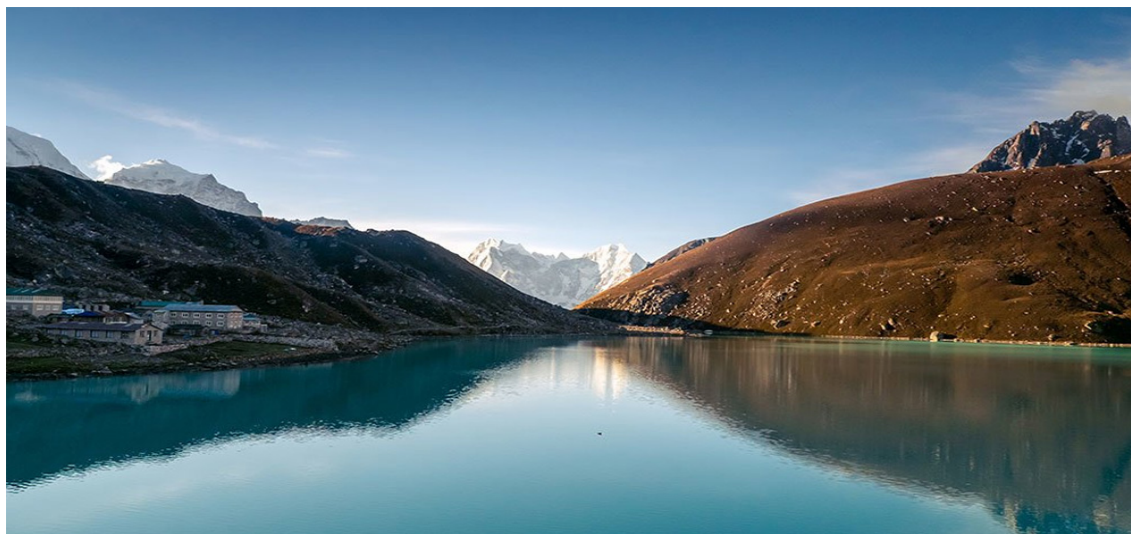


# 8848 Nepal

## Gokyo Lake Trek

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### Trip Facts

**Trip Duration:** 14 Days

**Difficulty Level:** Light

**Trip Area:** Everest Region

**Maximum Altitude:** 5360m/17,585.30ft-Renjo La Pass

**Best Season:** Spring & Autumn

**Meals:** Full Board

**Accommodation:** Teahouses/Guesthouses/Lodges

**Transportation:** Flight/Jeep/Bus

**Trip Start:** Kathmandu/

**Trip End:** Kathmandu

### Itinerary Highlights

- Gokyo Lakes
- Gokyo Ri (5,357m/17,575ft)
- Ngozumpa Glacier
- Renjo La Pass (5,360m/17,585ft)
- Sherpa Culture and Villages
- Dudh Koshi River Valley
- Sagarmatha National Park
- Everest Viewpoints
- Monasteries and Stupas
- Tranquil Trekking Experience

### Trip Overview

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## Gokyo Lake Trek

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The Gokyo Lake Trek is a mesmerizing journey through the heart of the Everest region, offering trekkers a unique alternative to the classic Everest Base Camp trek. This route is renowned for its stunning vistas, pristine glacial lakes, and less crowded trails, making it an ideal choice for those seeking both adventure and tranquility. Starting from the bustling town of Lukla, the trek winds through picturesque Sherpa villages, lush forests, and across dramatic suspension bridges over the roaring Dudh Koshi River. One of the most captivating aspects of the Gokyo Lake Trek is the series of turquoise glacial lakes in the Gokyo Valley. These high-altitude lakes, nestled amidst towering snow-capped peaks, provide a surreal and breathtaking backdrop that is both serene and awe-inspiring. The trek to Gokyo itself is a journey through varying landscapes, from the green valleys and terraced fields of the lower Khumbu region to the stark, rocky terrain and glacial moraines higher up. Along the way, trekkers are treated to panoramic views of some of the highest mountains in the world, including Cho Oyu, Everest, Lhotse, and Makalu. Acclimatization is a key component of the Gokyo Lake Trek, with strategically placed rest days in Namche Bazaar and Gokyo. Namche Bazaar, the vibrant Sherpa capital, is an excellent place to acclimate while exploring local culture, visiting monasteries, and enjoying the hospitality of the Sherpa people. The acclimatization day in Gokyo allows trekkers to climb Gokyo Ri, a challenging ascent that rewards climbers with one of the most spectacular panoramic views in the entire Himalayas. From the summit of Gokyo Ri, the sight of the Himalayan giants rising above the turquoise lakes is unforgettable. The Gokyo Lake Trek also offers a glimpse into the rich culture and traditions of the Sherpa community. As trekkers pass through villages like Phakding, Namche Bazaar, Dole, and Machhermo, they experience the warm hospitality of the locals and gain insights into their way of life. The region is dotted with monasteries, chortens, and prayer flags, reflecting the deep spiritual connection of the Sherpa people with their land and the mountains that surround them.

