



Gokyo Lake and RI Trek (12 days)

EVEREST REGION

12 Days

DURATION

Moderate

DIFFICULTY

USD \$1,400

FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

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OVERVIEW

Among many trekking trails in Nepal, Gokyo Lake is one of the less visited trekking route in assessment with other trekking routes of Everest Base Camp. The most majestic attraction of the tour is you will have opportunity to see the most fabulous high altitude trekking route and sojourn to the second largest glacier in the world. The majestic mountains are vividly visible from the peak of Gokyo Ri including the roof of the world the Mount Everest. While you are in the highest trekking trail you feel like trekking on the heaven of the world. If you are aficionado of the sublime scenery of the gorgeous mountains the Gokyo Lake and RI trek is the most suitable trekking package for you.

Gokyo Lake trekking is perfect for the individuals who like to stroll in the Everest area without the physical worry of arriving at the base camp of Everest or intersection high goes in the region. It is rather for explorers who wish to take a stab at something new in the Everest district. Being a genuinely well-known trekking course, the trekkers can appreciate being at a higher elevation and visit the second biggest ice sheet in the World. This trek is all out mountain experience adventure to top of the world, open doors for extraordinary photographic and numerous tumult experience of common culture in good country. In transit you can encounter the extraordinary Sherpa societies, cordialities, visit antiquated religious communities and finding out about Buddhism and its effect upon Sherpa life are the paramount and remarkable encounters you will get while voyaging this area. The shocking perspectives on snow-topped mountains while trekking around this trail will likewise flabbergast you. It offers astounding and remunerating perspectives on Mount Everest in the adjoining extent including dazzling valleys, lavish waterways and benevolent individuals in interesting towns. From Gokyo town, you can see plainly Mount Everest from a marginally more prominent separation. The perspectives in the Gokyo locale are colossal. During this outing you will watch the sentimental towns of stone houses and walled pastures on the shores of Gokyo Lake. It offers you the opportunity to watch the neighborhood people groups' lifestyle and furthermore you may experience yaks. While trekking to Gokyo Lake you will be amazed by the ice edge between Cho Oyu and Gyanchungkang situated in Khumbu area. Gokyo Lake trekking gives all-encompassing perspectives on Cho Oyu, Gyanchungkang, Everest, Lhotse, Makalu, Chola Tse and Tawachee. This trek includes the staggering landscape of

the remote Gokyo Valley and its celebration of lovely turquoise lakes, moonscape-like icy masses, and dazzling mountain panoramas that incorporate Everest, Lhotse, Makalu, and Cho Oyu – four of the eight most astounding tops on earth. The 360-degree see from Gokyo Ridge is the best in the Khumbu.

This trek starts at the mountain airstrip at Lukla one hour departure from Kathmandu. Upon landing in Lukla, you will meet the entire trekking group and complete your trekking to Phakding. The trek includes a wide scope of fabulous Mountain View joined with interesting social experiences with the Sherpa individuals and the most noteworthy Buddhist religious community in the world. The start of this trek is equivalent to trekking to Everest Base Camp. In transit, we will remain two evenings in the town of Namche Bazaar to adjust. At that point, we will head up the valley leaving the typical Everest trail and following the waterways keep running off from the Ngozumpa icy mass. Following two days, we will reach Machhermo from where our next stop will be the Gokyo Valley. The course itself closes at Gokyo Ri, and trekkers normally pivot now and follow their means back to the trailhead. Your entry into this high mountain valley called Gokyo is invited by a string of cobalt blue lakes that proceed for the 3-hour climb to Gokyo Village, which sits at the foot of Gokyo Ri (18,300 ft) a tremendous dark hill of shake and earth. The following morning, you are welcome to take the 3-hour climb to the summit of this dark, rough hill to observe the 360-degree Himalayan view offered distinctly from this vantage point. The Himalayas stand like monsters guarding the outskirts into Tibet. While the Everest base camp trek is progressively famous, the Gokyo Lake trek is a superior goal in the event that you are after mountains and elevated view.

Spring (March to May) and harvest time (September to November) are the greatest months for this outing. In spite of the fact that this outing can be taken during winter, the cool temperature probably will not be reasonable for everybody.

DAY-BY-DAY ITINERARY

DAY 1 Fly Kathmandu to Lukla

Meals: lunch

45 minutes flight and then start trek to Phakding, which takes approximately 4 hrs to walk (By Flight) Early morning we will make up for lost time an early trip to Lukla (2,800m/9,186ft), the beginning stage of the trek. The flight will be a fascinating one since we will fly in the midst of the fantastic Himalayas in a Twin Otter plane. Upon landing in Lukla, we will have a short coffee break and prologue to our trekking team. At that point, we start our short trek to Phakding which starts with the most beautiful perspective on Number Himal and Phari and going through some Sherpa ranch towns. We pursue the trail to Dudh Koshi River with steady ups from Thado Koshi, where we can have lunch with a great perspective on Kusum-Kanguru (6,369m/20,890ft). Intersection a short suspension connect from here after a short climb carries us to the Ghat town and further stroll of about another 1 ½ hours carries you to Phakding town for the medium-term stop.

