

Everest Gokyo Ri Trek

Duration: 13 Days Days

Max Altitude: 5,330 m

Destination: Nepal

Trip Grade: Moderate

Best Season: Autumn, Spring

Trip Highlights

Highlights of Everest Gokyo RI Trek

- A Scenic Flight From Kathmandu to Lukla.
- Getting to know Sherpa culture.
- Visiting the Namche Bazaar and Khumjung valley.
- Investigating Everest Viewpoint.
- Encountering the **Gokyo Lakes and Gokyo RI**.
- An excursion to the Hillary Museum.
- Turquoise and quiet Gokyo Lakes
- Incredible perspective on Mt Everest, Lhotse, Makalu, Cho Oyu, and other 84 distinct Mountains sees.
- Buddhist supplication banner with Tibetan mantra composed stone.

Trip Overview

Everest Gokyo Ri Trek and Gokyo Lake are rated as one the best places to experience trekking in Nepal. It is recommended for those who want to experience Everest trekking and want an alternative to the Everest Base Camp / **EBC trek**. This 13-day **Gokyo Ri Trek** leads you to the delightful Gokyo Valley. It is considered one of the highest settlements in Nepal. This trek allows you to experience an authentic Nepali life. First explore the Sherpa settlement in Namche Bazaar, where you can enjoy the brilliant vista of Everest, the 'Peak of Heaven'. Later passed through the villages of Dhole, Luza, and Machhermo.

One of the most unique things about this **Everest Gokyo trek** is the opportunity you get to experience such diverse landscapes within two weeks. This will start with the Gokyo Valley trek portion of your adventure. As you walk around the **Gokyo Lakes**, comprised of the six crystalline lakes, which make up the highest

freshwater system in the world. From here you will venture to the lush green forests of the lower Khumbu region. You will tackle the dry and rocky terrain of the Gokyo region and marvel at the icy moraines of the Ngozumpa glacier.

Throughout your adventure, you will enjoy the mesmerizing sights of Everest (8848m), **Cho Oyu (8201m)**, Lhotse (8516m), Makalu (8481m), and Amadablam (6812m). The Gokyo Ri trek is rated as having moderate difficulty. It will include full support and rest stops throughout. Your most memorable stop will be as you reach the Everest viewpoint. You can relax as you take in the unparalleled panoramic views that surround you.

My Everest Trip is a trusted name in the tourism business for Nepal trekking. We offer various Everest trekking and tour services around Nepal with



experienced Gokyo Ri Trek guides and support staff. This will ensure you have a safe, comfortable, and enjoyable trip. We recommend that you do this trip between March and May or between September and mid-December.

For any more queries regarding the Gokyo trek cost, Gokyo Ri Trek difficulty, your itinerary (including Flight to Lukla), or anything else, then please don't hesitate to get in touch. Or if you would like to read about what it is like to experience this adventure, then please see our **Gokyo Ri trek Blog** below.

Detailed Itinerary

Day 01: Arrive in Kathmandu [1300 m/4264 ft]

Upon arrival, you will be greeted by our team representative at the Tribhuvan International Airport. You will then be taken to your hotel where you can rest after your journey or spend the day exploring the capital. O/n at the hotel.

Included: Accommodation and Dinner.

Day 02: Kathmandu – Lukla [2,800 m/9,184 ft] – Phakding (2,652 m/8,700 ft): 3 – 4 Hrs

From TIA, you will board a flight to Lukla airport, also known as the gateway to Everest. After about 40 minutes aboard one of the World's most scenic flights, you will arrive at Lukla. You will then trek for about 3 hours until you reach Phakding. O/N in Phakding. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 03: Phakding – Namche Bazaar [3,440 m/11,283 ft]: 5 – 6 Hrs

