

# 14 Days Gokyo Lake Trek

## TRIP OVERVIEW



**Trip profile**  
14 Day Gokyo Lake Trek



**Cost**  
USD 2190



**Type**  
Trekking



**Trek Days**  
14 Days



**Accommodation**  
3 star hotel in Kathmandu and Teahouse during trek



**Meal**  
All meals (breakfast, lunch, dinner) included

## What's included ?

- Accommodation at 4-star Hotel or similar category in Kathmandu
- All ground transportation on a comfortable private vehicle as per the itinerary
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- An experienced, English-speaking local leader
- Domestic flights (as per the itinerary)
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- Free Trip dossiers & other information in a printable format
- General first aid kits
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Porter service (2 trekkers: 1 porter)
- Sherpa/porters properly insured and equipped
- Sightseeing in Kathmandu Based on your picks (Any 4), with entrance fees by private vehicle
- Signature Accommodations-Best Available in the mountains
- Welcome and farewell dinner at finest local restaurant

## What's excluded ?

- Extra night accommodation in case of early arrival or late departure
- Hot Shower, Wi-Fi, Power charging during the trekking or mountaineering
- International airfare to and from Kathmandu
- Nepalese visa fee

- Optional trips and sightseeing if extended
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tipping to staffs (as an appreciation)
- Your travel insurance that covers Helicopter evacuation as well as medical expenses and trip cancellation.

## Day 1: Arrival In Kathmandu

We are delighted to provide an airport pickup service as an innovative customer offering, our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

**Highlights:** Music, Cultural dance, the lively Thamel one-stop shop for backpackers, clubs & pubs, an array of restaurants.

**Accommodation:** Kathmandu 4 star hotel.

**Elevation:** 1,400 metres (4,600 feet)

## Day 2: Fly to Lukla & Trek to Phakding

**Airport transfer:** 20 minutes drive

**Flight Kathmandu to Lukla:** 30 minutes

**Trek Lukla to Phakding:** 3 - 4 hours, Elevation: 2,610 m

**Accommodation:** Basic Teahouse.

**Meals Provided:** Breakfast, Lunch, Dinner

**Difficulty:** Easy.

**Highlights:** Enthralling flight to Lukla, old Gumela/Rimishung Monastery, prayer flags, Buddhist shrines, prayer flags & traditional Sherpa peoples.

## Day 3: Trek to Namche Bazaar

**Walking Hours:** 5-6 hours

**Difficulty:** Moderate.

**Accommodation:** Basic Teahouse.

**Elevation:** 3,440 m

**Topography:** Uphill ascends, Stones steps, Steep Inclines

**Highlights:** Suspension bridge, Dudh Koshi river, Yak herds, Traditional food Tsampa, Prayer wheels

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 4: Acclimatization day in Namche Bazaar

**Walking Hours:** 3

**Difficulty:** Easy

**Accommodation:** Basic Teahouse.

**Elevation:** 3962m

**Topography:** Grassy, Flat tracks

**Highlights:** Nauche Monastery, Sagarmatha National Park, Sherpa Culture Museum, Khumjung Edmund Hillary School, views-Everest, Lhotse, Lhotse Shar, Lobuche Peak and Ama Dablam.

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 5: Trek to Phortse Thanga

**Walking Hours:** 4

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse.

**Elevation:** 3680m

**Topography:** Rocky, steep inclines, mountain pass

**Highlights:** Dudh Koshi valley, Khumjung village, mountain peaks, Mani stone walls and chortens

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 6: Trek to Machhermo

**Walking Hours:** 5

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse.

**Elevation:** 4470m

**Topography:** Forests, steep inclines, brown and grey landscapes, metal bridge

**Highlights:** Snow covered peaks, rhododendron forests

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 7: Trek to Gokyo

**Walking Hours:** 6

**Difficulty:** Moderately difficult

**Accommodation:** Basic Teahouse.

**Elevation:** 4790m

**Topography:** Rocky tracks, steep inclines, brown and grey landscapes, metal bridge

**Highlights:** Snow covered peaks, rhododendron forests

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 8: Trek to Gokyo Ri and Trek back to Gokyo

**Walking Hours:** 8

**Difficulty:** Difficult/strenuous.

**Accommodation:** Basic Teahouse.

**Elevation:** 5357m

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**Topography:** Rocky uneven tracks, ridges, Uphill & flat trails

**Highlights:** lateral moraine of the Ngozumba glacier, Gokyo valley Gokyo Ri, Views-Everest, Lhotse, Lhotse Shar, Nuptse, Makalu, Cho-Oyu and Gychung Kang

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 9: Trek to Dole

**Walking Hours:** 7

**Difficulty:** Moderate to difficult

**Accommodation:** Basic Teahouse.

**Elevation:** 4110m

**Topography:** Glacial paths, Steep Descends, icy

**Highlights:** downhill walk, walk pass Ngozumba glacier, Machermo & Luzo village

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 10: Trek back to Namche Bazaar

**Walking Hours:** 6

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse

**Elevation:** 3440m

**Topography:** Forested paths

**Highlights:** Downhill walk, Namche Bazaar & its charm, a variety of food menus, Rhododendron, fir trees, mountain goats & yaks

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 11: Trek to Lukla

**Walking Hours:** 7

**Difficulty:** moderate

**Accommodation:** Basic Teahouse.

**Elevation:** 2840m

**Topography:** downhill descends, walk by river banks

**Highlights:** Khumbu region, thick forests, species of birds, mountain views

**views-** Everest, Nuptse, Changtse

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 12: Fly to Kathmandu

**Walking Hours:** No walking hours

**Difficulty:** Easy

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**Accommodation:** 4-star Hotel

**Elevation:** 1400m

**Highlights:** Bird's eye view of forested lands, hills, breathtaking flight

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 13: Sightseeing

Cultural and Historical sites around Kathmandu Valley - **Boudanath, Kathmandu Durbar Square, Pashupatinath, Swayambhunath (Monkey Temple) and Patan Durbar Square.**

Farewell Dinner at finest local restaurant

## Day 14: Final Departure

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country, Nepal.

