

Gokyo Lakes Trek 13 days

Detail Itinerary



Day 1: Arrival in Kathmandu

Welcome to Kathmandu, the capital and cultural hub of Nepal! We'll be waiting to welcome you at the Tribhuvan International Airport. From there you will be transferred to the Hotel Shangrila by private vehicle. We will brief about your trip activities. You'll have rest of the day at leisure.

Overnight at Hotel.

Day 2: Pre-trip meeting and sightseeing in Kathmandu

After a hearty breakfast, at 8.30 am your sightseeing trip will start. You will have a private vehicle and a professional tour guide at your disposal. Today we will visit some heritages listed below:

Pashupatinath:

Pashupatinath Temple is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River. Though you are not allowed to go inside the temple as it is strictly for Hindus only, you can clearly see the temple and the activities from the eastern bank of the Bagmati River. It is a square two tiered pagoda temple built on a single tier pinth which is famous all over the world.

Bhaktapur Durbar Square:

Visit the Bhaktapur Durbar Square, the Royal Residential Quarter of BhupatindraMalla, famous five-storied temple of Nyatapola in Pagoda style Batsalatemple, Bhairavnathtemple, Duttatrayatemple, PujariMuth and Palace of 55 windows.



Boudhanath:

Boudhanath is one of the holiest Buddhist sites in Kathmandu. It was built in 5th century with four pairs of eyes of Lord Buddha in four cardinal directions keeping an eternal watch over the people and their doings. You will find Buddhist pilgrims from Tibet going round the stupa spinning the prayer wheels.

The rest of our time in Kathmandu is free for further exploration and some last-minute shopping in Thamel area near by your hotel. Overnight at Hotel Shangrila.

(Breakfast Included)

Day 3: Kathmandu - Lukla (2,800 m) - Chserma (2,652 m) 35 min flight; 3 - hours trek

After an early breakfast, we take a car to the domestic terminal of Kathmandu Airport to check in for the 30 minute flight to Lukla. Landing on the narrow, sloping runway in the heart of the mountains is a very spectacular way to arrive. we start our trek with a downhill leg, from Lukla to Chuserma (2610m) beside the river. To assist in acclimatise we take an easy day

Overnight at Tsherings. All meals included.



Day 4: Chuserma

After the breakfast we will hike up to the pangjung where you will have a great view of many mountains and also we will have a jungle safari walk to pangjung which lies just above the chuserma village .After lunch we will go to the sanogumela school where we will do some volunteers service in the school and enjoy with the students .

Overnight at Tsherings. All meals included.

Day 5: Chusema -Namche Bazaar (3,440 m) 5 - 6 hrs



Trek starts in the morning after breakfast. The walk today is pleasant with few short uphill and downhill with multiple crossings over Dudh Koshi River and magnificent view of Mt. Thamserku (6,608 m/21,675f t) . We pass the entrance to the Khumbu National Park where details of our permits are recorded and then drop down again to the river which we cross on a suspension bridge. We continue up the wooded valley on a good trail and cross the river again before reaching a confluence of rivers, one coming down from Tibet and the other from the Khumbu. We make a final crossing here on a spectacular suspension bridge and then begin an hour and half long ascent to Namche Bazaar.we gain our first views of Everest as we climb up hill towards Namche Bazaar, closer and magnificent sight of Kwangde Peak, Kusum Kangaru, Mt. Everest, Lhotse, Tawache. Finally, we reach the colorful village of Namche Bazaar, the main gateway of Khumbu region.

Overnight in Tea House. All meals included.



Day 6: Trek to Dole 6 hrs trek *Altitude: 4040m*

After stroll around the Namche area, we follow on the gradual trail with few short up and downs overlooking view from kenjuma .You can give some rest to your legs in front of magnificent and huge view of Amadablam mountain. From here the trail to Everest Base Camp and the trail to Gokyo lake separates. The trail on the right hand side takes you to Everest base camp where the trail on the left hand side takes you to Gokyo , so we follow the left trail. From here the trail Hiking for around 2 and half hours we arrive to the top of Mong La Pass. From Mong La Pass we savor the spectacular views of Mt. Ama Dablam, Kantega and Mt. Khumbilla. From the hill-top an hour downhill trek through the forested region brings us to

the riverside village, Phortse Tenga.the day's trek involves a long tiring uphill trek through the forest of pines, oaks and rhododendrons all the way to Dole.*Overnight in lodge on full board*