DAY 2 Trek Phakding to Namche Bazaar (3446m) and advent to walk which takes approximately six hrs walk

Your goal today is Namche Bazaar. Namche Bazaar is the focal town of the Sherpa in the Khumbu area. It is arranged on a horseshoe molded flank and is packed with around 100 structures including lodges, bhattis, store, and banks. There is a level in the correct side of the town entrance, where they have a bazaar each Saturday. It is thronged with individuals particularly in the first part of the day. Our trek begins subsequent to the intersection the Suspension scaffold of Dudh Koshi River. Today, the walk is wonderful with a few ups and downs. En route, we will have a wonderful perspective on Mt. Thamserku (6,608 m/21,675ft) from the Benkar town. Intersection the scaffolds and coming to at the passageway of Sagarmatha National Park at Monjo, our trekking licenses will be checked. In the wake of entering the National Park limit, we slip towards the suspension connect Koshi River. In the wake of intersection the extension, we reach Jorsale town, the last town till Namche. From here the walk is lovely on the stream bed till the last connect over the Imja Tse River is come to. Further proceeding with our trek, we stroll along the twisting tough way right to Namche Bazaar, with a superb perspective on Kwangde pinnacle and it's other sister crests towards the east with Kusum Kanguru on the back. As you move higher, perspective on Mt. Everest, Lhotse and the closer perspective on Taboche pinnacle can be seen from some part while in transit to Namche. At long last, we reach brilliant houses called Namche Bazaar primary entryway of Khumbu locale. We remain medium-term at Namche Bazaar.

DAY 3 A whole day rest in Namche Bazaar for acclimatization

On the next day, you will have a rest day in Namche for acclimatization. Namche Bazaar is an extremely old exchange point. You can see Tibetans by intersection the Nangpa La Pass to sell modest merchandise from China. The town itself is a lovely spot to go through a day for appropriate acclimatization. Since specialists accept that it is smarter to remain dynamic notwithstanding during rest days for better trekking background, you can go through the day getting a charge out of little climbs in and around Namche Bazaar. En route you can consider the to be vegetation as we gain stature. Trees offer approach to shrubberies and bushes. Around Namche there are various edges for day's climbing. You can unwind and investigate the shops and Sherpa houses, watch their way of life and way of life. Our guide can likewise take us to the Tourist Visitor Center close the headquarter of the Sagarmatha National Park where we can watch a grouping of things identified with the primary Everest ascenders, Sherpa culture and find out about the different plant and creature life in the Everest district. You can visit Sherpa Museum too an extraordinary spot to learn Sherpa culture and history of mountaineering or visit up to the extravagance Everest see inn and Syangboche airstrip and walk around to lodging for medium-term.

DAY 4 Trek Namche bazaar to Dole (4200 m) - advent to walk which takes approx. 6 hrs walk

Leaving Namche Bazaar, we climb the Khumjung slope and after that drop toward the east of the town down the expansive valley prompting the Dudh Koshi from where the course turns north. There are two trails and our guide will pick the best choice for us to pursue. There is a chorten on the edge top at 3,973 meter, which slides from Mt. Khumbila (5,761 m). At that point we trek northwards and reach Mong (Mohang) which is known as the origination of the Saint Lama Sanga Dorje, the rebirth lama of Rongbuk Monastery. This Monastery is accepted to have presented Buddhism in the Khumbu area of Nepal. The trail slips in a progression of soak bends down a sandy incline to the Dudh Koshi and enters at Phortse Thanga. Then the trail climbs steeply through rhododendron woodlands, passing numerous Kharka on its approach to Tongba (3950m) and Gyele (3960m) lastly Dole (4200m).

DAY 5 Trek Dole to Machhermo (4470 m) - advent to walk which takes approx. 6 hrs walk

On the next day, we need to climb tough so as to reach Machhermo. The trail moves through a tremendous shake at Lhabarma (4330m) and carries on to Luza (4340m). From Luza the trail keeps on moving to Machhermo (4410m) where we can have great perspectives on the mountains. There is a Chorten directly before the Luza town. All through the present adventure we will stroll close by the Dudh Koshi River. Overnight at Machhermo.

