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Gokyo Valley Trek

URL: <https://naatatravels.com/trip/gokyo-valley-trek/>

Duration

14 Days Days

Per Person Cost

USD 1950

Difficulty

Moderate

Group Size

1-12

Maximum Elevation

5357 meters

Accommodation

3-star hotel in Kathmandu and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Gokyo Valley Trek Highlights

Stunning views of snow-capped peaks, including Everest, Lhotse, Makalu, and Cho Oyu.

Trek through Sagarmaths National Park, the UNESCO World Heritage Site, home to diverse flora and fauna.

Walk alongside Ngozumpa Glacier, the longest glacier in the Himalayas.

Compared to the Everest Base Camp trek, the Gokyo Valley Trek is less crowded, offering a more peaceful trekking experience.

Spot wildlife such as the Himalayan Thar, musk deer, and various bird species.

Trip Overview

Gokyo Valley Trek is also known as Gokyo Ri and Gokyo Lakes Trek. It is a prototypical trek that offers picturesque views of mountains such as Cho Oyu, Mount Everest, Lhotse, Mt Makalu, and Ngomzumpa Glacier- the largest Himalayas in Nepal. The appealing Gokyo Lake is pleasurable to your eyes beyond measure. As we trek towards Namche Bazar, Mt Everest- the tallest mountain in the world, gets taller with every step we take. One of the exceptional features is the sight of the gigantic ice ridge between Cho Oyu and Gyachung (2922m), located in the Khumbu region.

The 14-day long trip begins right after you land at Tribhuvan International Airport, followed by the Welcome Dinner that Naata Travel & Adventures organizes. It continues with sightseeing of **UNESCO world heritage sites** (Pashupatinath Temple, Boudhanath, and Patan Durbar Square).

The journey to Gokyo Valley Trek

The Gokyo Valley Trek begins long before the trek starts. After a **35-minute flight** from Kathmandu Valley, we land at Lukla Airport, which is an adventure in itself. We spend the next few days trekking and merging with the Sherpas. We stay at local lodges and trek into the astonishing Sherpa villages.

The trek route is inhabited mainly by Sherpa -the Mountain people who pioneered climbing. We will have our break days in the villages of Namche bazaar. That will give us time to explore the region and adjust, which is pivotal. After conquering **Gokyo Ri (5483m)**, we return at a comfortable pace back to Namche. We finally returned to Lukla to board our flight back to Kathmandu.

Gokyo Ri trek is for those urged to trek in the Everest region without the physical stress of reaching the Everest Base Camp or crossing high passes in the turf. Nonetheless, [Everest Base Camp Trek](#) is perfect for trekkers who want to keep their foot on the base camp of the world's tallest mountain. The [Everest High Passes Trek](#) is the other option for those who want to conquer high mountain passes in the Everest region.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Travel & Adventures will be waiting for you at the airport, displaying a playing card imprinted with your name. He/she will **then transfer you to the designated hotel**. In the evening, we can enjoy a welcome dinner hosted by Naata Travel & Adventures. We can enjoy Nepalese cuisine during dinner, which introduces us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400 meters

Day : Guided Sightseeing around Kathmandu

After breakfast, we will have a pre-trip meeting to introduce you to your Guide. During the meeting, you can provide yourself with any queries regarding the trip. We visit **Boudhanath Stupa, one of the most significant Buddhist shrines in the world**, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa, we visit **Pashupatinath Temple**, the most famous Hindu temple in the country. It is located on the banks of the holy Bagmati River.

Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day : Fly to Lukla and Trek to Phakding

We take a 35-minute early flight to Lukla. On arrival at Tenzing and Hillary Airport at Lukla (2804m), your guide will introduce you to the rest of our trekking staff. Slowly, we begin our walk descending towards the Dudh Koshi River, where we join the trail to Namche Bazaar. The walk today is an easy one. We pass the small village of Ghat (**2550m**), and finally, after a walk of about 4 hours, we reach Phakding, where we stay overnight.

Time:

3-4 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2804 meters

Day : Trek to Namche Bazaar

After breakfast, we start our day's walk towards Namche Bazaar (considered the Gateway to Everest). We walk alongside the Dudh Koshi River, crossing several suspension bridges. Furthermore, we can see the beautiful view of Mt Thamserku from Benkar village. We enter the Sagarmatha National Park at Monjo. Jorsale- the last village till Namche Bazaar arrives after a steady downhill walk. As Namche Bazaar approaches our feet, the incredible vista of Kwangde, Kusum, Mt Everest, Lhotse, and many other mountains welcome us. We spend our night at Namche Bazaar.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3441 meters

Day : Acclimatization day in Namche Bazaar

Acclimatization is essential for us to adjust to the gradual environmental change. It will also help us prevent catching acute mountain sickness (AMS). We take a short tour to a traditional Sherpa museum to watch the exhibits related to the first Everest climbers and the customs of the Sherpa people.

