

## Gokyo-Lake Trek (16 Days)

### Trek Overview

- Duration: 15 days
- Activity: Trekking /Tour
- Max. Altitude: 5300 meters.
- Average walking: 8km (Per day)
- Accommodation: Tea House
- Trekking days: 10 days
- Transport: Road and Air
- Group size: 1-12 person
- Difficulty: Moderate-Difficult
- Region: Sagarmatha National Park.

### Introduction

Starting with a classic route of mountaineers and trekkers to Everest base camp, you will experience the vibrant ambiance of Namche Bazaar, a prosperous market town nestled in the heart of the Himalayas. From here, the trail veers off towards Gokyo, offering breathtaking views of the Himalayan mountain scenery. Trekking along the mighty Imtse Khola, you will pass through typical Sherpa villages, and Buddhist stupas adorned with colorful prayer flags, exploring the unique spiritual traditions of Tibetan Buddhism in the Himalayas. The Trek culminates at Gokyo Lake, where you will see some of the most spectacular views in the world.

The Gokyo-Ri, standing tall at an elevation of 17,575 ft. (5,357 m.), offers panoramic views of the world's tallest mountains, including Everest, Lhotse, and other towering Himalayan peaks. The Gokyo Lakes and the Ngozumpa glacier, the largest glacier in the world, can be seen from Gokyo Lake, lying at the base of the world's 6th tallest mountain, Cho Oyo. The breathtaking spectacle of the sunrise and sunset at Gokyo Lake is an experience not to be missed. The 16 days Gokyo Lake trek promises an unforgettable adventure through the unparalleled natural beauty of the Himalayas, coupled with a unique cultural experience of the Sherpa people and their way of life.



*Image: View from Gokyo Ri.*

### important Note

This itinerary may change anytime due to bad weather, natural disasters, authority rules and regulations, and other circumstances beyond our control.



## TRIP ITINERARY

<b>Day: 1</b>	<b>Arrive in Kathmandu:</b> <p>Schedule your flight as your itinerary of Trek. Our Guide or Driver will pick you up and drop you in the Hotel. He will brief you about your following day's schedule.</p>
<b>Day: 2</b>	<b>Kathmandu sightseeing and Trek Preparation.</b> <p>As per the plan, our guide will pick up for city sightseeing. Three major Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square, are scheduled for this day. After the sightseeing trekking guide checks your trekking equipment, recommends necessary gear items to add to the list, and briefs you about the following day's activities.</p>
<b>Day: 3</b>	<b>FLIGHT TO LUKLA (2840M) AND TREK TO PHAKDING (2610M).</b> <p>As per the briefing trekking guide will pick you up from the Hotel and drive to the airport. Lukla's flight is around 20-30 minutes if the flight takes up as per schedule. In Lukla, we have tea and meet with our other trekking Sherpa (guide assistant) and porter. After a short tea break, we start our Trek toward Phakding. We pass through beautiful sherpa villages and Choplung, Thado Koshi, and Ghat tea houses. A few large prayer wheels and stupa are at the trail's end. Phakding is not far now.</p> <p><i>(Note: if a flight cancels due to weather or any causes, we will prepare for the next day. If the flight can't take within a couple of days, we will try by helicopter, which adds an extra cost of around \$500 per person. It's slightly changed in the trek itinerary and escape a couple of days when returning from Everest Base camp.)</i></p>
<b>Day: 4</b>	<b>Check-in National Park and Trek to Namche (3440m).</b> <p>From Phakding, the trails climb on the west side of the river through pine forests. Crossing the few bridges over Dudh Koshi, the check-in national park trail drops steeply down, and crossing the suspension bridge now, we are in Jorsale (2740m) last tea house before Namche. Here we stop to fuel up and then continue upstream. Larja Dobhan is best for short rest and a view of the high bridge of the day. From here, the trail climbs up through a pine forest for around 3 hours and climbs the capital of Sherpa Namche, waiting to welcome you. Here we spend a couple of days acclimatizing.</p>



