

Gokyo Lakes Trek: A Scenic Journey into the Heart of the Everest Region

Overview:

The Gokyo Lakes Trek is one of Nepal's most beautiful and rewarding trekking adventures, offering a peaceful alternative to the popular Everest Base Camp route. This spectacular journey takes us deep into the heart of the Everest region, where we explore traditional Sherpa villages, peaceful valleys, and breathtaking Himalayan landscapes. The trek is famous for its stunning turquoise glacial lakes, dramatic mountain scenery, and the warm hospitality of the Sherpa people.

The adventure begins with a scenic flight to Lukla and follows the classic trails of the Khumbu region before heading towards the remote and beautiful Gokyo Valley. Along the way, we experience the unique culture of the Himalayas, cross suspension bridges decorated with prayer flags, and walk through changing landscapes from green forests to high alpine terrain. The carefully planned itinerary includes acclimatisation time in Namche Bazaar, allowing us to adjust to the altitude while enjoying incredible views of some of the world's highest peaks.

The main highlight of the trek is reaching the breathtaking Gokyo Lakes (4,790m), a series of sacred glacial lakes surrounded by towering Himalayan peaks. From Gokyo Village, we hike to Gokyo Ri (5,357m), one of the finest viewpoints in the Everest region, where we are rewarded with unforgettable panoramic views of Mount Everest, Lhotse, Makalu, Cho Oyu, and the massive Ngozumpa Glacier. The peaceful surroundings and spectacular scenery make this one of the most memorable experiences in Nepal.

The Gokyo Lakes Trek is an ideal choice for trekkers looking for a combination of adventure, natural beauty, and authentic Himalayan culture. With comfortable teahouse accommodation, well-paced acclimatisation, and fewer crowds compared to other Everest trails, this trek offers a unique opportunity to experience the hidden beauty of the Khumbu region while creating lifelong memories in the Himalayas.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Phakding / Namche / Dole / Gokyo / Gokyo Ri / Khumjung / Manjo / Kathmandu

Duration: 15 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Moderate

Transportation: Domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,357 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrival at Kathmandu**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight stay at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight stay at a hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 7 – 8 km | 3 – 4 hours**

After an early breakfast, we take a scenic flight from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft), the gateway to the Everest region. The approximately 35-minute flight offers breathtaking views of the Himalayan range, with stunning landscapes of hills, valleys, and snow covered peaks unfolding beneath us. Upon landing at Lukla, the fresh mountain air and dramatic surroundings mark the beginning of our Everest adventure.

From Lukla, we begin our trek towards Phakding, following a gentle trail through the beautiful Dudh Koshi River valley. The route passes through traditional Sherpa settlements, pine forests, and peaceful mountain landscapes, with impressive views of Mount Khumbila and surrounding peaks along the way. After crossing small suspension bridges and enjoying the scenic beauty of the Khumbu region, we reach Phakding (2,610 m / 8,563 ft), a charming riverside village surrounded by lush hills.

The trek from Lukla to Phakding covers approximately 7–8 km (4.3–5 miles) and takes around 3–4 hours, providing a comfortable introduction to trekking in the Everest region. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

▣ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 10 – 12 km | 5 – 7 hours**

The trek from Phakding to Namche Bazaar (3,440m) is one of the most rewarding days of the Gokyo Lakes Trek, covering approximately 10–12 kilometres in 5–7 hours. The trail follows the glacial-fed Dudh Koshi River, crossing several iconic suspension bridges adorned with colourful prayer flags while passing through traditional Sherpa villages, pine and rhododendron forests, and the entrance to the UNESCO-listed Sagarmatha National Park, where trekking permits are checked. As the trail gradually climbs higher, the surrounding Himalayan scenery becomes increasingly spectacular, with the possibility of catching your first views of Mount Everest, Lhotse, Thamserku, and Kongde Ri on a clear day.

