

Gokyo Lakes Trek Itinerary

14 Days 13 Nights

Highlights Gokyo Lakes Trek

- Panoramic views of Everest, Lhotse, Makalu & Cho Oyu from Gokyo Ri (5,483 m).
- Explore the turquoise Gokyo Lakes and walk along the Ngozumpa Glacier, Nepal's largest.
- Trek off the beaten path through peaceful forests, yak pastures, and alpine valleys.
- Cultural immersion in Khumjung and Namche Bazaar, the Sherpa heartland.
- Comfortable teahouse stays with breathtaking Himalayan backdrops each night.

ITINERARY

01 DAY	Hotel in Kathmandu	Kathmandu (1,400m) Arrive at Tribhuvan International Airport, Kathmandu. Meet our team and transfer to the hotel. In the evening, enjoy a welcome dinner with traditional Nepalese cultural programs. Sleeping Altitude: 1,400m.
02 DAY	Tea House, Phakding	Drive to Manthali, Fly to Lukla (2,840 m) & Trek to Phakding (2,610 m) Start early with a drive to Manthali and a short scenic flight to Lukla (2,840 m). Begin trekking with a gentle descent through Sherpa villages and along the Dudh Koshi River to Phakding (2,610 m). Trek Distance: 8 km Trek Duration: 3-4 hours Sleeping Altitude: 2610m
03 DAY	Tea House, Namche	Phakding to Namche Bazaar (3,440m) Follow the Dudh Koshi River, crossing suspension bridges adorned with prayer flags. The trail ascends steeply to Namche Bazaar, the "Gateway to Everest." Trek Distance: 7.4 km Trek Duration: 6 hours Sleeping Altitude: 3,440m
04 DAY	Tea House, Namche	Acclimatization Day at Namche Bazaar (3,440m) Take a rest day to acclimatize, exploring the Everest View Hotel, Khumjung and Khunde villages, and the Sherpa Museum. Enjoy the amenities of Namche Bazaar. Sleeping Altitude: 3,440m
05 DAY	Tea House, Phortse Thanga	Trek to Phortse Thanga (3,680 m) Leave Namche and follow a quieter trail toward the Gokyo Valley. Trek through forests of pine and rhododendron, with stunning views of Ama Dablam and Thamserku. After a steady descent to the river, arrive at Phortse Thanga, a small riverside settlement. Trek Distance: 6 km Trek Duration: 5-6 hours Sleeping Altitude: 3680m
06 DAY	Tea House, Dole	Trek to Dole Today is a short but deliberate uphill climb through rich, mossy forests and past pristine waterfalls. Climbing out of the river canyon, the trees slowly thin out into alpine shrubs as you reach the peaceful hillside settlement of Dole, stepping up your altitude adaptation. Trek Distance: 4.5 km Trek Duration: 4-5 hours Sleeping Altitude: 4200m

07 DAY	Tea House, Machherma	Trek to Machherma (4,470 m) Climb steadily through alpine forest and yak pastures, passing the small settlements of Dole and Luza. Enjoy dramatic views of Cho Oyu and surrounding peaks as you ascend to the peaceful village of Machherma. Trek Distance: 8 km Trek Duration: 5-6 hours Sleeping Altitude: 4470m
08 DAY	Tea House, Gokyo	Trek to Gokyo (4,800 m) Follow the trail along the Ngozumpa Glacier, passing a series of turquoise glacial lakes. Enjoy incredible views of Cho Oyu before reaching the stunning village of Gokyo beside the third lake. Trek Distance: 7 km Trek Duration: 4-5 hours Sleeping Altitude: 4800m
09 DAY	Tea House, Gokyo	Hike to Gokyo Ri (5,483 m) & Back to Gokyo Start early for a steep ascent to Gokyo Ri, the best viewpoint in the region. Enjoy panoramic views of Everest, Lhotse, Makalu, and Cho Oyu. Descend back to Gokyo for rest and optional exploration of nearby lakes. Trek Distance: 4.5 km Trek Duration: 3-4 hours Sleeping Altitude: 4800m
10 DAY	Tea House, Dole	Trek to Dole (4,200 m) Trek through rhododendron and pine forests with occasional views of the surrounding peaks. Reach the quiet village of Dole, a good spot for rest and acclimatization. Trek Distance: 14 km Trek Duration: 6-7 hours Sleeping Altitude: 4200m
11 DAY	Tea House, Namche	Trek to Namche Bazaar (3,440 m) via Khumjung Village Visit Khumjung, a charming Sherpa village known for its traditional culture and monastery. Continue to Namche Bazaar. Trek Distance: 12 km Trek Duration: 5-6 hours Sleeping Altitude: 3440m
12 DAY	Tea House, Lukla	Namche Bazaar to Lukla (2,840m) Trek back to Lukla, with a challenging descent and final uphill section. Trek Distance: 18 km Trek Duration: 6-7 hours Sleeping Altitude: 2,840m
13 DAY	Hotel in Kathmandu	Fly to Kathmandu (or Manthali) Take a morning flight to Manthali Airport, then drive back to Kathmandu. Sleeping Altitude: 1400m
14 DAY	-	Final Departure After breakfast, transfer to Tribhuvan International Airport for your departure flight.

ESSENTIALS

- Sleeping bag
- Neck gaiter
- Base layer top / Baselayer pant (Wool, Merino wool)
- Insulated layer (fleece)
- T-shirt
- Puffy Jacket
- Waterproof shell Jacket
- Trekking pant / half pant
- Trekking shoes
- Wool socks
- Glove
- Towel (light)
- Hat
- Sunglass
- Trekking pole
- Water bottle/bladder
- Toiletries
- Sunscreen SPF 30 / Lip balm
- Protein bars
- Iodine tablet to purify water
- Headlight
- Toilet paper and baby wipes
- Hand sanitizer / Hand wash
- First aid kit
- Take all the cash you need

Inclusions in the Package

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Ground transfer by private vehicle from Kathmandu to Manthali and return.
- Round-trip domestic flights: Manthali–Lukla–Manthali.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off in Kathmandu.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

Exclusions from the Package

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

Important Notes

- The itinerary can be adjusted to suit your schedule and preferences.
- Costs will be revised accordingly if any changes are made.
- Additional activities can be arranged on request with extra charges.
- Prices may vary due to weather conditions, political situations, or natural events.
- Costs may also change depending on the number of guides and porters required.
- For any changes or inquiries, please contact us via email or phone.
- A total tip of \$10 per trekker per day is expected for both the guide and porter combined (not \$10 each).
- We are not responsible for delays or cancellations of domestic flights.
- Great Himalayan Yatri Pvt. Ltd. is not liable for incidents caused by natural hazards.