<p><b>Day: 5</b></p>	<p><b>Acclimatization walks to Everest View, Khumjung, and back to Namche.</b></p> <p>Today is an easy day, and best to explore the Namche and sherpa villages. If you miss some equipment while departing, you can find the necessary trekking equipment here. After breakfast, take only your day backpack and leave the other stuff in the Hotel. First, we climb up 20-30mins to the museums and viewpoint. Usually, the view is clear in the morning. Everest, Thamserku, Ama Dablam, Taboche, and other peaks are seen from the viewpoint. Everest View Hotel (3800m) is best for a tea break and a close-up mountain view. After 20 minute walk from the Hotel, you can get to Khumjung village.</p>
<p><b>Day: 6</b></p>	<p><b>Trek Namche to Dole (4200 m.): Approx. 10 Km.</b></p> <p>The walk until the Khyangjuma is straight through the hill and ascent steep to Mong. After a short descent to Phortse Tenga, we stopped for an hour for Lunch and tea and continued climbing to Dole.</p>
<p><b>Day: 7</b></p>	<p><b>Trek Dole to Machhermo (4470 m.) – Approx. 6 Km.</b></p> <p>Today is a short hike for acclimatization, around 4-5 hours of walking. Machhermo is a small settlement and primary medical facility run by the Himalayan Rescue Association. After Lunch, we can take a short walk and rest in Hotel.</p>
<p><b>Day: 8</b></p>	<p><b>Trek Machhermo to Gokyo (4800 m.) – Approx. 6 Km.</b></p> <p>Today we approach our final destination Gokyo Lake; after 3-4 hours of walking, we approach the first lake of Gokyo and the originating point of Dudh Koshi river. We walked side by the side of Gokyo lake and finally arrived in Gokyo, a small settlement on the east side of Gokyo third lake.</p>
<p><b>Day: 9</b></p>	<p><b>Hike to Gokyo-Ri (5360 m.) and rest day in Gokyo.</b></p> <p>Gokyo-Ri is best for sunrise on surrounding peaks and Cho-Oyu (8188m). start to climb up early morning, around four clocks. Reaching Gokyo-Ri's top takes 2-3 hours of a strenuous climb. Standing between high mountains, Gokyo-Ri offers a magnificent view of four eight thousand mountains Cho-Oyu, Everest, Lhotse, Makalu, and other beautiful peaks. It also provides the best view of Nepal's biggest glacier, Gokyo Lakes, and Gokyo valley. Leave behind a stunning viewpoint; we back down to Lodge.</p>



<b>Day: 10</b>	<p><b>Trek Gokyo to Dhole (4100 m.): approx. 12 Km.</b></p> <p>We are returning to Dole after breakfast, following the Dudh Koshi river and staying overnight in Dhole.</p>
<b>Day: 11</b>	<p><b>Trek Dhole to Namche. - 11 KM.</b></p> <p>After breakfast, we follow the Dudh Koshi river southwards, passing through the pine and rhododendron trees. One-hour walk down leads trail to the small village of Phortse Thanga, from where the trail begins to 1-hour short climb up to Mong. Mong is the best viewpoint of Ama Dablam, Thamserku peaks, and a short tea break. Climb down from Mong trail to connect to the main route of Everest base camp in Khyanguma. Following the route northwest, we finally get back to Namche.</p>
<b>Day: 12</b>	<p><b>Check out National Park and Continue to Lukla – 19 km.</b></p> <p>After breakfast and necessary backpacking, we continue to descend to Monjo. Check-out national park and follow the southwards of Dudh Koshi river; we stop in Phakding for Lunch. Around 3 hour walk from Phakding, we check in at Lukla and join dinner with porters in the evening.</p>
<b>Day: 13</b>	<p><b>Fly back to Kathmandu.</b></p> <p>Early morning short flight from Lukla to Kathmandu, approximately 20-30 mins. Check-in hotel, rest, and shop. Your guide will update you about the next day's schedule.</p>
<b>Day: 14</b>	<p><b>Free Day in Kathmandu.</b></p> <p>Today is a rest day in Kathmandu after your long adventure in the Himalayas. Today is also a spare day in case of bad weather and flight cancellation. You can spend time in Hotel or walk around Thamel streets for shopping. You can ask your guide if you want to visit some other place.</p>
<b>Day: 15</b>	<p><b>Final Departure.</b></p> <p>Your guide or driver will drop you at the airport 3 hours before the flight schedule.</p>





