

## **Gokyo -Ri Lake trek**

**11 Nights 12 Days**

### **Highlights**

Gokyo –Ri Lake is situated at an elevation of 5,330 meters

Gokyo Valley and Gokyo Lakes (4,700–5,000m)

Adventures & thrilling flight to Lukla ( Tenzing-Hillary Airport)

Views of several 8,000-meter peaks, including Mount Everest, Lhotse, Makalu, and Cho Oyu.

Sherpa people, yaks, colorful festivals and Buddhist monasteries.

### ***Outline itinerary***

**Day 01: Arrival in Kathmandu & Transfer to the Hotel (1400Mtr)**

**Day 02: Kathmandu to Lukla Domestic flight & Trek to Phakding (2,640m) 4-5 hours.**

**Day 03: Phakding to Namche Bazaar ) (3,440m/11,286ft) 10-12 Hrs km trek / 6 -7 Hours .**

**Day 04: Namche acclimatization day & hike to Everest View Hotel (3969 m) 3-4 Km trek /3-4 Hours.**

**Day 05: Namche Bazaar to Dole (4230 Meters) 8 Km 5-6 hours.**

**Day 06: Dole to Machhermo (4470 Meters) 7 Km 5-6 Hours.**

**Day 07: Machhermo to Gokyo ,hike to Gokyo, RI (5330 Meters )7.5 Km 4 hours.**

**Day 08: Gokyo to Machhermo (hike to Gokyo Lake) (5333 Meters ) 5.7Km 5 hours.**

**Day 09: Machermo to Namche Bazaar (3440m) 10 Km 6-7 hours.**

**Day10: Namche Bazaar To Lukla (2850 Meters )13.5 Km 6-7 Hours.**

**Day 11: Lukla to Kathmandu 1400 Meters ) 40 Min fly**

**Day 12 Departure from Kathmandu**

### **Detail Itinerary**

**Day01: Arrival in Kathmandu & Transfer to the Hotel (1400Mtr)**

After your landing at Tribhuvan International Airport, you will be welcomed by our Representatives He will guide you to your hotel. You can rest for the day. In the evening, you will meet with your tour guide

in your hotel lobby, and he will brief you about the Everest Base Camp trek overnight stay at Kathmandu.

**Day 02 : Kathmandu to Lukla Domestic flight & Trek to Phakding (2,640m) 4-5 hours.**

Early morning after breakfast check out from Kathmandu hotel and transfer to Kathmandu domestic airport , schedule flight from Kathmandu to Lukla takes around 30 Min, world most adventures flight you can see High mountain and Himalayas range , after landing at tenjing - Hilary airport, our company representative and porter welcome you , start trekking we will pass through Chaurikharka Village.crose dhodhkoshi river ,then suspension Bridge to reach phakding , Dinner and overnight stay at the lodge/tea house.

**Day 03 : Phakding to Namche Bazaar ) (3,440m/11,286ft) 10-12 Hrs km trek / 6 -7 Hours .**

After breakfast trek Phakding to Namche Bazaar , Namche is the gateway to the Everest region. This is long day of trekking, taking 6-7 hours to reach Namche Bazaar The trek takes you through forests, suspension bridges, and along the banks of the Dudh Koshi River, then you will enter Sagarmatha National Park , here small check post you need to show your permit, after trek you reach Namche Bazaar lasgest Sherpa village . overnight stay at the lodge/tea house.

**Day 04 : Namche acclimatization day & hike to Everest View Hotel (3969 m) 3-4 Km trek /3-4 Hours.**

On this day you will we free for acclimatization & hike to Everest view hotel, Acclimatization days are an important for Everest base camp trek can cause high attitude sickness and low oxygen in the atmosphere,you can tack hike to the Khumjung Village and visit Khumjung monastery and another option Everest view hotel , Visit the Everest Photo Gallery & the Sherpa Culture Museum ,Return back to namche bazaar and overnight stay at the tea house.