From here you will move ahead towards Namche Bazaar alongside Dudh Koshi River. We will walk past Chumao and Monjo, from where we will enter the Sagarmatha National Park. We will then follow a steep trail to the Sherpa town called Namche Bazaar. O/N in Namche Bazaar. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 04: Namche Bazaar: Acclimatization Day

You will require an acclimatization day to adapt to the changing climate. To make the most of this time you will hike up to Syangboche airport for an astonishing view of Everest (8848m) and the surrounding peaks of the Khumbu region. Then we will return to Namche Bazaar and visit the Sherpa Museum for a glimpse of Sherpa heritage. We will then spend the day enjoying the view of the enticing landscape and Sherpa Villages. O/N in Namche Bazaar. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 05: Namche Bazaar – Dhole -[4110 m/ 13,480 ft]: 5 – 6 Hrs

Leaving Namche, you first descend towards Dudh Koshi River and then ascend towards Dhole. The trail is mostly stone steps amid rhododendron forests that take you past 'Mani walls' encrypted with Buddhist prayers. Upon arrival in Dhole, you can experience the simple and humble lifestyle of the Sherpa people. O/N in Dhole. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 06: Dhole -Machhermo-[4,470 m/ 14,663 ft]: 5 – 6 Hrs

From Dhole, you move towards Machhermo – following the trails of the Dudh Koshi River. The trail takes you on a steep ascend to a panoramic view of Cho Oyu (8201m), Taboche (6542m), and Thamserku (6623m). In Machhermo you will witness the warm hospitality of the Sherpa people. O/N in Machhermo. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 07: Machharmo – Gokyo [4800 m/15,744 ft]: 5 – 6 hours



You will walk through Phang Kha and then descend down to the riverbank before climbing up to the terminal moraines of Ngozumpa Glacier – the largest glacier in the Nepal Himalaya. You will spend time primarily exploring three of the six Gokyo lakes, as you walk on to Gokyo village. O/N in Gokyo. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 08: Explore Gokyo Valley: Climb Gokyo Ri [5357 m/17,570 ft] and hike to the fifth lake: 5 – 6 Hrs

You will hike up from Gokyo village and climb the Gokyo-Ri. You can view Mt. Everest (8848m), Cho-yu (8201m), Lhotse (8516m), Makalu (8481m), and the huge Ngozumpa glacier from Gokyo-Ri – along with the tranquil Gokyo lakes, the highest freshwater lake system in the world, made up of six lakes. O/N in Gokyo. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 09: Gokyo – Dhole: 5 – 6 Hrs

From Gokyo, you descend straight down towards the village of Dhole. Descending alongside the Dudh Koshi River, you will walk through pastures and mesmerizing flora and fauna, to reach Dhole – enjoying the vista of the Khumbu Himalayas throughout the way. O/N in Dole **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 10: Dhole – Namche Bazaar: 4 – 5 Hrs

After walking downhill past the villages of Phortse Thanga and Mong, you will finally reach Namche Bazaar. You will feel exhausted but exhilarated and can celebrate your accomplishment with local Sherpa cuisine. O/N in Namche. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 11: Namche Bazaar – Lukla: 6 – 8 Hrs

You will trek back from Namche Bazaar to Lukla, leaving behind the pine and cedar forests, as you reflect upon your trek and complete your journey. O/N in Lukla. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 12: Fly back to Kathmandu/Rest Day

Soak in your last sight of the Himalayas as you fly back to Kathmandu from Lukla and enjoy your final night in the heart of the city. O/N at the hotel. **Included:**

Accommodation, Breakfast, and Dinner.