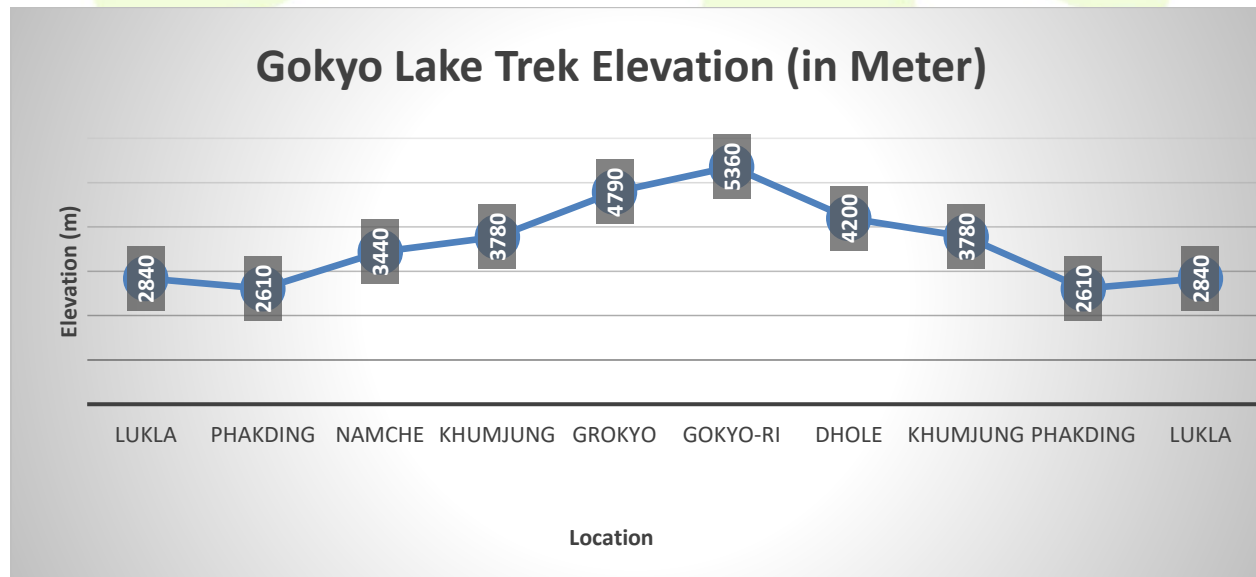
### What's included

- ✓ 4 nights in Kathmandu 4, stars hotel and Tea houses on sharing basis during Trek.
- ✓ All listed transport and activities.
- ✓ Breakfast – Lunch – Dinner during Trek.
- ✓ Trekking permit and national park fees.
- ✓ Arrival and departure transfers.
- ✓ Experienced Trekking guide and porter for (2:1) ratio.
- ✓ Flight ticket Kathmandu-Lukla-Kathmandu.
- ✓ Proper Insurance of all local staff including porters.
- ✓ Entry fees in Heritage site in Kathmandu as per itinerary.

### What's not included

- ✗ Personal Travel and Medical Insurances.
- ✗ Personal Trekking Gear and Equipment.
- ✗ International flight tickets.
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Lunch and Dinner in Pokhara.
- ✗ Visa fees and vaccination
- ✗ Any other cost occurs due to unforeseen circumstance.

**Note:** In seasonal times, March, May, October, and November Lukla flights operate from Ramechhap (Manthali Airport), 133km east of Kathmandu which takes about 4 hours' drive from Kathmandu to Manthali. Kathmandu to Lukla flight is possible by helicopter ride.



## Essential Information

### WEATHER

Nepal is mainly temperate, with four main seasons. Mostly, the tourists come in the autumn peak season (late September and late November), when the sky is clear and it is neither too cold in the mountains nor too hot in the Terai. There is the dry season from October to May and the wet season (the monsoon) from June to September. In summer (May to September), Kathmandu can get very hot, with temperatures often above 30 degrees Celsius. Even in winter (October to April), the bright sunny days usually reach 20 degrees Celsius, although at night the temperature may fall to near freezing.

From October to November, the start of the dry season, is the best time. With the monsoon finished and a clear sky, the countryside is green and lush. Usually, the temperature is low and visibility is excellent for trekking in the mountains. From December to January, the climate and visibility are good, although it's very cold. From February to April, the second-best time to visit. The weather gets warmer, so high-altitude hiking is easier. During this season, Nepal's national flower, rhododendrons, and many other flowers are in bloom, so there's plenty of color to be seen along the trekking trails.



**Note: Note: This is just a sample and not for an advertisement.**



## Visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple-entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu) for tourists. Tourists who enter by land can obtain a permit at the border check post. You can also receive a visa issued by a Nepalese Diplomatic Mission before you depart from home.

At the airport, while you can use different modes of payment (at the visa fee collection counter), we advise you to carry some cash to be safe.