We also hike to the Syangboche airport, where we can watch the sunrise and sunset along with the panorama of Khumbu peaks. You can enjoy roaming around as Namche Bazaar is home to many quality restaurants, hotels, lodges, shops, money exchange services, internet cafes, and bakeries. We will spend our night there.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3441 meters

Day : Namche Bazaar to Phortse Thanga

Today's trail leads us out of the valley with steady ups and downs. We begin our downhill trek to Kyanjuma. From Sansa, we follow the Gokyo trails. The trail descends to Dudhkoshi Khola, after which we elevate through rhododendron and conifer forests before reaching Phorste. We might be fortunate to spot Musk deer and Himalayan Thars. We pass through the locals' Yak Kharkas and summer settlement areas. As always, you don't miss a beat of the Himalayas. Khumbi La and Tawache are opulent. We spend the night at Phorste.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3680 meters

Day : Phortse Thanga to Machhermo

Today's trail passes through forests, waterfalls, and bridges and offers scenic views of the Cho Oyu Ridge. Our trail passes through forests, waterfalls, and bridges before reaching Dole. After crossing a bridge over the Dudh Koshi River, we will likely encounter Himalayan Thar and Musk Deer. We elevate from Luza village and continue trekking through several other small villages before reaching Machhermo. We can also visit the Himalayan Rescue Hospital to learn about altitude sickness, its precautions, and primary treatment. We stayed the night in Machhermo.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4470 meters

Day : Machhermo to Gokyo

We ascend hills from where we can see Dudh Koshi Valley below us and enjoy views of the ever-present mountains- Kantega, Thamserku, and Cho-Oyu. Beyond the plague, the valley widens, and we descend to a river bank and then on a sharp trail of Ngozamba Glacier. Today's trail takes us to the first lake of our trek, and we can also see footprints that are believed to be of a Lama (Buddhist priest). We explore Dudh Pokhara pond and have a satisfying night in Gokyo (4790m).

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4800 meters

Day : Gokyo Valley: Climb to Gokyo Ri

Before dawn, we have a sharp climb up to Gokyo Ri (5483m), the leading destination of the trek. The climb rewards us with superb views of Gokyo Valley, Ngozamba Glacier, and other magnificent mountains, Mount Everest, among many others. We also explore the 4th and 5th lakes of Gokyo. We hike down to Gokyo to spend the night there. The view of and from Gokyo Ri is something that simply words can't justify.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5357 meters

Day : Trek to Dole

Mindful of all the beautiful memories from our trek up to Gokyo Ri, we descent towards Dole where we stay our night.

Time:

3-4 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4200 meters

Day : Dole to Namche Bazaar

We continue walking through the typical village of Khumjun leaving behind the enormous Himalayas,

reluctantly though.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3780 meters

Day : Trek to Lukla

Today, we trekked to Lukla, which was the starting point of our trek, and we took some time to recollect our memories. We will have some leisure time to enjoy the fascinating town some more. We stayed the night in Lukla. It seems like eternity has passed since we started the trek, yet you want more.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2804 meters

Day : Flight back to Kathmandu

We take the earliest possible flight back to Kathmandu and enjoy the leisure.

In the evening, Naata Trek and Tours will organize a Thank You dinner as a treat to the successful completion of your trip. Not wanting you to go, though

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1400 meters

Day : Departure

A representative from Naata Travel & Adventures will transfer you to the Tribhuvan International Airport and wish you a safe journey to your next destination.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek

- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Domestic flights (Kathmandu-Lukla-Kathmandu)
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Lukla in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Information

Difficulty of Gokyo Valley Trek

Altitude Sickness

One of the biggest challenges of the Gokyo Valley trek is altitude sickness. Due to the high elevation and lower oxygen levels, many trekkers, especially beginners, experience symptoms like headaches, nausea, tiredness, and loss of appetite. To prevent this, you must acclimate properly by ascending slowly, staying calm, drinking plenty of water, and exercising regularly.

Weather and Temperature

The weather in Gokyo Valley is much harsher than in the Everest Base Camp, with frequent changes. In

winter, temperatures can drop below -10 degrees Celsius, with strong winds and snowstorms making the trek challenging. Mornings are frosty, and days are short. During the monsoon season, heavy rains make the trails muddy and difficult to walk on, while the dry days can be sweltering.

Rough and Uneven Trails

The trails in Gokyo Valley are long, winding, and challenging, requiring trekkers to walk every day for nearly two weeks, covering about 27 miles from Lukla to Gokyo Valley. The paths are rocky and uneven, requiring good physical fitness. Trekkers should prepare at least a month before, maintaining a strict fitness routine to handle the continuous uphill climb.

