

Overview

Gokyo valley trek is one of the famous trek routes in Khumbu region for its magnificent views of Himalayas and Glaciers. We are operating this less hard trek for 20 years. With guide nepal holidays you will spend 13 days in the Khumbu valley and Gokey valley with our expert local Sherpa guide and Porters.

On this Gokyo valley trek you will enjoy the magnificent views of Everest range, beautiful Lakes, biggest Glacier in Everest region (Ngozumpa). Gokyo- Ri (5357 m/17,570 ft) is highest altitude we climb in this trek. From where, one can witness four highest peaks in this earth namely (Cho Oyu, Everest, Lhotse and Makalu).

We know how important it is to give all participants sufficient time to enjoy the sights at a comfortable pace. Our 15 nights/16 day's itinerary is carefully designed for average people to acclimatize gradually along the way in order to trek up to Gokyo valley and climb up to Gokyo-Ri without experiencing the high altitude sickness.

Our trek will begins after short and beautiful flight to Lukla(2,800m/9,186ft) from Kathmandu. Each day we trek through beautiful Sherpa villages along the way to Gokyo Valley. You will follow Everest base camp trek route up to village called Sanasa. We sleep at best Mountain Lodge with Sherpa family. Our destination Gokyo (4,750m/15,584ft) is lies on the bank of the beautiful lakes. We invite you to explore this Magnificent Gokyo Valley, Gokyo lakes and Glacier. Where you will hike up to Gokyo ri (5357 m/17,570 f) with our friendly Sherpa in order to enjoy the best Panoramic view of high Himalayas for the lifetime experience.

Itinerary Details

Day 01 : Welcome to Kathmandu to join Gokyo valley trek, transfer to hotel

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself. Welcome Dinner at Nepali Restaurant.

Day 02 : Flight To Lukla And Trek To Phakding (2652m / 8700ft)

Estimated time: 3-4 hours estimated height gain: ~1352m/ 4436ft Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will

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cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called "trekking peaks". Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding. All meals included.

Day 03 : Trek To Namche Bazaar (3440m / 11280ft)

Estimated time: 6-7 hours estimated height gain: ~788m / 2580ft From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). All meals included.

Day 04 : Rest/ Acclimatization day at Namche, hike to Khumjung

Acclimatization is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar All meals included.

Day 05 : Trek from Namche Bazaar – Portse Tanga (3790m / 12434ft)

Estimated time: 4-5 hours estimated height gain: ~533m / 1754ft The trek of today climbs the hill to Khumjung and descends to the valley of Dudh Koshi. The route to Goyko turns north, climbing above the more frequented route to Tengboche and Everest base camp. It climbs gently to a ridge top at 3973m. From here we descent in steep switchbacks down a sandy slope to the Dudh Kosi river. After crossing this river on a suspension bridge we arrive in Phortse Thanga All meals included.

Day 06 : Trek To Machhermo- (4470m / 14663ft)

Estimated time: 4-5 hours estimated height gain: ~497m / 2229ft In aid of acclimatisation the time spend trekking today is short. The trail first climbs steeply out of the valley

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through rhododendron forests, which give way to fragrant stands of juniper and large conifers. This part of the trek is especially beautiful in spring when the rhododendrons are blooming. We pass a herders' hut at Tongba (3950m) and then climb gently to Dole. The trail starts today by climbing steeply through scrub junipers to a single lodge at Lhabarma (4330m). We pass the small settlement of Luza (4340m) and continue to climb along the side of the valley, high above the river to Machhermo. It was here that a yeti supposedly killed three yaks and attacked a Sherpa woman. This is the most credible yeti incident ever reported, so be watchful as we visit this region all meals included.

Day 07 : Trek from Machharmo - Gokyo (4800m / 15744ft)

Estimated time: 4-5 hours estimated height gain: ~330m / 1081ft Beyond Machhermo the trail climbs a ridge for an excellent view both down the valley to Kantega and upwards to Cho Oyu. Beyond the ridge the valley widens as the trail reaches the small village of Pangka (4390m). After passing Pangka the trail drops briefly, then climbs to a large cave known as Nilibuk. After Nilibuk we climb steeply along a narrow, newly crafted staircase trail. Atop the staircase the trail crosses a simple wooden bridge to the first small lake, Longponga, at 4650m. The trail now becomes almost level as it follows the valley past a second lake, known as Taujun, at 4710m and finally up a boulder strewn path to Gokyo. Gokyo is a collection of stone houses and walled pastures on the shores of a large lake known as Dudh Pokhari All meals included.

Day 08 : Trek from Gokyo Valley - Climb Gokyo Ri (5357m / 17570ft), back

Estimated time: 4-5 hours estimated height gain: ~557m / 1826ft The views around Gokyo are tremendous. For the best views we will climb Gokyo Ri (5357m) today. From here we will have a panoramic view of Cho Oyu, Gyanchung Kang, Everest, Lothse, Makalu, Cholatse and Tawachee. After we enjoyed the view we will return to Gokyo village for the night (4 hrs).

Day 09 : Trek Down To Phortse (4200m / 13779ft)

Estimated time: 4-5 hours estimated height gain: ~1157m / 3791ft To return to Phortse we use a different route than we used on our way up. We will follow the eastern side of the valley to gain different views of Khumbila. Climbing across the terminal moraine of the Ngozumpa Glacier we will reach the village of Na (4400m). The descent from Na along the eastern side of the Dudh Kosi valley is straightforward and we eventually arrive in Phortse All meals included.

Day 10 : Trek from Phortse - Tengboche (3870m / 12694ft)

Estimated time: 3-4 hours estimated height gain: ~330m/ 1085ft Today it is very easy trek to famous Monastery Tengboche. It is short and easy trek. In afternoon we will visit Monastery and around. All meals included.

Day 11 : Trek from Tengboche - Manju (2840m / 9315ft)

Estimated time: 5-6 hours Trails follow up and down to Namche Bazaar and descend to Manju. This is also easy trek down. All meals included.

Day 12 : Trek from Monju – Lukla (2850m / 9,350ft)

Estimated time: 5 hours Trek from Monju to Lukla where we spend the night at the best Lodge. Hot showers are available.

Day 13 : Flight from Lukla – Kathmandu, 35 min

After breakfast, fly to Kathmandu (this is scenic flight of 35 min). Drive to Hotel and easy day at Kathmandu city for rest day or shopping. Breakfast included.

Day 14 : Departure To Home, end of Gokyo valley trek

Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with wonderful memory and an experience of a lifetime. Breakfast included.