unique handicraft as a souvenir of your wonderful experience in Nepal or take an Everest mountain flight to gain a different perspective on the region you have trekked in o/n at hotel B

Day 18 - Kathmandu

Morning transfer to the airport for your international departure B

Inclusions:

All land transfers as per itinerary
Return domestic flight Kathmandu to Lukla
half day sightseeing tour in Kathmandu
3 star hotel accommodation in Kathmandu with breakfast
Lodge accommodation and 3 meals a day while on the trek
Fully escorted trek with English speaking guide and 1 porter between each 2 person
Trekking permit and National Park Fees

Not Included :

International Airfare and taxes

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Visa

Airport Departure taxes/Excess baggage charges

Items of personal nature ie. Soft/hard drinks, tips etc.

Travel Insurance (this is a mandatory condition of booking)

Medical evacuation in case of emergency

Optional sightseeing in Kathmandu on day 17

Optional Everest mountain flight