

## Gokyo Lakes and Gokyo Ri Trek - 14 Days

"Gokyo Lakes are the spectacularly beautiful turquoise glacial lakes on the background of some 8000 meters peaks, and Gokyo Ri stands right behind the third lake to offer the best view of Everest, Cho Oyu, and others."

Hike to Gokyo valley, where six world's highest freshwater Lakes lie in series. The Gokyo Ri is another highlight of this trek as it is known to offer the best view than that of Kalapatthar. Views of Everest and its neighboring mountains, Mt.Lhotse, Mt. Nuptse, Mt. Ama Dablam, Mt. Makalu, Mt. Thamserku, Mt. Baruntse, and Mt. Cho Oyu is seen as if its only a stone's throw away from you.

We take an adventurous 40 minutes flight to Lukla from Kathmandu and begin our **Gokyo Lakes and Gokyo Ri** hiking. We deviate from the traditional Everest Base Camp route and take a quieter way upon reaching Namche Bazaar. And, finally, reach the beautiful Gokyo Valley spend two nights in the settlements of Dole & Machhermo. As we reach Gokyo Valley, we feel like the valley is smiling to welcome us together with its shimmering lakes.

We take the opportunity to explore four or five among the six of the Gokyo Lakes- the third lake Dudh Pokhari, the fourth lake Thonak Tsho, and the fifth lake Ngozumpa Tsho are the main attraction of Gokyo Valley. Likewise, we climb up to Gokyo Ri and get mesmerized by the finest Himalayan views; we explore Ngozumpa Glacier and walk around listening to one of our crew telling us stories about the Bigfoot Yeti. Finally, after making ourselves believe that paradise on the earth is possible in the Himalayas, we return the same route and fly back to Kathmandu.

## PRICE INCLUDES

### Transport

- Private vehicle: Hotel and airport transfers
- Private Vehicle: Transfers for Kathmandu City Tour
- Flight: Kathmandu to Lukla and Lukla to Kathmandu flight

### Accommodation

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- 10 nights' accommodation (twin sharing) during the trek

### Food / Drinks

- Breakfast (B), Lunch (L), Dinner (D) during the trek
- Breakfasts while in Kathmandu
- Farewell dinner in Kathmandu
- Seasonal fruits on trek

### Staff

- English speaking Trekking Guide/leader: One guide for each group. One assistant guide every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance  
Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
- English speaking city tour guide for Kathmandu city tour

### Permits and Taxes

- Sagarmatha National Park Permit
- Entrance fee/permit for monuments and temples (Boudhanath, Pashupatinath, Monkey Temple, Patan Durbar Square) for Kathmandu City tour (day 2)  
Local village Development charge
- TIMS permit (if applicable)
- All applicable taxes to be paid to the Nepalese government

### Others

- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek (suggested to bring if you have your own)  
Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter), down sleeping bag, and down jacket hire for the duration of the trek
- Complimentary Gokyo Lakes Trekking map, Icicles Adventure t-shirt
- First aid medicine box carried at all times by guide

- Sightseeing tour (includes private vehicle transfers to and from the hotel, English speaking guide to Boudhanath, Pashupatinath, Monkey Temple)

## **PRICE EXCLUDES**

### **Transport**

- International airfares to and from Kathmandu
- Any other additional transportation (if needed) outside of the program (such as for shopping, etc)

### **Accommodation**

- Extra night/s of accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary.

### **Food / Drinks**

- Soft drinks, tea/coffee, and alcoholic beverages are not included and must be purchased separately by the client
- Drinking water
- Desserts are not included, so if ordered should be paid separately by the client
- Lunches and Dinners in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

### **Others**

- Nepalese tourist visa (available on arrival at Kathmandu Tribhuvan International Airport)
- Client's travel insurance
- Any optional/ additional activities outside of the program
- Personal shopping and expenses
- Tips/gratuities for the staff.

