



Everest Gokyo Ri Trek - 14 days - \$650/Person

Trip Info

Trip Code: WHT/NT-01

Grade: Moderate

Maximum Elevation: 5,357M.

Type: Trekking/Hiking

Activity: Hiking and Camping

Starts at: LUKLA

Ends at: LUKLA

Trip Route: Lukla -Namche Bazaar-Phortse-Machhermo-Gokyo-Gokyo Ri –Dole-Machhermo-Namche-Lukla

Best Season: Autumn & Spring

Accommodation: Not Included

Meal: Not Included

Offer: 15% Discount

Gokyo ridge trek is an adventure trek destination located in the Everest region. There are total 19 lakes and all of them are formed with a freshwater system, collectively known as gokyo lakes. There is a tiny village named Gokyo on the foothills of gokyo ridge along the eastern shore of Gokyo Cho Lake. Furthermore, It is a small village that caters to the tourists which normally closes in winter due to extreme cold and snowfall. Gokyo Ridge equally popular as a gokyo trek and gokyo ri is the highest hilltop located at an altitude at 5357 meters that have the proud height to look straight at Mount Everest.

Not only this but also you can see the tallest mountains such as Mount Makalu, Mount Lhotse, Mount Cho-Oyu and Mount Everest including several other snow-capped mountains in a single line. Gokyo Valley Trek route is traversing through delightful valleys, crystal clear blue and green pristine lakes, world's biggest ice glacier called nogazompa glacier dominated by nearest mountains of Everest Himalaya range. The Glacial Gokyo Lakes in gokyo trek is a holy pilgrimage place for both Hindu and Buddhists.

Majestic Gokyo trek on Gokyo lakes trek is inhabited by solitary Tibetan-Buddhist civilization of sherpas with antique establishments of centuries years old. Gokyo Treks Nepal to Gokyo passes along a less traveled and tranquil route, over the 17000' Renjo La Pass, with stunning views of Everest, Lhotse, Ama Dablam and Cho Oyu.

Itinerary

Day 1 - Arrive in Kathmandu (1300 m/4264 ft)

A White Himalayas Treks representative will pick us up after we land at the Tribhuvan International Airport. Afterwards, we will be dropped off at our hotel where we can take a rest. Later in the evening, we will have a welcome dinner hosted by White Himalayas Treks which will introduce us to Nepalese cuisine.

Day 2 - Kathmandu: Sightseeing and trek preparation

We tour four UNESCO World Heritage Sites today. These include Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambhunath) and another Buddhist shrine (Boudhanath). These heritage sites hold immense cultural, religious, architectural and historical value for the Nepalese people. Later we gather at Himalayan Glacier to get better acquainted with our travel plans and fellow trekkers. Overnight at Kathmandu.

Day 3 - Fly to Lukla (2,800 m/9,184 ft), trek to Phakding (2,652 m/8,700 ft): 3 - 4 hours

We leave for Lukla on an early morning flight. It will be an adventurous ride as the Tenzing/Hillary airport is a steep airstrip that is actually hanging off the side of a mountain. After reaching Lukla, we meet the rest of our trekking staff and begin trekking to Phakding. Overnight in Phakding.

Day 4 - Phakding to Namche Bazaar (3,440 m/11,283 ft): 5 - 6 hours

Our trail moves forward alongside the Dudh Koshi River. During the trek we cross several suspension bridges and pass several villages, monasteries and chortens. We can enjoy a good view of Mt. Thamserku from Benkar village. Our trekking permits will be checked at Monjo as we enter the Sagarmatha National Park. A descent and a gradual walk brings us to Jorsale, the last village until Namche Bazaar. The walk is enjoyable through a river bed and we reach the Hillary Suspension Bridge. As we climb up towards Namche Bazaar, the magnificent sights of Kwangde Peak, Kusum peak, Kangaru peak, Mt. Everest, Lhotse, Tawache, and many other fabulous mountains greet us. Overnight in Namche Bazaar.

Day 5 - Namche Bazaar: acclimatization

Acclimatization is important for us to adjust to the gradual change in environment. It will also help us to prevent catching Acute Mountain Sickness (AMS). Today we hike to Khumjung villages, enjoy the Himalayan vista from Syangboche or tour the quaint streets of Namche Bazaar. We can also visit the Tourist Visitor Center where we can see a variety of things related to the first Everest ascenders and Sherpa culture. This visit will also get us acquainted with various plant and animal life of the Everest

www.whitehimalayastreks.com

region. In Khumjung we can even visit a monastery that houses a yeti scalp! We also climb up to the airstrip above Syangboche and enjoy incredible views of Kongde, Thamserku and Khumbila mountains. We walk back to Namche Bazaar to spend the night.

Day 6 - Namche Bazaar to Phorse (3810 m/ 12,496 ft): 5 - 6 hours

We leave Namche Bazaar on a trail with gradual ups and downs. On the way we are likely to spot Himalayan pheasants, musk deer and Himalayan Thars. We then begin descending to Kyanjuma. From Sansa, we follow the Gokyo trails and from Mong we get a glimpse of Ama Dablam, Thamserku, Tawoche and Khumbila mountains. Our trail descends to Dudhkoshi Khola after which it is an uphill climb through rhododendron forests before reaching Phorse. From here we get good views of Tawache and Cholaste mountains. Overnight in Phorse.