Day 7: Trek to Machharmo 4-5 hrs trek *Altitude: 4400m*

After the breakfast, we climb up for thirty minutes on an open hill to the scenic ridge above the Dole. The ridge top offers the first spectacular view of Mt. Cho Oyu. Then we walk over the gentle trail for ten minutes to the village of Lapharma. Beyond Lapharma walking around the hills for almost 2 hours takes us to Luja. Taking a short breather at Luja, we continue the trek that climbs up along the side of the valley high above the river, crossing sandy spurs to reach Machharmo. We reach Machhermo in the afternoon.



Overnight in Tea House. All Meals Included.

Day 8 : Trek from Machhermo to Gokyo (4750m) 4-5 hrs

Today you head for the lakes at Gokyo. You follow a very scenic path to Pangka and then descend slightly, following one of the melt-water rivers which flow down the west side of the Ngozumpa Glacier. You climb a steep rocky inclined into the valley by the side of the glacier, passing the first of the holy lakes. You soon arrive at the second of the lakes, crossing the path which heads across the glacier to Cho La (5420m.) The third lake is known as Dudh Pokhari and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is magnificent with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters.

Overnight in Tea House. All Meals Included

Day 9: Trek/climb from Gokyo to Gokyo Ri (5483m) and trek to Machhermo (4150m). 4-5 hrs.

Today we begin early. Hiking up for 2.5 hrs we arrive to Gokyo Ri. Gokyo Ri caters 360 degree panorama of four 8000ers of the Himalayas that include Everest, Lhotse, Cho Oyu and Makalu. We slide down back to the hotel, which is pretty easy walk of 1.5 hours downhill, Gokyo Ri itself, is one of the finest to be had in the Everest region – some say it is even better than that from Kala Patthar. After lunch in Gokyo back to Machhermo.

Overnight in Tea House. All Meals Including.



Day 10 : Trek from Machhermo (4150m.) to Namche Bazaar (3440m.)4-5 hrs

The trail gently descends to Dole and then starts descending steeply to Photse Tenga (3650m.) passing through rhododendron forests. Then the path immediately ascends steeply to Mongla Danda (4000m.) and gently descends up to Kyanjoma (3500m.) following small ups and down we reach Namche Bazaar.

Day 11: Namche Bazaar to Lukla (2886m.) 6:30 – 7:30 hr.

The trail descends steeply downward so we need to walk slowly and under control as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries the trail becomes more level and natural. Although we are travelling the same route down, we feel completely different views. We see a mixture of open plains and pine forests and in the distance snow covered peaks. We walk through the Sherpa villages' noticing impressive faith in Buddhism and culture of prayer stones and prayer flags while we walk through the villages. This is your last night on the mountain, tonight we will no doubt celebrate, once again, the end of a great trek.



Overnight in Tea House. All Meals Included.

Day 12 :Fly to Kathmandu, check in at our hotel. Rest of day free for sightseeing or shopping.

We take the flight to Kathmandu, where we check in at our hotel. The rest of the day is free for sightseeing or shopping in the bazaar. Evening we will have another celebration dinner in Nepali typical restaurant.

Day 13: Free day in Kathmandu for sightseeing, shopping or relaxing.

This is an important contingency day in case of delays to the flights from Lukla. If we have experienced no delays this is another opportunity for Sightseeing in Some of landmarks that are the World Heritage Sites of Kathmandu Durbar Square, the sacred Hindu temple of (Pashupati Nath), the famous 'Monkey Temple' (Swayambhu Nath) and Buddhists shrine (Bouddha Nath).
Breakfast Included.



DAY 14 - KATHMANDU: DEPARTURE DAY

It's your last day in Nepal! Grab some breakfast, and then take in some last-minute shopping in Kathmandu. We'll make sure you arrive at Kathmandu International Airport with plenty time before your flight home. At this time, we'll say our goodbyes and bid you farewell, armed with warm memories and gorgeous photos to show your loved ones.