**Day 05: Namche Bazaar to Dole (4230 Meters) 8 Km 5-6 hours.**

After breakfast we will ascend to Dudh Koshi valley and select a different route than the Everest base camp.this trek many uphill and downhill we cross Mong La Pass (3,957m) reaching Phortse Thenga. The trail passes through forests and small villages and offers scenic views of the surrounding mountains. Enjoy waterfalls and rhododendrons on this trail,after few hours trek we reach Dole ,overnight stay at tea house.

**Day 06: Dole to Machhermo (4470 Meters) 7 Km 5-6 Hours.**

On this day after healthy breakfast start trek from Dole to Machherma its take 5-6 hours , The trail passes through forests and small villages and offers scenic views Thamserku, after that reach the beautiful village of Machhermo.overnight stay at londge /tea house.

**Day 07: Machhermo to Gokyo ,hike to Gokyo, RI (5330 Meters )7.5 Km 4 hours.**

After having breakfast trek from Machhermo to Gokyo , 5-6 hours with higher altitude, The trail passes through forests and small villages and offers scenic views of Gokyo valley,we stop for take lunch then climb to Gokyo ri , take some videos and photos to surrounding Gokya Ri.overnigh stay at Tea house..

**Day 08: Gokyo to Machhermo (hike to Gokyo Lake) (5333 Meters ) 5.7Km 5 hours.**

Early morning take a sunrise excursion to Gokyo Ri , This takes 2.5 to 3 hours to climb up,its challenging but most rewarding for trekkers lover,after visit back to Machermo for overnight stay teahouse.

**Day 09: Machermo to Namche Bazaar (3440m) 10 Km 6-7 hours.**

After breakfast trek from Machermo to Namche Bazaar its take approx. 6-7 hours , The trail passes through forests and small villages and offers scenic views & landscapes, Namche is the gateway to the Everest region ,overnight stay at Tea house & Lodge.

**Day10: Namche Bazaar To Lukla (2850 Meters) 13.5 Km 6-7 Hours.**

After breakfast trek Namche bazaar to Lukla its take 7 hours long trek , after three hours trek we reach phakding after tack lunch at tea house and trek back to lukla you will take rest and celebrate with your team .overnight stay at londge /tea house.

**Day 11: Lukla to Kathmandu 1400 Meters ) 40 Min fly**

After early morning breakfast we we'll take a flight from Lukla to Kathmandu. your landing at Tribhuvan International Airport, you will be welcomed by our Representatives He will guide you to your hotel.overnight stay at Kathmandu.

**Day 12 Departure from Kathmandu**

Transfer to International Airport for your flight back to home. you should be reporting at the Airport counter 3 hours prior to the departure time.

**Fix departures Dates**

**Includes**

Airport pickup & drop off for both National and International

2 Nights hotel in Kathmandu on BB Plan on sharing basis

Domestic Flights: Both way air ticket (KTM-LUKLA-KTM) with the airport tax

Necessary transportation cost for our trekking crews

Tea house accommodation during the trekking

**Meals:** Full board (Breakfast, Lunch & Dinner) with Tea/ Coffee

**Permit:** All the necessary permits required for trekking

1 Certified Trekking Guide

Porters: Necessary porters (2 Members: 1 Porter)

Insurance for all the involved Nepalese Staffs

Our service charge and government taxes levied by Nepal Government

Duffel bag (If required)

Trekking Route Map

First Aid Medical Kit carried by Guide

Sightseeing in Kathmandu Valley with Tour Guide, necessary Transportation

Farewell dinner in a typical Nepalese restaurant in Kathmandu

**Excludes**

International Airfare

Nepal Entry Visa Fee

Travel and Emergency Medical Rescue Evacuation

Lunch and dinner during your Hotel stay in Kathmandu

Trekking Gears, Phone Calls, Water, Laundry, Bar Bills, Battery Recharge, and Internet etc.

Tips for Staffs