### On-Arrival Visa Fee

- 15 Days – 30 USD.
- 30 Days – 50 USD.
- 90 Days – 125 USD.

Note: The immigration authority does not accept some country's tourist on-arrival visas; consult or check the Nepal immigration website for details.

## Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink, but it's not eco-friendly. In trekking, you can use boiled water as an alternative, which costs an extra per liter.

The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN". Before using these tools, make sure to check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). For more than four people in a group, we arrange water filter bags. Our staff will fill your bottles with water before you start the Trek and at each stop point to reduce plastic bottle use.



**Mountain Range on the way to Everest Base Camp.**





## What to Bring

In Kathmandu, the weather is pleasant year-round, but in winter, the temperature drops below 7 degrees Celsius at night, so it's warm clothes weather, nothing worse. During the monsoon, you'll need a raincoat or umbrella as it usually rains daily in the Kathmandu valley and Pokhara. If you plan on trekking and hiking in the mountains, Jackets and sleeping bags are required; most tea houses provide blankets, but not enough during peak times. Walking shoes are appropriate for short and easy treks, whereas good walking boots are required for high-altitude treks such as Everest Base Camp and the Annapurna Circuit. Most clothing is readily and cheaply available in Nepal. You can also rent equipment for a particular purpose in Kathmandu or Pokhara. Money exchange centers accept major global currencies, and Indian rupees are accepted in Nepal if you enter through an Indian border post. Major international payment cards can be used in Nepal for paying bills, although you should inform your bank before entering Nepal. However, we advise you to carry some cash in an emergency.

## Personal Equipment

Before starting the Trek, Imperial Expedition will provide a duffle bag (kit bag) to pack the equipment necessary. These bags are designed to be carried comfortably by our porters or yaks so that you can leave your bag at the Kathmandu hotel. But it would help if you carry your backpack during the Trek. A pack can carry your valuable items, documents, and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because porters will carry it on the Trek.

## Here is a list of items to pack before starting your trip:

- ✓ Couples' passport-size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid-layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank





## Accommodation and Meals

This trip includes a standard hotel in Kathmandu as per the day's mention in the itinerary. Hotel information and details are shared after your booking confirmation. If you stay at your private Hotel, your hotel charges in Kathmandu will be deducted from your trip cost. Your journey is designed based on sharing a room in Kathmandu and during trekking. If you want a single supplement, an extra charge is applicable. Accommodation during the Trek is all set by the agency.

Your guide will brief you about guesthouses and lodges. Local people run most lodges and guesthouses along the trekking route. The choice of foods is not as available as in Kathmandu city. Eating Lunch and dinner at the Lodge and guest house would be best once you check in for an overnight stay. Outside food and drinks are mostly not allowed in local lodges. Hot water is unavailable regularly, but hot water or hot showers are available on request in some places. Bringing your sleeping bag to protect against bedbugs and the cold is a good idea.



**Note: The products shown in the images are just examples.**



## Acute Mountain Sickness (AMS) information

Low oxygen levels and reduced air pressure at high altitudes mainly contribute to acute mountain sickness. Acute mountain sickness is more likely to strike the faster you ascend to a high altitude. To avoid high altitude sickness, you should descend to a lower altitude. This sickness is common at altitudes of more than 2500 meters high; the best cure for this sickness is to descend to a lower altitude than taking medicine. In the event of negligence and a delay in rescue from a high elevation, this illness could be fatal.

### Early Symptoms (AMS)

✘ Loss of appetite.	✘ Dizziness
✘ Nausea	✘ Fatigue
✘ Headache	✘ muscle aches

### Severe Symptoms (AMS)

✘ Severe headache	✘ Vomiting.
✘ Lack of coordination	✘ Walking like drunk
✘ Altered mental State	✘ Severe Fatigue
✘ Shortness of breath	

## Preventive Measure of AMS

- ✘ Slow and gradual ascent.
- ✘ Should not exceed 300-500 meters per day ascent.
- ✘ Acclimatization after every 1000 meters Ascent.
- ✘ Drink plenty of water.
- ✘ Avoid flying directly to a high altitude.

## If you think you have altitude sickness

- ✓ Stop and rest where you are.
- ✓ Do not go any higher for at least 24 to 48 hours.
- ✓ Make sure you're drinking enough water.
- ✓ If you have a headache, take ibuprofen or paracetamol.
- ✓ If you feel sick, take an anti-sickness medicine.