In summary, the Gokyo Lake Trek is a spectacular and enriching adventure that combines the natural beauty of the Everest region with cultural immersion and a sense of serene isolation. The trek offers a perfect balance of challenge and reward, making it an unforgettable experience for trekkers looking to explore the majestic landscapes and vibrant cultures of the Himalayas.

### Detail Itinerary

#### Day 01: Kathmandu Arrival, Transfer to hotel

Upon your Kathmandu arrival, our representative greets you at the International airport. Then, transfer to the hotel. Spend the day taking a rest. Later, visit our office for a detailed briefing on the trek. Meeting the team members and brief detailing can be done the next day if one arrives in the evening in Kathmandu. Overnight in Kathmandu.

#### Day 02: Fly to Lukla, Trek to Phakding (2,610m)

Our representative receives you from the hotel and drops you at the airport. With the guide fly to Lukla. Enjoy the short scenic and adventurous flight to Lukla. Get an amazing view of snow-capped mountains, green hills, rivers, and attractive landscape views from the flight. Upon reaching Lukla, prepare for the short trek to Phakding. The actual trek commences from Lukla.

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A pleasurable walk with the team and adoring the views arrive at Phakding. Overnight in Phakding.

### **Day 03: Trek from Pakhding to Namche Bazaar(3,440m)**

The trek to the 'Sherpa Capital' Namche commences from Phakding. Appreciating the diverse flora and encountering some fauna inside the Sagarmatha National Park continue trekking toward Namche. If the weather is clear, get the first glimpse of Mount Everest on the way. A challenging uphill trek for a few hours before reaching Namche. Take a rest after arriving at Namche. Overnight in Namche.

### **Day 04: Acclimatization Day at Namche**

The acclimatization rest day at Namche to adapt to the high altitude. Spend the day exploring nearby Khumjung village, and monastery. Enjoy the beautiful surroundings and visit the purported Yeti scalp preservation center. Spend time with friendly Sherpas and interact with them. Learn some new things about their culture and lifestyle. Overnight in Namche.

### **Day 05: Trek from Namche to Dole (4,038m)**

The trek begins toward Dole passing the beautiful villages and admiring the stunning view of Mt. Ama Dablam and surrounding peaks in the background. Traverse the traditional village Phortse Tenga and arrive at Dole after a few hours of walking. Spend a day taking rest and overnight in Dole.

### **Day 06: Trek from Dole to Machhermu (4,470m)**

A pleasant walk begins leaving Dole toward Machhermu. Enjoying the best and close view of Mt. Cho Oyu and the lovely surroundings following the river valley trail continue walking. Pass the villages and reach Machhermu. Overnight in Machhermu.

### **Day 07: Trek from Machhermu to Gokyo Lake (4,700m to 5,000m)**

The rise in altitude is experienced as walking toward Gokyo Lake. The trek duration is short but must be careful with the rising altitude. A slow and steady walk while traversing the steep sections and challenging terrain. Get a sight of the attractive and huge Ngozumpa Glacier en route. Get some stunning surrounding views of the lakes and mighty peaks in the backdrop. Overnight in Gokyo.

### **Day 08: Gokyo exploration, Hike to Gokyo Ri (5,357m)**

The Gokyo exploration day is full of surprises and excitement. The morning starts with a hike to Gokyo Ri which lie at an elevation of 5357m. A pleasant and steady walk viewing all the prime 19 lakes of Gokyo. The snow-capped mountains like Everest, Lhotse, Cho Oyu, Makalu, Ama Dablam, & others, Ngozumpa Glacier, and Gokyo Lake look enthralling from the summit. The entire Gokyo valley looks scenic with beautiful landscapes. The Gokyo Ri ascent is tough but

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worth every single effort to reach there. Slowly climb down to Gokyo. On the way back, explore the 4th and 5th lakes which are fabulous. You can also hike to Scoundrel's viewpoint for the best view of the north face of Mt. Everest. Overnight in Gokyo.

### **Day 09: Trek to Lungde (4,349m) via Renjo La Pass (5,360m)**

The tough day of the trek commences. From Gokyo, trek to Lungde traversing the highest Renjo La Pass of this trek. One of the most popular Himalayan passes of this trek is very challenging. It gets tricky but achievable with the proper assistance and guidance of the guide. Admire the awesome views from the top and create some memories by clicking pictures. After that, slowly walk down and follow the trail to Lungde. Overnight in Lungde.