## ITINERARY IN DETAIL

### Day 1: Arrive Kathmandu (1,338 m/4,390 ft)

The long dream of trekking to Gokyo Lakes and Gokyo Ri comes into action as our international flight lands at Tribhuvan International Airport in Kathmandu. After all customs and visa formalities are completed, you will meet our office representative at arrival terminals waiting for you, carrying a display board. He will welcome you and transfer you to your hotel in Kathmandu in a private vehicle. After you grab the keys to your room, we suggest you take a rest and feel fresh, avoiding the jet lag. So relax or take a short walk around the busy streets of Thamel.

### Day 2: Trek preparation and Kathmandu Valley Sightseeing Tour

Your first sunrise in Nepal shall bring you the warmth of sun rays along with which our tour guide will take you for insightful sightseeing around UNESCO world heritage sites around Kathmandu valley. From taking a short hike to Swoyambhunath Stupa hill to strolling around Kathmandu Durbar Square, Boudhanath Stupa, and Pashupatinath temple. It shall be a chance to see, explore and enjoy Buddhism, Hinduism religious activities along with other cultural and traditional attractions. Later in the afternoon after completion of our sightseeing program, we shall have a pre-trip meeting. The office representative will introduce you to your guide, tell you more things about what to expect on the adventure, what to take along and what to avoid, etc. Later stay overnight at a hotel in Kathmandu. The meal includes breakfast.

### Day 3: Fly to Lukla (2,800 m/9,184 ft) and Trek to Phakding (2,652 m/8,700 ft)

We board a morning flight from Kathmandu to Lukla that lands us in heart of the Himalayas, the Everest region between two mountains. It shall be more or less 35 minutes of scenic flight on which if you sit on the left-hand side, great eye-level views of snow-capped peaks are visible. The dramatic flight to Lukla is a thrilling experience. At Lukla airstrip, we meet an additional porter crew who will first arrange our baggage and carry them all along the way with us. Our Gokyo trek officially begins as we grab our pair of trekking poles and start hiking through Pasang Lhamu gate. Walking gradually for a couple of hours takes us to Thado Koshi where we shall have lunch or we shall further stretch to Phakding for an overnight stay. On average, we shall have 3 to 4 hours of walking activity today. Meal includes breakfast, lunch, and dinner.

### Day 4: Phakding to Namche Bazar (3,440 m/11,283 ft)

We shall begin our walk after having our early meal today. It shall be full of excitement as we will be getting the first view of Everest today if the weather remains clear. Today we also get an opportunity to see many confluences of Dudh Koshi river along with Thamskeru view early in the morning from Benkar village. Today we also do get our permits checked at Sagarmatha National Park at the local site in Monjo. We find huge mani stone today, and it shall be more of descending through refreshing rhododendron trees that take us to our lunch site at Jorsale. Here at Dudh Koshi river bed, after having our lunch, we ascend towards Namche Bazaar crossing the popular Hillary bridge. At Chautara we take a quick stop before arriving at the popular Sherpa village of Namche Bazaar. We shall walk for 6 to 7 hours today with an overnight stay at local lodge and meal that includes breakfast, lunch, and dinner.

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

We will have our first acclimatization day at Namche Bazaar, and this is an ideal site to spend a rest day before pushing ourselves towards a higher altitude. Although it is called a rest day, we shall make it more of an active day today. This means that we won't be ideally simply staying at lodges. Instead, we will take a couple of meters hike at a higher altitude to Sherpa museum, then climb to Syangboche airport, and finally stretch up to Hotel Everest view for lunch, or we return from there to our lodge for lunch.

Today will be the best view day so far, as we get to see many Himalayan peaks all surrounding us from the office of Sagarmatha National park including a distant view of Everest at the backdrop. Amadablam and Thamserku will be, however, at a close distance. As we see more of these Himalayan views, we will encounter even more impressive and stunning panoramas in the coming days. It shall be late afternoon while we return to our local lodge for lunch. Then it shall be free activities by exploring this beautiful Bazaar until the end of the day. There are many restaurants, shops, and even temples along with local monasteries to visit. Altogether, we shall walk for 6 to 7 hours today. After that, we stay overnight at the local lodge with breakfast, lunch, and dinner included in the meal.

