

Gokyo Valley Trek

Facts

Destination: Nepal

Trip Difficulty: Hard

Trip Style: Trekking

Food: Breakfast, Lunch, Dinner (BLD)

Accommodation: Budget Hotels & Mountain Lodges

Group Size: Min 2

Max Elevation: 5482

The Gokyo Lakes region at the Dudh Kosi Valley's head offers an excellent alternative to the traditional Everest Base Camp trek. It is a more peaceful walk through the Sherpa heartland, with plenty of time for acclimatization and opportunities to take in the magnificent scenery from wonderful alpine campsites. Our ascent of Gokyo Ri was the highlight of the expedition. We get spectacular views of Everest as well as the 8000m peaks of Lhotse, Makalu, and Cho Oyu from the summit.

Best Time to Visit:

The pre-monsoon (spring) and post-monsoon (fall) seasons are the best times to go on the Gokyo Valley Trek. Rhododendrons are in flower, the air is nice, and the skies are clear in the spring (March to May). The autumn season (September to November) offers consistent weather, superb visibility, and a lively environment. These times guarantee ideal walking terrain and breathtaking Himalayan views.

Alternatives to Take into Account:

If you're looking for additional Everest-area trekking choices, take into account the Everest Base Camp Trek. This well-known trip gives a distinctive viewpoint of the surrounding mountains and leads to the base camp of the highest peak in the world. As an alternative, experienced trekkers can go on the Three Passes Trek, a difficult expedition that spans three high passes.

The Gokyo Valley Trek promises an amazing experience across Nepal's Everest region, where natural beauty and cultural legacy collide. Every step of the trip is a visual treat, from the breathtaking mountain panorama to the lovely Gokyo Lakes. To have the finest experience, go during the spring or autumn seasons when the weather is nice. Consider alternate hikes such as the Everest Base Camp or the Three Passes Trek for a different perspective. Prepare to be immersed in the splendors of the Gokyo Valley Trek and make lifelong memories among the Himalayan beauties.

Highlights

- City tour in Kathmandu
- Sunrise and sunset with excellent mountain from Gokyo Ri
- Explore Sherpa culture in Khumjung village
- Walking through Dudh Koshi river
- Moderate trekking in Khumbu Himalayas
- Explore In Gokyo valley
- Scenic flight from Kathmandu-Lukla-Kathmandu

Day to Day Itinerary

Day 01: Arrival in Kathmandu Kathmandu

Day 02: In Kathmandu (1350m)

Day 03: Fly to Lukla (2800m) and trek to Phakding (2610m)

Day 04: Trek to Namche Bazaar.

Day 05: Acclimatization in Namche Bazaar

Day 06: Trek from Namche to Dole

Day 07: Trek to Machhermo

Day 08: Trek to Gokyo valley

Day 09: Hike to Gokyo Ri

Day 10: Trek back to Dole

Day 11: Trek back to Namche Bazaar

Day 12: Trek back to Lukla

Day 13: Fly back to Kathmandu

Day 14: Departure

Cost Includes

- Airport / Hotel / Airport pick up & drop by private vehicle.
- Standard twin sharing accommodation in a tourist category hotel in Kathmandu; Breakfast included. (3 nights)
- Guided city tour in Kathmandu by private tourist vehicle.
- All your standard Meals during the trek (Breakfasts, Lunches, and Dinners).
- Teahouse accommodation during the trek.
- Local licensed English-speaking guide.
- The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- Food, accommodation, salary, insurance, equipment, and medicine for all trekking staff.
- Everest Conservation Park permits and TIMS permit for trekking.
- Duffel Bags and sleeping bag by the company (which need to be returned after the trek).
- Kathmandu- Lukla- Kathmandu flight ticket
- Farewell dinner in typical Nepali Restaurant with cultural dance show on second last day.
- All our government taxes, vat and service charges

Cost Excludes

- Lunch and dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation
- International Airfare
- Nepal entry visa fee
- Alcoholic, hot, cold drinks, any bottle drink.
- Sightseeing/Monument entrance fees in Kathmandu.
- Personal trekking/tour equipment.
- Tips for the tour, trekking staff, and driver (Tipping is expected)
- Any others expenses which are not mentioned in the “Cost Includes” section.