Day 13: Final Departure

On your final day, we will drop you off at Tribhuvan International Airport and wave goodbye as you catch your flight back home. **Included: Breakfast**

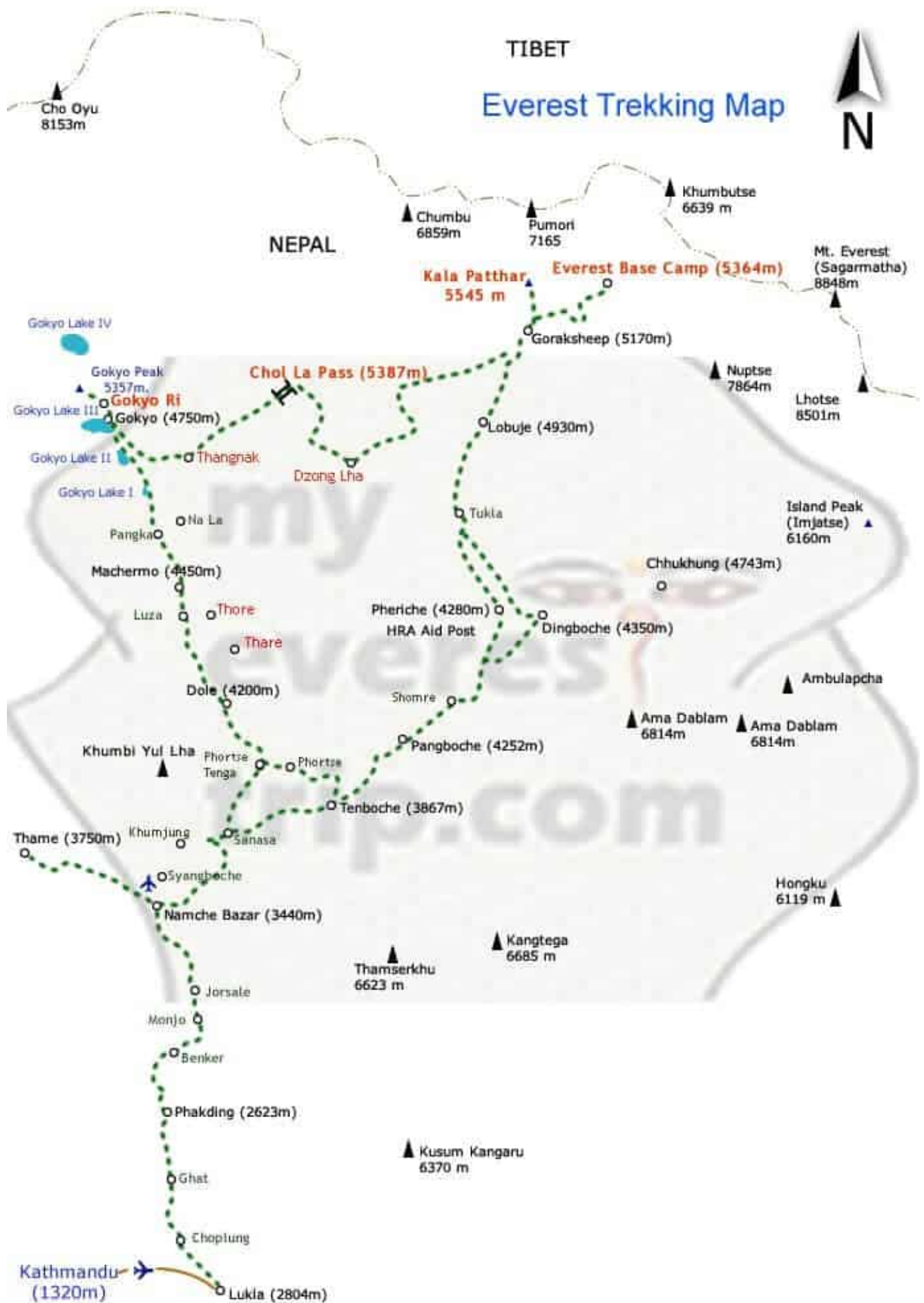
What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) in the whole trekking
- Domestic flights (KTM-Lukla-KTM) with all surcharges airport taxes for guests and guide
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

What's not included

- Meals in Kathmandu before and after trekking,
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment.

Trip Map



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