#### **Day 6: Trek to Dole (4,200 m/ 13,780 ft)**

Gokyo trail separates today from the main route to Everest base camp. We can clearly see the direction board that shows us how to Kyanjuma instead of Phunki Thenga. This trail is mostly a jungle walk in between beautiful rhododendron, pine, and Juniper trees. We get an opportunity to see the confluence of Dudh Koshi River and Imja Khola flowing from the Himalayas and melting glaciers. There are many pasture lands locally called Kharkas where Yak grazes around in summer. Our Gokyo Ri and Gokyo lakes trekking route then take us to the beautiful culturally rich Sherpa village of Tongba, Gyele, and finally, we stay overnight at one of the teahouses in Dole. Northwestern Himalayas of Everest Himalayas like Khumbila and Tawache is seen more beautifully today. It shall be waking hours of 5 to 6 hours today. Meal includes breakfast, lunch, and dinner.

#### **Day 7: Trek to Machhermo(4,470 m/ 14,663 ft)**

From Dole, our Gokyo trekking trail further ascends to Lhabarma where we get to see a Luza hamlet. Most of the trails are steep and need a careful walk. At this point we have crossed the 4000 m altitude, so we can see bushes and junipers. Altitude also may have affected our body, so gradual ascent while drinking plenty of water is recommended. Climb from Luza takes us to Yak grazing areas, a pasture lands and further, we enter Dudh Koshi valley, above the river, we cross sandy spurs and finally arrive at the destination of the day at Machhermo. There is a local story that once Yeti was spotted here that took the life of Yaks and injured Sherpas too. However, there is no such evidence to prove it. With similar interesting stories, we do get spectacular views of Thamserku, Cho Oyu, and other surrounding peaks from Machhermo. It shall be 4 to 5 hours walking day today with an overnight stay at the teahouse. Meal includes breakfast, lunch, and dinner.

#### **Day 8: Machhermo to Gokyo (4800 m/15,744 ft)**

It shall be the most important day of our trip while we enjoy the great landscapes of local Himalayan settlements at Cholatse, Pangaa. As now we approach near 5000 meters of altitude, there will be many opportunities when we will be surrounded by snow-capped peaks, glacier moraines, and rocky Himalayan environment. Gokyo can be considered as the best place for viewing Himalayan surroundings. We will then leave behind the Gokyo lake named Longpongo and arrive at a second lake called Taboche Tso which is a bigger one than the first one and where we

can see Himalayan ducks swimming in the freezing lake. Further pushing ourselves forwards takes us quite at a similar elevation of Ngozumpa glacier passing the third lake from where the Gokyo village amazes us with excellent sceneries from high elevation lakes at a third lake named as Dudh Pokhari. Today we shall walk for 5 to 6 hours with accommodation at the local teahouse and the meal includes breakfast, lunch, and dinner.

### **Day 9: Gokyo Valley: Acclimatization Day –4th and 5th Gokyo Lakes Hike**

It is an acclimatization day today surrounding numerous Lakes, and then we shall traverse a top of Scoundrel's viewpoint to catch astounding views of grand Himalayan peaks, Nuptse, Makalu along with Lhotse and other snow-capped peaks like Cho-Oyu and Gyachung Kang. From the further northern side of glacier moraine, spectacular views of Cho Oyu base camp and the largest Ngozumpa glacier are seen. After successful completion of hiking up to Gokyo fifth lake, we do have an option to ascend towards the sixth lake too, but it shall only be possible if you are interested and we have adequate time today. Consult our professional and experienced trekking leader; he will lead the group taking correct steps. As a quick note what we can recommend is that you can walk up towards the Gokyo Ri hike today and push yourself to the fifth day tomorrow. It shall be 5 to 6 hours walking day today. We stay overnight at the local lodge. Meal includes breakfast, lunch, and dinner.

### **Day 10: Hike Gokyo Ri (5357 m/17,570 ft) and trek back to Dole**

Our trek begins early in the morning today as morning offers more spectacular views than in the afternoon. It shall be the continuous and challenging ascent of Gokyo Ri that takes three to four hours that depending on your physical status. What we must understand is that proper acclimatization is the key to completing any trek. Get awesome views from Gokyo Ri that includes snow-capped peaks like Mt. Everest (8848m), Cho Oyu (8153m), Makalu (8475m), Lhotse (8501m) along with other peaks like Thamserku (6808m), and other surrounding ones. It is believed that spectacular views of four 8000m peaks are available from this viewpoint. Turquoise-colored crystal clear lakes along with the Gokyo villages take us towards Dole via Machhermo. It shall be walking hours from 5 to 6 hours. Overnight stay at a local lodge that includes breakfast, lunch, and dinner.

