



GOKYO RI TREK

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 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

- Traditional welcome on arrival with Nepali scarp or Garland
- Fresh wet towel on arrival, surgical gloves, facemasks and sanitizer
- Disinfection of your baggage and belongings at the airport
- Arrival & departure transfers by private vehicle as per the group size
- 02-nights' accommodation in Kathmandu on Twin sharing basis (MAP Plan)
Only Welcome and Farewell dinner
- All Meals (B, L, D) included while Trekking
- Accommodation while Trekking
- Airfare KTM-LUK (Two way)
- All Trekking Permit Fees
- Applicable Govt Taxes
- Fulltime assistance
- Price included for four star category.

Excludes

- International Air ticket
- Travel Insurance
- Nepal Entry Visa Fee
- Lunch in Kathmandu
- All expenses of personal nature
- Rescue and personal insurance
- Extra arrangements due to flight cancel, delay or any other factors beyond our control
- Any other services not mentioned in cost includes section

Itinerary

Day 1: Arrival in Kathmandu

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

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

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 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

A much-needed rest day at Namche Bazaar is acclimatizing in 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 sceneries of mountains. you can also walk to a nearby village of Khumjung and visit the ancient monastery.

Day 5: Trek from Namche Bazaar to Dole

The trek day begins with a gentle climb to Kyangjuma village. The village rewards you 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

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

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

This day marks the major highlights 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

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

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 walk from Dole to Namche Bazaar.

Day 11: Trek from Namche Bazaar to Lukla

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

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

Breakfast and timely transfer to International Airport.

Highlights

- Welcome dinner at hotel and short briefing of tour by guide
- Embark the adventure with a scenic flight to Lukla airport.
- Trek from Namche bazar to Gokyo Valley vantage point and experience panoramic view of Everest, Lhotse, and Cho Oyu from elevation of 5357 m
- Stand in the shore of turquoise Gokyo Lakes and relish its pristine ambiance.
- Trek through the famous Sherpa center, Namche Bazaar.

Travel Information

- Confirmation will be received at time of booking
- Not wheelchair accessible
- Infants must sit on laps
- Not recommended for travelers with back problems
- Not recommended for pregnant travelers
- No heart problems or other serious medical conditions

Things to know

- Getting a Nepal Visa upon Arrival
- We will be there at the Airport to receive you before an Hour your flight lands,
- You will be greeted by enthusiastic Namaskar
- You will always welcome with warm charming smile
- You should not have biff in Nepal
- If you are planning for a SIM card, you can get it in the Airport.
- Mention in the itinerary destinations Entrance fees for the world heritage site will be paid by GoingNepal.
- Most often you will be welcome by Tikka and khata.
- You should strictly remove the footwear before entering any religious areas.
- Nepal consist of Eight out of Ten highest peak of the Mountains in the world.
- Before bag packing it's always better to talk with your guide

Breakfast and timely transfer to International Airport.