



## Gokyo Valley Trekking - 14 Days

Gokyo Valley Trekking is one of the most **adventurous and thrilling** trekking in the **Everest Region** which offers a wonderful prospect to explore the scenery of Gokyo Valley, including the beautiful glacier lakes Gokyo Ri. Which is also the summit of Gokyo valley. The main reflection of the Everest region is associated with the magnificent view of the most popular **mountains of Nepal**. Some of the mountains of Nepal ranging at an altitude of 8000m are **Cho Oyu, Lhotse, Makalu and Everest**. They are clearly visible from **Gokyo Ri** above **Gokyo Lake**.

Gokyo Valley Trekking is the finest adventure in the **Gokyo Valley region**, which comprises natural beauties and scenic diversity and varieties of ethnic groups with their unique cultures and tradition of this region. You will observe the most stunning views of the Himalayas, beautiful valley and deep gorges, majestic glaciers and glacial rivers. Gokyo Valley Trekking accompanies spectacular panoramic views of snow-capped mountains, the forest, cool waterfalls, crossing suspension bridges, and the most popular Sherpa Village of **Everest Trekking trail**. Gokyo Valley Trek is marked moderate in difficulties, so everyone with sound health can attend it.

Gokyo Valley is a living museum spotted with small villages and settlements. The friendly behaviour of **local Sherpa** adds the charm to this place. Gokyo Valley is a picturesque village situated by the bank of **third Gokyo Lake**, which has several stone houses, small hotels catering to tourists and trekkers. Away from the beauty of Gokyo Valley, the Sherpa Settlements and Buddhist monasteries, the trails of **Dudh Koshi river**, the green forested paths of **Khumbu** to the stony terrains to the moraines of **Ngozumpa Glacier**, are the main attractions of this place.



---

## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- Full day sightseeing in Kathmandu
- Trekking Permits and TIMS card
- Kathmandu- Lukla- Kathmandu domestic flight
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### Day 1: Kathmandu Arrival and Transfer to Hotel

On your arrival day, the representative from Visit Mount Treks and Tours will welcome you and then you shall be transferred Hotel in Kathmandu. Overnight at hotel of Kathmandu.

### Day 2: Full day sightseeing in Kathmandu

On the very first day, we will visit four different UNESCO World Heritage places in Kathmandu such as Kathmandu Durbar Square, Pashupatinath Temple, Boudhanath Stupa, Swoyambhunath Temple.

### Day 3: Fly to Lukla to Phakding

Our trip begins from the domestic terminal of TIA taking the very early morning flight to Lukla. In about 40 minutes of time, we will find ourselves at Tenzing-Hillary Airport, Lukla which is one of the most beautiful and thrilling air routes in the world terminating in a land on a hillside surrounded by high mountains. And then we will start following the trail towards Phakding along the beautiful Sherpa valleys.

### Day 4: Trek to Namche

We will head towards Namche following Dudh Koshi River. we will enjoy the beautiful view of the radiant Mt. Thamserku (6608m) on our right, also experience the serenity of pine, fir and juniper forests throughout our journey. We may even catch a glimpse of Mt. Everest peeking over the Lhotse - Nuptse ridge when the days are open and clear. After making through several suspension bridges we have a straight upward climbing trail which holds closes to Namche Bazaar.

### Day 5: Acclimatization Day at Namche

We will spend a day in Namche Bazar to alleviate our tired and exhausted muscle. We will make a short distance hike to the way of the museum which is celebrated for the exhibition of the traditional culture of Sherpa people. After that, we will also hike up to the Syangboche Airport which lies closer to the Everest View Hotel where we can observe the views of the Himalayas with an astonishing sunrise and sunset over the panorama of Khumbu peaks. Namche is a colourful village which includes interesting and exhilarating shops and vendors, fabulous food, and stunning views of mountains.

### Day 6: Trek to Phortse

As we climb sharply out of valley passing through the rhododendron forest, we will see juniper and large conifers according to the altitude being increased which makes the trekking very much perfect in springtime. We will observe Khumbu La and Twache throughout the day.

### Day 7: Trek to Machherma via Dole

On this day we will be climbing steadily along the side of the valley. The trail takes us through many summer settlements, which are used when yaks are taken to these pastures to graze in the summer months. In front of us are excellent views of Cho Oyu, while behind us down the valley are the peaks of Kantega and Thamserku.

### Day 8: Trek to Gokyo



The trek of today will take us to a very picturesque path to Pangka and then to the River that flows down the west side of the Ngozumpa Glacier. Then WE will climb a steep rocky inclined into the valley by the side of the glacier, passing the first of the holy lakes. And we soon follow the second and third lake respectively. The final lake is known as Dudh Pokhari and on its eastern beach is the settlement of Gokyo.

### **Day 9: Exploration around Gokyo**

Gokyo is situated by the side of the famous glacier Ngozumpa. Besides taking rest on this day we may take a hike to Gokyo Ri to observe the best view of the whole Gokyo valley, the massive Ngozumpa Glacier and an incredible panoramic view of the whole Khumbu Himalayas, including the giants Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. Or we can also take a short walk around Gokyo valley and circle around the glacier.

### **Day 10: Back to Dole**

On the tenth day, we will follow back to the descending trail to Dole again.

### **Day 11: Trek to Namche**

From Dole we will start descending steeply to Phortse Tenga passing through rhododendron forests then the path immediately ascends steeply to Mongla Danda (4000m) and to Kyanjoma (3500m). Finally, we will reach to Namche following small ups and down the trail.

### **Day 12: Trek Back to Lukla**

On our final day, we will trek down toward the Hillary Suspension Bridge and then pass through several local villages. And finally, we will reach to Lukla. Overnight here.

### **Day 13: Fly Back to Kathmandu**

We take a flight back to Kathmandu early in the morning and then reaching to Kathmandu we can either set a day as a rest day or souvenir as a shopping day.

### **Day 14: Final Departure**

On this day, you shall be transferred to the International Airport at least 3 hours before your flight for final goodbyes by a representative of Visit Mount Treks and Tours.