### **Day 11: Dole to Namche Bazaar**

The Gokyo Lakes and Gokyo Ri trek then follows downhill as we look behind Cho Oyu. We walk down today enjoying incredible waterfalls, enjoying the interaction with local Himalayan flora, fauna, and rhododendron trees beautifully blooming in the spring season of the year. While descending the valley, there come the chances when we get a dual opportunity towards reviewing the snow-capped Himalayan views of Amadablam, Tawache, Thamserku, and other peaks, along with a distant view of Tengboche too from Mongla. Finally, carrying on our journey, we descend towards Sansa, which connects us to the main Everest trail taking us to Namche Bazaar. After arriving at Namche Bazaar, we take a complete rest, enjoy a free shower at the hotel and relax at your overnight stay quality hotel in Namche. We shall walk for 5 to 6 hours today, and the meal includes breakfast, lunch, and dinner.

### **Day 12: Namche Bazaar - Lukla**

We shall have our Everest souvenir shopping while we are at Namche Bazaar. Every Saturday large marketplace takes place here where various goods and gear especially trekking and climbing related are traded between sellers and buyers. From Namche, we take the same route downwards which had taken our breath away about a week ago while ascending. Crossing the Dudh Koshi river multiple times over a suspension bridge, we get to the ground level of

the Himalayas at Jorsale. Surrounding around us becomes greener and denser as we are now descending to lower elevations. The breathing process becomes easier and easier. Leaving behind another checkpoint while exiting from Sagarmatha National Park gate, we also cross Phakding and after a couple of hours of walks with a few quick stops along the route, we finally arrive at Lukla. We give a stretch to our sore legs and celebrate the successful completion of the Gokyo Lakes and Gokyo Ri adventure in the Everest region of Nepal. It shall be walking hours from 6 to 7 with accommodation at the local lodge that includes breakfast, lunch, and dinner in meals.

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

We take a morning domestic flight from Lukla to Kathmandu that concludes our main objective of trekking. Usually, these domestic flights are scheduled for the morning due to clear weather conditions at the early time of the day. After 27 minutes of flight to Kathmandu, we assist you in checking in your hotel, and then after enjoy you are invited to our farewell dinner at one of the cultural restaurants nearby Thamel. Stay overnight at your hotel in Kathmandu with breakfast and farewell dinner included as meals of the day.

### **Day 14: Final Departure**

Eventually, our 14 days of Gokyo Lakes and Gokyo Ri trekking concludes with your time to leave towards your onward destination. Our office representative will assist you in transferring you to the International airport in Kathmandu 3 hours before your scheduled international flight. With a warm greeting from Icicles, we hope to see you again soon shortly, and you give us another chance to organize adventurous trips in the days to come. Farewell! Today's meal includes breakfast.

## FAQ

### 1. Why choose Gokyo Lakes and Gokyo Ri Trek?

This trek is less crowded compared to other popular Everest region treks like EBC trek and you will get an opportunity to immerse in excellent views of highest Himalayas above 8000 meters (Everest Lhotse, Makalu and Cho Oyu) along with Ngozumba glacier views and other snow capped Himalayas. Other magical things that you will explore are the magical turquoise colored Gokyo lakes; all of which are once in a lifetime of memories.

### 2. What are prerequisites for this trek?

First and foremost, you need to be physically fit and strong enough to walk 5 hours daily in average without respiratory and cardiac illness. Consult your doctor for detailed medical information while we recommend you need to have passion towards adventure too to complete this trek successfully.

Previous trekking experience is not mandatory but you need to be strong physically and mentally. To maintain your fitness, get yourself involved in cardio exercises that increases your stamina, join gym, go for cycling, swimming or short hike on free time. Then you will be quite ready to embark in this trip.