The final ascent to Namche Bazaar is the most demanding section of the day, but the breathtaking mountain vistas and the sense of achievement make every step worthwhile. Perched at 3,440 metres, Namche Bazaar is the vibrant gateway to the Everest region, offering comfortable teahouses, cafés, bakeries, local markets, and trekking shops. As the largest Sherpa settlement in the Khumbu, it is the ideal place to experience local culture while preparing for the higher elevations ahead.

Namche Bazaar is also an important acclimatisation stop before continuing towards the pristine Gokyo Valley and its world-famous turquoise lakes. The combination of stunning alpine landscapes, rich Sherpa heritage, and excellent trekking facilities makes this stage one of the unforgettable highlights of the Gokyo Lakes Trek. Overnight stay at a guesthouse in Namche Bazaar.

▣ **Day 5: Rest day / Exploration day**

Today is dedicated to acclimatisation, an essential part of the Gokyo Lakes Trek that helps your body adjust to the increasing altitude before ascending higher into the Himalayas. Rather than taking a complete rest, the day follows the principle of "climb high, sleep low," with a rewarding hike to higher viewpoints before returning to Namche Bazaar for the night. Popular acclimatisation options include a visit to the Everest View Hotel, the Sherpa Culture Museum, or the nearby villages of Khumjung and Khunde, where you'll enjoy spectacular panoramic views of Mount Everest, Ama Dablam, Lhotse, Nuptse, and other surrounding peaks.

After the morning hike, you'll have time to explore the vibrant streets of Namche Bazaar. The town offers cosy cafés, bakeries, local markets, trekking gear shops, and traditional Sherpa handicraft stores, making it the perfect place to relax and experience the unique culture of the Khumbu region. This acclimatisation day not only improves your chances of a safe and enjoyable trek to Gokyo Lakes but also provides one of the best opportunities to immerse yourself in the breathtaking mountain scenery and warm Sherpa hospitality. Overnight stay at a guesthouse in Namche Bazaar.

▣ **Day 6: Trek to Dole (4,200 m): Walking Distance: 10 – 12 km | 5 – 7 hours**

Leaving the bustling Sherpa town of Namche Bazaar, today's trail branches away from the Everest Base Camp route and enters the quieter, more remote Gokyo Valley. The journey begins with a gradual climb to Mong La Pass (3,975m), where you'll be rewarded with breathtaking views of Ama Dablam, Thamserku, Kangtega, and other towering Himalayan peaks. From the pass, the trail descends through beautiful rhododendron and juniper forests to Phortse Thanga, a peaceful riverside settlement and a popular lunch stop.

After lunch, the trail follows a steady uphill climb through alpine forests, crossing small streams and passing traditional seasonal settlements used by local Sherpa communities. As the elevation increases, the landscapes become more rugged and the mountain views even more impressive, offering a true sense of trekking in the high Himalayas. After covering approximately 10–12 kilometres in 5–7 hours, we'll arrive at the tranquil village of Dole (4,200m), where we'll enjoy a well-earned rest and an overnight stay at a comfortable mountain teahouse before continuing towards Machhermo and the spectacular Gokyo Lakes.

▣ **Day 7: Trek from Dole to Machhermo (4,470 m): Walking Distance | 5 – 6 km | 4 – 5 hours**

Today's trek continues deeper into the spectacular Gokyo Valley, following a scenic trail that gradually ascends above the tree line into the alpine landscapes of the Everest region. As we leave Dole behind, the route passes through the small settlements of Lhabarma and Luza, offering uninterrupted views of majestic peaks including Cho Oyu, Thamserku, Kangtega, and Taboche. The trail winds across open hillsides and yak pastures, creating a peaceful atmosphere that perfectly reflects the remoteness of the high Himalayas.

The gradual ascent allows for comfortable acclimatisation while showcasing some of the finest mountain scenery on the trek. After covering approximately 5–6 kilometres in 4–5 hours, we'll arrive at the picturesque village of Machhermo (4,470m), nestled beneath towering Himalayan peaks. Known for its rich mountaineering history and the famous Yeti folklore, Machhermo is an important acclimatisation stop before continuing towards the breathtaking Gokyo Lakes. Overnight stay at a teahouse.

