



Contact Info

Location: Kathmandu Metropolitan City Ward No 22,
Uttar Dhoka Marg, Lazimpat, Kathmandu, Nepal
Telephone: +977 1 4419145
+977 1 4417230

E-mail: info@goingnepal.com
goingnepal@gmail.com
Office Hour: 9.00 AM to 05.00 PM
Whatsapp Number: 9851032961

GOKYO RI TREK: AN EXPEDITION TO THE HIDDEN GEMS OF THE HIMALAYAS

Gokyo Peak is a 5,357 m high peak in the Khumbu region of the Nepal Himalayas. It is located on the west side of the Ngozumpa glacier, which is the largest glacier in Nepal and is reputed to be the largest in the whole Himalayas. The Gokyo trek is a fairly popular trekking route. The route itself ends at Gokyo Ri, and trekkers typically turn around at this point and retrace their steps back to the trailhead. There is an alternative mountaineering route that begins near the southern tip of Ngozumpa Glacier and is just south of Taujun Lake. This alternative route leads east over the Cho La, a pass at 5,420 m, where it meets with the main Everest Base Camp trek.

Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 12 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 12 breakfasts, 10 lunches and 11 dinner
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu.
- Seasonal and regional festivals and unique experiences as per region, (Min 10 Pax requires in the group)
- Visit of spiritual Places in the city areas and outside the city while by surface travel.

- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu.
- Other festivals and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

Includes While on Trek:

- Everest Conservation area Permits
- All 3 major meals including Tea/Coffee, hot water to drink,
- Domestic flight ticket for sectors, Ramechap - Lukla - Ramechap.
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section

- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

Itinerary

Day 1: Arrival in Kathmandu (- / - / D)

Arrive at Tribhuvan International Airport in Kathmandu. Welcome, meet, assist by our Going Nepal representative, disinfect of luggage and hand carries and hand over a bag containing mask, surgical gloves, and sanitizer & transfer to the hotel. Welcome drink followed by tour briefing. The evening is free for your own leisure. Dinner and Stay Overnight at Kathmandu hotel.

Day 2: Fly from Kathmandu to Lukla and Trek to Phakding (B / L / D)

The thrilling adventure of Gokyo Ri begins with a 40-minute flight from Kathmandu to Tenzing-Hillary Airport, Lukla. Since most of the aerial trips to this town take place early in the morning, you'll have plenty of time for yourself. Take advantage of the time and trek to the small village of Phakding instead. The trail to Phakding is short and gentle through the valleys until you reach the Dudh Koshi River. You'll come across several suspension bridges, chortens, Mani walls, and prayer flags. It takes approximately 3 to 4 hours to reach Phakding. Dinner and overnight at Phakding

Day 3: Trek from Phakding to Namche Bazaar (B / L / D)

You start the day with a pleasant walk alongside the Dudh Koshi River towards Monjo. The route traverses through the shades of rhododendron and magnolia trees. You enter through the Sagarmatha National Park gate at the Monjo. Before you check in to the National Park, you'll have to show your TIMS Card and permit in the checkpoint. As you walk further into the village, the views of the mountains begin to unfold on the faraway horizon. After crossing the Hillary Suspension Bridge over the Dudh Koshi River, the route is slightly strenuous with a steep uphill to Namche Bazaar. Stay overnight at Namche Bazar

Day 4: Acclimatization Day at Namche Bazaar (B / L / D)

A much-needed rest day at Namche Bazaar is acclimatizing to the higher elevation. Namche Bazaar represents a historic trading hub with colorful markets, ancient culture, and lively ambiance. Stroll around the prosperous Sherpa town of Namche or hike over the ridge towards Hotel Everest View to enjoy the breathtaking scenery of the mountains. you can also walk to the nearby village of Khumjung and visit the ancient monastery.

Day 5: Trek from Namche Bazaar to Dole (B / L / D)

The trekking day begins with a gentle climb to Kyangjuma village. The village rewards you with the marvelous spectacles of Ama Dablam, Thamserku, and Kangtega. Then, the trail leads to the steeper section before reaching a small settlement at Mong La. On your lucky day, it is quite common for you to spot animals like mountain goats and musk deer on this trail. You'll reach Dole in about 5 to 6 hours from Namche Bazaar.

Day 6: Trek from Dole to Machhermo (B / L / D)

On this day, you resume the trek with a steep ascent through the ridge just above Dole. Thorny bushes surround the path as it leads to the beautiful hamlet of Luza via Lhabarma. Significantly, the fascinating vistas of Cho Oyu, Kantega, and Thamserku embellish the backdrop throughout the day. Walking through the hills above the raging Dudh Koshi, you'll reach Marchhermo in approximately 4 hours.

