

Gokyo Lakes and Gokyo Ri Trek

Day 01: Arrive in Kathmandu (1,300 m / 4,264 ft)

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

Day 02: Go Sightseeing in Kathmandu

Today we tour four world heritage sites. We visit Durbar Square, Pashupati Nath Temple, Monkey Temple (Swayambhunath), and Bouddhanath. These world heritage sites have a tremendous amount of cultural, religious, and historical value and significance to Nepali people. We spend the night in Kathmandu.

Day 03: Travel to Lukla (2,800 m / 9,184 ft), Trek to Phakding (2,652 m / 8,700 ft): 3 - 4 hours

We travel to Lukla by plane. We arrive in Lukla at the Tenzing-Hillary airport, which was featured on the History Channel in the program "Most Extreme Airports". After arriving our guides meet us, and we trek to Phakding.

Day 04: Trek to Namche Bazaar (3,440 m / 11,283 ft): 5 - 6 hours

From Phakding we follow the Dudh Koshi River. We encounter several tributaries, which we cross over on suspension bridges. We also trek through several villages, monasteries and stupas. We get great views of the mountains along the trail. At Benkar Village we have an excellent view of Mt. Thamserku. The trail continues into Sagarmatha National Park. Continuing on the trail we pass Jorsale, a mountain village nestled in the forest, and cross the Hillary Suspension Bridge. We can see Kwangde Peak, Kusum Peak, Mt. Everest, Mt. Lhotse, Mt. Taboche and others. We spend the night in Namche Bazaar.

Day 05: Acclimate at Namche Bazaar

Our acclimatization day will give us a chance to explore Namche Bazaar. We hike to Khumjung, and Syangboche villages to enjoy the view of Kongde, Thamserku and Khumbila mountains. We can also visit a museum in Khumjung that believes to possess yeti hair. After we returned from the hike we tour Namche Bazaar, and visit the Tourist Visitor Center. The visitor center contains a lot of interesting facts and stories about Everest, and Sherpa culture.

Day 06: Trek to Phortse (3,810 m / 12,496 ft): 5 - 6 hours

On our way to Phortse we have a pretty good chance of seeing some native wildlife. Himalayan pheasants, musk deer and, Himalayan thars are frequently sighted along this part of the trail. We can also see Mt. Ama Dablam, Mt. Thamserku, Mt. Taboche, and Mt. Khumbila. After we cross Dudh Koshi River we ascend through rhododendron forests to reach Phortse. In Phortse we have great views of Taboche, and Cholatse Mountains. We spend the night in Phortse.

Day 07: Trek to Machhermo (4,470 m / 14,663 ft): 5 - 6 hours

The trail to Machhermo leads us past waterfalls, over rivers, and through villages. We can see Cho Oyu, Kantega, and Thamserku mountains along the trail. After crossing Luza Village, and Dudh Koshi

River we arrive at Machhermo. We can get a first aid lesson regarding the treatment and prevention of altitude sickness at Machhermo Rescue Hospital. We spend the night in Machhermo.

Day 08: Trek to Gokyo (4800 m / 15,744 ft): 5 - 6 hours

The trail today takes us by a Buddhist shrine, near Lakes, and on the Ngozumba Glacier. We pass several villages before reaching Gokyo. One of the villages is Dudh Pokhari, which we explore. We spend the night in Gokyo.

Day 09: Climb Gokyo Ri (5357 m / 17,570 ft) Hike to all the Gokyo Lakes: 5 - 6 hours

Today we are treated with a visit to Gokyo Ri, and Gokyo Lakes. From Gokyo Ri we have phenomenal views of the Himalayan mountains and the beautiful Gokyo Lakes below. If the weather is accepting, we can reach all of the lakes. The mountain peaks make excellent backdrops against the lakes which cast their reflections. We can see Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makalu Mountains. We spend the night in Gokyo.

Day 10: Trek to Dole: 3 - 4 hours

We follow the Dudh Koshi River to Dole. Along the way we pass Gokyo Lakes, and enjoy spectacular views of Cholatse, and Taboche peaks, and Thamserku, Cho Oyu, and Kangtega Mountains. We pass a few villages before reaching Dole. We spend the night in Dole.

Day 11: Trek to Namche Bazaar: 4 - 5 hours

The trail continues descending to Namche Bazaar. We pass through rhododendron forests, fields of wildflowers, and near waterfalls. This is also a great time to see native animals like deer, goats and pheasants. We can also see Khumbila peak, Taboche, Ama Dablam, Thamserku and Kangtega, Lhotse, Everest and Tengboche Mountains. We spend the night in Namche Bazaar

Day 12: Trek to Lukla: 6 - 8 hours

The trail levels out today. We cross rivers on suspension bridges and enjoy a relatively easy walk to Lukla through the forest. We spend the night in Lukla.

Day 13: Travel to Kathmandu

From Lukla we fly to Kathmandu. We have the rest of the day to explore the city or relax in the comforts of a comfortable hotel room. We spend the night in Kathmandu.

Day 14: Conclude Trip

If you wish to extend your stay in Nepal, we will be happy to make the arrangements for you. For those of us that are leaving, we provide transportation to the airport for your convenience.