Best Time For Gokyo Valley Trek

Although the Gokyo Valley trek can be done year-round, the best times for this trek are spring and autumn. These seasons provide the most beautiful views, with pleasant weather and blooming flowers.

Spring (March-May)

Spring is ideal for trekking in Gokyo Valley due to its perfect temperature, long daylight hours, and stunning scenery. Late March to April offers moderate weather with temperatures around -6.9 degrees Celsius. By May, the temperature rises, making the days hotter. Early March can be icy, with temperatures dropping to -11 degrees Celsius, but the weather improves by the end of the month. The valley comes alive in spring with vibrant flowers, green terrains, and shining white mountains. Clear skies offer stunning views of snowcapped peaks like Lhotse, Makalu, and Cho Oyu, along with the beautiful turquoise Gokyo Lake.

Autumn (September-November)

Autumn is another best trekking time in the Himalayas, offering warm days, gentle winds, and clear sky views. During the day, there is plenty of sunlight to see the breathtaking mountain ranges and glaciers. While mornings and nights are cold, the day warms up nicely at sunrise. Autumn is a busy trekking season, with temperatures from 20 degrees Celsius to -12 degrees Celsius between mid-September and November. The early part of the season is warmer but cools down with high winds. October is particularly stunning, with vibrant fall colors and breathtaking views of the mountains, landscapes, and glaciers.

Permit Required for the Gokyo Valley Trek

To trek in Gokyo Valley, you need two main permits: the Sagarmaths National Park Permit and the Khumbu Pasang Lhamu Rural Municipality Entrance Permit. Sagarmatha National Park Permit is necessary because the trek goes through Sagarmatha National Park. This permit helps protect the park and keep the trails and facilities in good shape.

The Khumbu Pasang Lhamu Rural Municipality Entrance Permit is needed for trekking in the local areas of the Khumbu region. You can get both permits in Kathmandu or at checkpoints along the trek. Make sure to have these permits before you start to avoid any issues on your journey.

Preparation for Gokyo Valley Trek

Preparing for the Gokyo trek isn't as challenging as some technical hikes, but you must still focus on fitness training to stay in shape. This will improve your stamina and make the trail easier to walk. It would be best to keep your exercise routine simple and not overdo it. Stick to regular aerobic exercises like jogging, brisk walking, and running to build endurance. Start with a short hike near home before tackling the long trails of Gokyo Valley, gradually working your way up to more challenging terrain.

Besides physical exercise, you should maintain your mental health and stay confident. Ensure you have all the gear to handle the harsh weather and conditions in the Khumbu region. Stay hydrated to prevent altitude sickness. Drinking at least 5 liters of water daily would be best, as you'll walk an average of 6-7 hours daily for almost two weeks.

Frequently Asked Questions

Can you see Everest from Gokyo?

Yes, you can see Mount Everest from Gokyo. Gokyo is located in the Everest region of Nepal. It offers stunning panoramic views of several high Himalayan peaks, including Everest. Gokyo Valley Trek is considered one of the famous treks in Nepal.

How much does it cost to do the Gokyo Ri trek?

The average cost of the Gokyo Ri trek is around \$1,100 to \$1,800 per person. The price depends on various things like mode of transportation, accommodation, guide and porter, food, permit cost, and many more.

Do you need a guide for Gokyo Lakes?

Yes, you must hire a trekking guide for Gokyo Lakes to enjoy your time in the Khumbu region fully. This route is quieter than a classic trek, so having a Gokyo Valley trek map can help you find your way through the valley.

What is Gokyo Lake famous for?

The Gokyo Lakes are sacred for Hindus and Buddhists. Gokyo is famous for having the world's highest ice skating range and is part of Ramsar sites.

What birds are in Gokyo Lake?

In Gokyo Lake, various migratory birds, such as bar-headed geese, ruddy shelducks, and other waterfowl species, exist. These birds use Gokyo Lake as a resting point during their trans-Himalayan migrations.

What mountains can you see from Gokyo Ri?

You can see several peaks, such as Mount Everest, Lhotse, Makalu, and Cho Oyu.

How tall is the Gokyo Ri pass?

Gokyo Ri, also known as Gokyo Peak, stands 5,357 meters high in the Khumbu region of the Nepal Himalayas. It is on the western side of Nepal's largest glacier, the Ngozumpa Glacier.

What is the depth of Gokyo Lake?

The depth of Gokyo Lake is 43 meters. Gokyo Lake has varying depths across its different sections.

How to go to Gokyo Lake from Kathmandu?

Jiri is the nearest point accessible by road to reach the Gokyo Lakes. The journey from Kathmandu to Jiri takes about 8 hours by car or bus. From Jiri, you can trek to Gokyo Lake, which typically takes around seven days on foot.

What is the altitude of Gokyo Lakes Trek?

The altitude of the Gokyo Lake trek is between 4,700 meters and 5,000 meters above sea level.

Address

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