### **Day 10: Trek to Thame (3,750m)**

Walk in a soothing environment adoring the natural beauty of the surroundings and reach Thame. Interact with friendly locals and spend some time learning about their culture and lifestyle. Overnight in Thame.

### **Day 11: Trek from Thame to Namche Bazaar**

An easy trail commences while walking mostly downhill to Namche. Just a short ascend to reach Namche. Upon reaching Namche, pamper yourself with some of the best bakery items and hot coffee. Also, enjoy amazing continental dishes. Overnight in Namche.

### **Day 12: Trek from Namche to Lukla**

Enjoy the last day trek to Lukla in this Everest region. Appreciating the surroundings, passing the Monjo, Jorsale, and Phakding villages, reach Lukla. Overnight in Lukla.

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

The splendid Gokyo Lake Trek comes to an end. Bid goodbye to this wonderful Everest region and fly to Kathmandu. Enjoy a last short scenic flight from Lukla to Kathmandu. Transfer to the hotel after the airport arrival. Spend the rest of the day exploring nearby prime markets provided by us in Kathmandu for shopping.

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

Our representative receives you from your hotel and sees off you at the Tribhuvan International Airport for the final departure as per the scheduled flight. With great memories created in Nepal return to your next destination and hope to see you again. Have a safe and happy journey.

## **Cost Includes**

- All land transportation and domestic flights as required for the trip itinerary

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- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges.
- Necessary trek permits, national parks, and restricted areas entrance fees
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

### Cost Includes

- International Airfare
- Nepal Entry Visa Fees
- Airport taxes at the time of departure
- Personal Expenses
- Additional charges in the tea/guesthouses (Wi-Fi, electricity charge, hot shower, laundry, boiled water)
- Meals (Lunch & Dinner) in Kathmandu
- Extra night's stay accommodation and meals in Kathmandu
- All kinds of Alcoholic & Non-alcoholic Beverages, Mineral Water
- Personal Trekking Gears
- Emergency Rescue cost & Travel Insurance cost
- Tips to the supporting crew members (guides, porters, drivers) after the trip completion
- Unforeseen events

### Guidelines/Information

#### Accommodation

Accommodations in the Himalayas are mostly teahouses/guesthouses/lodges in the Everest Region. In the city, the hotel is the accommodation. Generally, the teahouses are simple with basic facilities but comfortable to stay in. For the use of Wi-Fi, charging electronic devices, hot water buckets, laundry, and boiled water, trekkers must pay an additional charge.

#### Meals

In the city, only breakfast is provided. During the entire trek in the Everest region, a full 3-course meal (breakfast, lunch, and dinner) is provided from the teahouses. The meals are basic but organic and healthy suitable for the health of the trekkers. The prime dish is Nepali Dal-Bhat served with vegetable curry and pickles. Besides Dal-Bhat, noodles, soups, Sherpa stew, hot drinks, roti, and fresh curries are served. There is no variety of meals at the teahouses but one can enjoy the continental dishes at Namche at your personal expense.

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### Drinking water

Drinking water keeps the body hydrated which is essential during the trek. In the Himalayas, water is pure and fresh. One can directly drink water from the natural stream from the Himalayas. Or one can fill up the boiled water at the teahouses paying an additional charge. Water-purifying solution kits are a must. So, always carry for safe water treatment and to stay safe & healthy. Remember to carry a water bottle to minimize the use of plastic bottles.

### Communication

The internet connectivity is stable and easily accessible in the lower regions of Everest. The mobile network is also stable in the lower region. But, in the higher regions both mobile network and internet connectivity is unstable, and sometimes no connection at all. One can also purchase a local Sim to use the phone and mobile data internet in the lower regions.

### Required Permits

Khumbu Permit

SNP Permit

Trekkers Information Management System (TIMS) card.

### Travel Insurance

Travel Insurance is required while trekking in Nepal. Travel Insurance makes your journey stress-free. It acts as a safety tool that prevents unforeseen and unwanted events during the travel journey. One must get travel insurance from a trusted insurance company. It must cover all emergencies, flight cancelations, loss/theft of luggage, altitude over 3000m, evacuations, and medical difficulties.

### Safety and our guides

The client's safety is our topmost priority. So, when it comes to safety one can 100% trust us. Our guides are certified and have years of experience in this field. They are aware of the technical difficulties, altitude sickness, and health of the trekkers in the Himalayas. Thus, they are fully prepared and always carry necessary medical kits, safety tools, and are experts in safety performances. From the beginning to the end of the trek, the client's safety is taken into consideration and kept as a high priority. Therefore, all the program itineraries are carefully planned and scheduled with proper acclimatization and rest days to prevent altitude sickness and adapt to the higher altitude. We are available 24/7 at your service. Hence, feel free to ask queries and share your thoughts.