DAY 7 Daytrip around Gokyo Lake and then climb to Gokyo Ri (5357 m) - advent to walk which takes approx 6 hrs walk

A trip in Gokyo Ri is an excellent chance. This acclimatization day is gotten a handle on as a chance to climb Gokyo Ri to appreciate the scene from the best perspective of Everest Region. Or on the other hand, as we probably am aware Gokyo isn't prevalent for its fabulous view from Gokyo Peak yet in addition for the six lakes which it has, certainly we would not botch the opportunity to watch the fourth lake (Thonak Tsho) and fifth lake (Ngozumpa Tsho). Around 3 km north of Gokyo is the fourth lake with its high bluffs and pinnacles transcending it. The trail proceeds to fifth lake and we get hypnotized by the shining turquoise blue sheet of water. Whenever intrigued, we hop on a slope at the edge of the Lakes to get surprising perspectives on Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makalu. We can see significantly more from here – the spot is called Scoundrel's Viewpoint. Past the fifth Lakes is the Cho Oyu Base Camp. View here is amazing with Cho Oyu and Gyachung Kang appearing to be only a short distance away. Northern piece of the fifth lake gives astonishing perspectives on Cho-Oyu Base Camp and greatest icy mass of the world-the Ngozumpa Glacier. Moved by the appeal, we may even attempt to go 6th lake as well however relies on our own advantage and time. Return back to Gokyo town and medium-term remain at camp.

DAY 8 Trek Gokyo to Phortse - advent to walk which takes approx. 6 hrs walk

Leaving Gokyo the trail slips towards Phortse, moving over the terminal moraine of the Ngozumpa Glacier to Na (4400m) and making a couple ups and down, the trail enters Phortse where we will remain for our night remain. Phortse (3,950m) is an exceptional Sherpa settlement of around 80 families arranged at the support zone of Sagarmatha National Park. Arranged in the lap of the mountains, Phortse offers brilliant mountain perspectives and natural life experience. The town is rich, encompassed by birch and juniper trees that sanctuary jeopardized musk deer and various assortments of birds. Upon entry, you can circumvent the town where the neighborhood individuals have safeguarded their rich culture and looked after ecotourism. We would be demonstrated social show by the neighborhood individuals at night. Medium-term remain in Phortse.

DAY 9 Trek Phortse to Namche Bazaar (3446 m) - advent to walk which takes approx. 6 hrs walk

Leaving the ecotourism town, our trail plunges to the extension at Phortse thanga and rejoins the first course from Khumjung and afterward carries you to Namche Bazaar. Along the trail, we would see mountains and streams. We experience untamed life and feathered creature viewing. We will encounter how the neighborhood individuals have kept up ecotourism in the region. Overnight at Namche Bazaar.

DAY 10 Namche Bazaar to Phakding (2610m) - advent to walk which takes approx. 7 hrs walk

The trail dives steeply descending so we have to walk gradually and leveled out as our precarious legs consistently fight the rough territory. Subsequent to traverse the quick streaming Dudh Koshi and its tributaries the trail turns out to be increasingly level and common. By today we begin to get ready by the light breeze. Any staying sore throats and colds will be passed by today as we go through this beguiling mountain air. Despite the fact that we are venturing to every part of a similar course down, we feel totally various perspectives.

DAY 11 Day 11: Trek Phakding to Lukla (2840m) - advent to walk which takes approx. 4 hrs walk

Following 3 to 4 hours walk we will reach Lukla. Upon landing in Lukla, we extend those sore legs and review the encounters of the most recent few weeks. We experience the perfection of a fabulous trek on an upbeat note with everybody back free from any danger with grin on appearances! Medium-term at Lukla.

DAY 12 Returning day through a flight to Kathmandu.

Flights to Kathmandu are normally booked for morning since wind can make issue to fly the aircraft later in the day. However sometime the fickle weather plays a decisive role for the flight and sometimes unprecedented reasons that are not in our control also plays an important role.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + 3 star hotel accommodation in the city
- + Quality cabin accommodation during the trek
- + Quality camping bed and down coat for the trek

Meals

- + Three solid and clean dinners on the trek
- + Welcome dinner and hearty breakfast in Kathmandu
- + Half-day city tour in Kathmandu with private car, guide, and entrance fees

Transportation & Flights

- + Flight Kathmandu-Lukla-Kathmandu, including airport taxes
- + Four airport transfers by private vehicle

Guides & Porter Services

- + Local Sherpa guide, certified by the government
- + Solid and reliable porters (1 porter for 2 trekkers)
- + All guide and porter expenses, including salary, meals, insurance, and protection

Permits & Fees

- + Trekkers’ Information Management System (TIMS) card
- + Everest trekking permit fee

Trekking Gear & Essentials

- + Duffel bag, trek map, T-shirt, and first-aid/medical kit
- + Quality camping bed and down coat for the trek

Wellness & Extras

- + One-hour Ayurvedic full-body massage after the trek