There is no any age restriction for any trekking activities, but you need to be at least 18 before attempting any climbing peak above 6000m. Therefore you can join this Gokyo Lakes and Gokyo Ri trek with all your kids and elderly too.

Another prerequisite is that you need to obtain TIMS card and Sagarmatha National Park entry permits, both of which will be arranged by us. Permit costs are included in the total cost.

### 3. When is the best time for this Gokyo lakes hike?

Best time for Gokyo Lakes and Gokyo Lakes trek comes twice a year during autumn months of late September, October and early November and spring months of March, April and May. It is not recommended to join this trek during winter due to heavy snowfall at higher altitudes. So, now is the best time to plan for your next Nepal trekking adventure. Act now, contact us, we will make it happen.

### 4. Where to get my travel insurance? What should the policy cover?

Travel insurance is mandatory and you can get it easily via online travel insurance providers like world nomads and travel guard etc. The choice is yours, and both your insurance company and you should understand the policy terms and conditions. For this trek, you need to have a travel insurance policy with helicopter rescue operation upto 6000m.

### 5. Where will I be staying during this Everest Gokyo walking adventure?

Teahouses with standard facilities i.e. rooms with twin sharing beds, one large dining hall, attached or shared toilets. Have a quick look around if there are shared toilets or attached ones. And all tea houses at higher regions don't have western style toilets, they have squat ones because of altitude issues (flush mechanism).

### 6. What will I be eating during this trip?



You will be offered with full board meals i.e. hygienic breakfast, lunch and dinner mostly a Nepali food items along with Chinese and continental dishes. From noodles, eggs, rice lentil and soups to pancakes and porridges there are quite a few varieties.

You are recommended to get couple of packets of cashew nuts, raisin and other dry fruits with chocolate bars for quick glucose energy boosts.

### **7. I need more information on water purification. What are my options?**

Drinking pure water is must. Therefore, while you are in Kathmandu, you can buy mineral water bottles at local supermarkets around Thamel and do check the seal before consuming and dispose properly then after.

While trekking at Himalayas, always drink boiled water supplied by your (nearby) teahouse and store it in your water bladder or jar. Or else, you can use the tap water at tea house and purify with steripen or chlorine tablets. It is recommended that you drink at least 3 liters a day. And especially during colder times at night, drink purified luke warm water that saves your throat from illness. And never drink unpurified water directly from open source even if you see others drinking it. First thing you don't want is to become sick during the trek.

### **8. What I should not miss packing for this trek?**

Well, the most essentials are two thin layers clothing with down jacket, trekking shoes, sun block cream, glasses and preferably a drinking water bladder along with other gears. Also sleeping bag, mats or airbags, woolen gloves/mittens is recommended to bring along if you have one. Or else, our company can easily arrange) hire or buy at reasonable cost either at Kathmandu or at Everest region.

### **9. Can I charge my camera batteries during this trek? What type of plugs is recommended?**

Yes, but you need to pay extra for charging batters at tea houses above Namche Bazar where the charging plugs are only made available at dining room. So, if you have extra batteries it is recommended to bring along if you want to avoid paying extra amount. And you can get the compatible plugs (connectors) at less than 100 rupees at any electric store or supermarket in Kathmandu.

Another tip is that keep your batteries warm at cold places in higher altitudes inside your sleeping bag or your down jacket. This helps batteries lasts long.

### **10. I have read that people trek early to book their room at next stop (tea house). I don't want to race, what to do?**

It's true to some extent especially at the higher altitudes but you don't need to race while trekking with professional guide from reputed trekking company. Trekking guides will pre-book via phone; our porter will move ahead the trails. However, during peak seasons if you need to sleep at dining room, it's not that bad thing to experience; after all it will be something memorable and can be taken with a positive note.

### **11. What could be other possible alternative to Gokyo Lakes and Gokyo Ri trek?**

Everest region in Nepal is home to best of the best trekking destinations and there are quite a few alternatives to Gokyo Lakes and Gokyo ri trek. Gokyo Lakes and Everest Base Camp Trek is the best alternate while EBC trek, High passes trek and EBC trek with island peak climbing are to name the few.