### Best time for Everest Region Trek

All seasons have their beauty. But, when it comes to trekking in the Everest region, Spring and Autumn seasons are termed best. These two seasons are the best time to explore as the weather is clear, the days are bright, and trekking trails are easy to walk. Spring and Autumn

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season is followed by the Summer season to trek in the Everest region. Winter and Rainy seasons are riskier due to muddy, slippery, and snowy trails. The weather is also uncertain and the chances of the temperature rising are high making it cold for the trekkers. It is advisable to properly plan before trekking in the rainy and winter seasons in the Everest region.

### Everest Region Trek Difficulty

Everest Region's Trek is moderately difficult to extremely challenging depending on the trek duration, elevation, and trail structure. The trek trails include several steep ascends, and descends, rugged trails, and high elevations. The trek difficulty is the part of the trekking journey which is inevitable. But, to lessen the difficulty during the trek, trekkers must be physically and mentally fit before the start of the trek. The trekking experience at the high altitude is a plus point for the trekkers. Trekkers can take part in physical training, exercises, short day hikes, cardiovascular exercises, and healthy diets. Take essential health tests and keep yourself motivated before the trekking journey. Here in Nepal, our assistance is always there throughout the trekking journey.

### Altitude Sickness and Acclimatization

Altitude sickness is common at an altitude above 3000m. Here in Nepal, during trekking, altitude sickness chances are high. The high elevation, the weather, and the temperature play a key role. Thus, to prevent altitude sickness acclimatization is quintessential. Thus, the acclimatization rest days are carefully scheduled to adapt to the surroundings. All age groups and even healthy people can suffer from altitude sickness. But, no need to panic as its symptoms and precautionary advice is given below:

#### Altitude Sickness Symptoms

The symptoms of altitude sickness are primary at the initial stage and get extreme if primary symptoms are not taken into consideration.

**Primary symptoms:** Headache, vomiting, breathlessness, loss of appetite & sleep, tiredness, vertigo

**Extreme symptoms:** primary symptoms along with delusions & unconsciousness

#### Precautionary Advice

- Inform the guide immediately
- Stretch the body and do warm up before the start of the trekking journey
- Keep yourself hydrated by drinking water at regular intervals
- Urinate frequently throughout the journey
- Keep it slow and steady
- Take proper rest and sleep
- Avoid taking salty and unhygienic foods
- Avoid consuming alcohol, and smoking
- If it feels uneasy or difficult, immediately descend
- Consult a guide to taking a medicine

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### Porter Luggage limitation

One porter is assigned to carry the luggage of two trekkers. The luggage limitation is a maximum of 15 kg per trekker.

### Equipment checklist

#### Essential Documents

Passport, Travel Permits, Visa Photocopy, Passport size photos

#### Food

Light snacks, Energy bars, and drink mix

#### Shoes

Camp shoes, Pair of hiking boots, Rubber sandals

#### Clothes

Windcheater jacket, Thermals, Insulating Down Jacket, Fleece, Long sleeve shirts, Gloves, Towels, Inner garments, Trekking pants, Trousers, Shorts, Socks, Raincoat, Balaclava, Bandana, Gaiters

#### Accessories

Sunglasses, Hats/Caps, Sunscreen, Lip Balm, Water bottles, Pocket Knife, Solar chargers, Batteries, Head Lamps, Torch, Umbrella, Sewing kit, Water Purifying solution kits, reusable bags to deposit waste, and separate clean/dirty clothes

**Equipment & Gears:** Warm Sleeping bags, Map, Trekking poles, Duffel bag, Carabiners, Crampons, Tapes/Slings, Ice Screws, Ice Ax, Harness, Rope, Spikes

Gears (For Peak Climbing): Seat Harness, Accessory cord, Ice Ax, Crampons, Climbing Harness, Trekking Poles, Ascender (Jumar), Descender (Super 8), Locked & Unlocked Karabiner, Ice Screws, Helmet, Ropes, Prusik Rope, Tape Slings, Belay Device, Snow Bar, Crash Hat, Ice Hammer

**Medicine:** First-Aid Kit, Altitude sickness medicines, Insect repellents, Blister kits, Approved medicines

**Rainy season:** Waterproof clothes, boots, Raincoat, Anti-leech socks

**Winter Season:** Light woolen clothing items

**Personal Hygiene Kit:** Hand sanitizer, wet wipes, napkins, sachet shampoo, moisturizer, hand wash/soaps, toothbrush, toothpaste, comb/brush, razor, and for ladies (menstrual kits)

**Note:** One can customize the above list. Only bring necessary items from the provided list from your home or one can rent or purchase here in Nepal.