▣ **Day 8: Acclimatization day:**

Today is dedicated to acclimatisation and exploration as we prepare for the higher elevations ahead on the Gokyo Lakes Trek. At an altitude of 4,470 metres, this rest day allows your body to adjust to the thinner air while reducing the risk of altitude-related challenges. Rather than staying completely inactive, a short hike around Machhermo is recommended to support acclimatisation and enjoy the breathtaking Himalayan surroundings. We can explore nearby viewpoints, visit the local monastery, or take a gentle walk through the surrounding yak pastures while admiring panoramic views of Cho Oyu, Thamserku, Kangtega, and the beautiful Dudh Koshi Valley.

This peaceful day in Machhermo offers a chance to relax, recharge, and experience the unique mountain lifestyle of the Khumbu region. Surrounded by dramatic peaks and pristine alpine landscapes, Machhermo provides the perfect setting to prepare for the upcoming trek towards Gokyo Lakes (4,790m) and Gokyo Ri (5,357m). After a refreshing acclimatisation day, we'll be ready to continue the journey deeper into the high Himalayas. Overnight stay at teahouse.

▣ **Day 9: Trek from Machhermo to Gokyo Village (4,790 m): Walking Distance | 7 – 8 km | 4 – 5 hours**

Today we continue our journey deeper into the beautiful Gokyo Valley, leaving Machhermo behind and following the trail towards the spectacular Gokyo Lakes. The trek covers approximately 7–8 kilometres and takes around 4–5 hours, with a gradual ascent through the rugged alpine landscape. The trail follows the Dudh Koshi River towards Pangka, where we begin a steady climb across rocky terrain and glacial landscapes. Along the way, we pass the first and second Gokyo Lakes, surrounded by breathtaking mountain scenery and the peaceful atmosphere of the high Himalayas.

As we approach Gokyo Village (4,790m), the views become even more impressive, with the turquoise waters of the sacred Gokyo Lakes reflecting the surrounding peaks of Cho Oyu, Thamserku, Kangtega, and other Himalayan giants. The village is located beside the third Gokyo Lake, offering a spectacular setting beneath the towering mountains and the massive Ngozumpa Glacier, the longest glacier in Nepal. After reaching Gokyo, we take time to explore the lakeside surroundings and prepare for the next day's hike to Gokyo Ri (5,357m). Overnight stay at a comfortable teahouse in Gokyo Village.

▯ **Day 10: Hike to Gokyo Ri (5,357 m): Walking Distance | 4 – 5 km | 3 – 4 hours**

Today we begin early for one of the most rewarding experiences of the Gokyo Lakes Trek, the hike to Gokyo Ri (5,357m). The climb starts from Gokyo Village (4,790m) and follows a steep but well-marked trail towards the summit. As we gradually gain elevation, the surrounding Himalayan scenery becomes increasingly spectacular, with panoramic views of some of the world's highest mountains, including Mount Everest, Lhotse, Makalu, Cho Oyu, Thamserku, and the impressive Ngozumpa Glacier below.

Reaching the summit of Gokyo Ri offers one of the finest viewpoints in the Everest region, with breathtaking views of the turquoise Gokyo Lakes surrounded by towering snow-capped peaks. After spending time at the top to enjoy the incredible Himalayan panorama and capture memorable photographs, we descend back to Gokyo Village for a well-deserved rest. The round-trip hike covers approximately 4–5 kilometres and takes around 3–4 hours, making it a challenging yet unforgettable experience and one of the major highlights of the Gokyo Lakes Trek. Overnight stay at a comfortable teahouse in Gokyo Village.

▯ **Day 11: Trek to Khumjung (3,780 m): Walking Distance | 12 – 14 km | 6 – 7 hours**

Today we leave the beautiful Gokyo Valley and begin our return journey through the scenic trails of the Khumbu region towards Khumjung Village (3,780m). The trail descends gradually through the alpine landscape, offering magnificent views of Cho Oyu, Thamserku, Kangtega, and the surrounding Himalayan peaks. As we leave the high-altitude lakes behind, we pass through traditional Sherpa settlements, yak grazing areas, and peaceful mountain landscapes that provide a deeper insight into the local way of life. The route continues through Dole and Mong La Pass, where we enjoy spectacular panoramic views of the Everest region before descending towards the traditional Sherpa villages of the Khumjung Valley. After trekking approximately 12–14 kilometres in around 6–7 hours, we reach Khumjung Village, one of the largest Sherpa settlements in the Khumbu region. Surrounded by stunning mountain views, Khumjung offers a wonderful opportunity to experience authentic Sherpa culture, visit the local monastery, and explore the traditional Himalayan lifestyle. Overnight stay at a comfortable teahouse in Khumjung Village.