Day 7 - Phortse Village to Machhermo-(4,470 m/ 14,663 ft): 5 - 6 hours

After crossing a bridge over the Dudh Koshi River, we are likely to come face to face with local wildlife like pheasants, mountain goats, and musk deer. Our trail passes through forests, waterfalls and bridges before reaching Dole. We climb on a steady trail through a scenic ridge with views of Cho Oyu, Kantega, and Thamserku mountains. We ascend from Luza village and walk above the Dudh Koshi River. We continue walking through small villages and sandy trails before reaching Machhermo. We can visit the Himalayan Rescue Hospital for a lecture regarding altitude sickness, its precaution, and primary treatment. Overnight in Machhermo.

Day 8 - Machharmo to Gokyo (4800 m/15,744 ft): 5 - 6 hours

We ascend on a hill and enjoy views of the Dudh Koshi valley and Kangtega, Thamserku and Cho-Oyu mountains. Beyond the ridge the valley widens as the trail passes through a Chorten and reaches Phangga. We descend to the river bank before climbing up to the terminal moraine of the Ngozamba Glacier on a steep trail. We pass through Longpongo, Raboche Tsho and Dudh Pokhari before reaching Gokyo. On the trail next to the first lake, we see what is believed to be the footprints of a Lama (Buddhist priest). We explore Dudh Pokhari before calling it a night. Overnight in Gokyo.

Day 9 - Gokyo Valley: Climb Gokyo Ri (5357 m/17,570 ft) and hike to fifth lakes: 5 - 6 hours

We spend another day in Gokyo to acclimatize to the high altitude. If the weather is good, we climb Gokyo Ri today. From the top of Gokyo Ri we admire the Himalayan vista and the tranquil Gokyo lakes. We also hike to the fourth and the fifth Gokyo lakes. The 4th lake is only about 3km north of Gokyo. It is marked by high cliffs and Himalayan peaks rising above it. We continue to walking a little further and reach the 5th lake. A climb up a nearby hill will guarantee us remarkable views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makulu. We can see a lot more from here - the spot is called Scoundrel's Viewpoint. From the northern part of the 5th lake we see the Cho Oyu base camp and

Ngazumpa Glacier which is the biggest glacier the world. We walk back to Gokyo to spend the night.

Day 10 - Gokyo to Dole: 3 - 4 hours

We descend on a trail along the Dudh Koshi River and pass the first Gokyo lakes. On the way we also enjoy views of the Cholatse and Taboche peaks. Our trail descends before climbing a hill. After reaching the chorten at the edge, we see great views of Thamserku, Cho Oyu, and Kangtega mountains. We walk past Machhermo, Luza and Lhafarma villages before reaching Dole. Overnight in Dole.

Day 11 - Dole to Namche Bazaar: 4 - 5 hours

We descend on a steep trail to Phortse Thanga admiring rhododendrons, wildflowers and waterfalls. We also come across mountain goats, musk deer, pheasants, etc. From Mong, we can admire a good view of Khumbila peak. On our way to Namche the view of Taboche, Ama Dablam, Thamserku and Kangtega mountains are ours to admire. After walking for a while, we reach an intersection where the trail from Sanasa meets our trail. We walk on a trail that clings to a forested slope beyond Kyangjuma, winding through several bends. After reaching Namche army camp hill, we look back to see Lhotse, the tip of Everest and Tengboche for one last time. About a kilometer from here is Namche Bazaar. Overnight in Namche Bazaar.

Day 12 - Namche Bazaar to Lukla: 6 - 8 hours

We descend on a rocky trail and cross several suspension bridges before walking on a leveled trail. The air is warmer as we walk on the same trail to reach Lukla. Our trek in the mountain ends after we reach Lukla. We spend our time reminiscing about our time spent in the mountain. Overnight in Lukla.

Day 13 - Fly to Kathmandu

We fly back to Kathmandu on the earliest possible flight. After reaching Kathmandu we have the rest of the day off to rest. In the evening, there will be a farewell dinner to enjoy with our trek leader and a few Himalayan Glacier staff to mark the end of our trip in Nepal. Overnight in Kathmandu.

Day 14 - Final departure

A White Himalayas Treks representative will pick us up from our hotel and drop us off at the Tribhuvan International Airport three hours before our scheduled flight.



www.whitehimalayastreks.com

Cost Includes

- Guide Fee, Food & Insurance
- Permits (Sagarmatha National Park & Tims Card)

Cost Excludes

- Hotel accommodation in Kathmandu
- Teahouse accommodation during the trek
- All meals (breakfast, lunch and dinner) during the trek
- Guided city tour in Kathmandu by private vehicle
- Entrance fees for sightseeing/monument visits as per the itinerary
- Porter service (if you need Porter Pay 25\$ Per Day Per Person)
- Nepalese visa fee & International airfare to and from Kathmandu
- Excess baggage charge(s)
- Travel and rescue insurance
- Tips for guide(s), porter(s) and driver(s)