Day 7: Trek from Machhermo to Gokyo Valley (B / L / D)

You climb the ridge above Macchermo to relish the beautiful sight of the mountains and the valley. The trail descends to the riverbanks and then climbs up through the terminal moraine of Ngozumpa Glacier, the Himalayas' longest glacier. As you walk past the challenging path of the moraine, you'll reach the first lake of Gokyo, known as Longpongo. The second lake, Taboche Tsho, is situated slightly ahead of the first one. Furthermore, the third lake glittering with sunlight lies a little ahead of the second lake. The Gokyo valley stands on the shore of the third lake with Cho Oyu looming magnificently in the backdrop.

Day 8: Excursion to Gokyo Ri and back to Gokyo Valley (B / L / D)

This day marks the major highlight of the entire trek. On this day, you'll hike to the vantage point of Gokyo Ri at an elevation of 5,357 meters. The climb to the viewpoint

is strenuous and takes 3 to 4 hours to reach the top. Relish the panoramic spectacles of mountains like Everest, Nuptse, Thamserku, Makalu, Lhotse, and Pumori from the top. The exhilarating views of Gokyo lakes and Ngozumba glaciers will surpass your expectations. You'll retrace your route back to Gokyo Valley for the night.

Day 9: Trek from Gokyo Valley to Dole (B / L / D)

The day begins retracing the exact route departing from the lakes and through the moraines of Ngozumba glaciers. You'll come across several stone chortens along the way. The splendid views of Thamserku and Kangtega will accompany you on the way down from Gokyo Valley. You'll reach Dole in approximately 6 to 7 hours of walking.

Day 10: Trek from Dole to Namche Bazaar (B / L / D)

The day begins with a steep downhill toward Phortse Tenga. It takes approximately ONE and a half hours to reach Phortse Tenga from Dole. Then, the trail ascends steeply from Phortse Tenga up to the village of Mongla. Furthermore, the trail descends towards Kyangjuma before reaching the Sherpa Capital at Namche Bazaar. It takes approximately 5 to 6 hours of gentle walking from Dole to Namche Bazaar.

Day 11: Trek from Namche Bazaar to Lukla (B / L / D)

On this day, you retrace the route back to Lukla from Namche Bazaar. The trail descends through the shades of pine trees. Walking alongside the Dudh Koshi River and crossing the suspension bridges over the river several times, you'll reach Phakding. After Phakding village, the walk is gentle and enjoyable till you reach Lukla.

Day 12: Fly from Lukla to Kathmandu (B / - / -)

Final day in the mountains. You'll take an early morning flight from Lukla airport to Kathmandu. It takes about 35 to 40 minutes to reach Kathmandu airport.

Day 13: Departure (B / - / -)

Breakfast and timely transfer to the International Airport.

Highlights

- Trekking through the beautiful Khumbu region of Nepal, home to the Sherpa people
- Spectacular views of Mount Everest and other famous peaks in the Himalayas, including Cho Oyu and Lhotse
- Passing through traditional Sherpa villages and monasteries
- The opportunity to experience the unique culture and way of life of the Sherpa people
- Challenging trek that will test your physical fitness and mental endurance
- The chance to reach Gokyo Ri (5357m) for panoramic view of Mt. Everest, Cho-Oyu, Lhotse, Makalu and many more peaks.
- The trek also offers the chance to explore Gokyo Lakes, a chain of high-altitude freshwater lakes

Travel Information

- Permits: A TIMS (Trekking Information Management System) card and Sagarmatha National Park permit are required for trekking in the Everest region. These can be obtained in Kathmandu or through a trekking agency.
- Best time to go: The best time to trek in the Everest region is between September and November and March to May when the weather is clear and stable.
- Route: The most popular route for trekking to Everest Base Camp is the South Base Camp in Nepal. The trek typically starts and ends in Lukla and takes around 12-14 days to complete.
- Accommodation: Accommodation during the trek is typically in teahouses or lodges. These provide basic but comfortable accommodation and meals. It is also possible to camp but it will require hiring equipment and porters.
- Physical fitness: The trek to Everest Base Camp is considered challenging, and a good level of physical fitness is required. It is important to be prepared for long days of hiking at high altitude and to acclimatize properly.
- Altitude sickness: Altitude sickness is a concern at high altitude. It is important

to be aware of the symptoms and to take necessary precautions to prevent it.

- Guides and porters: It is possible to trek independently but hiring a guide and porters is recommended for safety and to ease the burden of carrying equipment.

Things to know

- Visa requirements: Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- Currency: Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- Weather: Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- Altitude sickness: Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- Food: Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include momos (dumplings), dal bhat (lentil soup and rice), and chow mein (stir-fried noodles).
- Language: Nepali is the official language of Nepal, but many people also speak English.
- Culture: Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- Conservation and sustainability: Nepal is home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.