▯ **Day 12: Trek to Monjo (2,835 m): Walking Distance | 12 – 14 km | 5 – 6 hours**

Today we continue our descent through the beautiful landscapes of the Khumbu region, leaving the peaceful Sherpa village of Khumjung behind and heading towards Monjo (2,835m). The trail passes through traditional villages, lush forests, and scenic viewpoints overlooking the surrounding Himalayan peaks. Along the way, we descend towards Namche Bazaar, where we can enjoy the vibrant atmosphere of the Sherpa capital before continuing further down the Dudh Koshi Valley.

From Namche, we follow the familiar trail through pine and rhododendron forests, crossing suspension bridges decorated with colourful prayer flags and passing through the entrance area of Sagarmatha National Park. After trekking approximately 12–14 kilometres in around 5–6 hours, we reach Monjo, a peaceful village located near the entrance of the national park. Surrounded by beautiful mountain scenery and a calm Himalayan atmosphere, Monjo provides a comfortable stop before continuing the final stages of our journey. Overnight stay at a comfortable teahouse in Monjo.

▮ **Day 13: Trek from Monjo to Lukla (2,860 m): Walking Distance | 13 – 15 km | 5 – 6 hours**

The final trekking day of our Gokyo Lakes Trek takes us back to Lukla, the gateway to the Everest region where our Himalayan adventure began. Leaving Monjo behind, we follow the familiar trail along the Dudh Koshi River, passing through beautiful Sherpa villages, lush forests, and colourful suspension bridges decorated with prayer flags. As we gradually descend to lower elevations, the landscape becomes greener and warmer, offering a pleasant and relaxing finish to our trekking journey.

After covering approximately 13–15 kilometres in around 5–6 hours, we arrive at Lukla (2,860m), a lively mountain town surrounded by the beautiful landscapes of the Khumbu region. This final walk provides time to reflect on the incredible experiences, breathtaking mountain views, and cultural encounters from the past days in the Himalayas. We celebrate the successful completion of the trek with our team and enjoy our final evening in the mountains. Overnight stay at a comfortable teahouse in Lukla.

▮ **Day 14: Fly from Lukla to Kathmandu | 35 minutes**

After completing the unforgettable Gokyo Lakes Trek, we take an early morning scenic flight from Lukla to Kathmandu. The short mountain flight offers one final opportunity to admire the breathtaking Himalayan landscapes, with stunning views of snow-capped peaks, deep valleys, and the dramatic terrain of the Everest region from above. The flight usually takes around 35 minutes, depending on weather conditions.

Upon arrival at Kathmandu, we transfer you to your hotel, where you can relax and enjoy the remaining time in the capital city. This marks the end of our incredible Himalayan journey, filled with unforgettable mountain scenery, Sherpa culture, and lifelong memories from the heart of the Everest region. Overnight stay at a hotel in Kathmandu.

▮ **Day 15: Farewell and Final Departure**

After a memorable journey through the stunning landscapes of the Gokyo Lakes Trek, today marks the conclusion of our Himalayan adventure. Depending on your flight schedule, we will arrange a transfer to Tribhuvan International Airport for your final departure from Nepal. As you leave the country, you take with you unforgettable memories of breathtaking mountain views, Sherpa hospitality, and the incredible experiences shared along the trail.

We sincerely thank you for joining us on this remarkable journey through the Everest region and hope to welcome you again for another Himalayan adventure in the future. With cherished memories of the mountains, culture, and people of Nepal, we wish you a safe and pleasant journey home.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.