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13 days Gokyo Valley Trekking

URL: <https://boundlessadventure.com/gokyo-valley-trekking>

Duration

13 Days

Per Person Cost

USD 1200

Difficulty

Moderate

Best Seasons

Mar-Jun, Sep-Dec

Transportation

Flight

Max Altitude

5360m

Trip Type

Trekking

Meal

Breakfast, Lunch, Dinner

Accommodation

Hotel

Gokyo Valley Trekking Highlights

- Gokyo-RI is the highest viewpoint of trekking.
- It is considered an alternative trek to the Everest Base Camp.
- Gokyo trekking is hiking through the Dudh Pokhari and Ngozumba glaciers.
- Ngozumba Glacier is the largest glacier in Nepal.
- The trails offer beautiful views of the Glacier, Sherpa culture, and Himalayan Lakes.
- We offer groups to join for 2024 and 2025 for Gokyo Valley/Lake trekking.

Trip Overview

13 Days Gokyo Valley trail is located in the Sagarmatha National Park in the Khumbu region. It is also famous as a **pristine glacial valley**. The Trek starts from the domestic airport of Kathmandu and lands at [Lukla Airport](#). The trek to Gokyo-RI has been classified as strenuous hiking in the Khumbu region that passes through the [Namche Bazaar](#) and alpine meadows.

During the trekking season, March, April, May, June, August, September, October, and November are the Best weather and climate for Gokyo Lake trekking.

You can join with groups or solo females for 2024 and 2025. Share a Sherpa guide, permits, cost, price, and Itinerary at any time. Let us know for more information about Trekking at the Gokyo.

After landing at the Lukla airstrip, Gokyo Valley trekked heads through the magnificent landscape of Phakding and Namche Bazaar.

The fascinating forest of the highest-located national park in the world increases. After it heads to the Dole and Machhermo via [Everest viewpoint](#) and Khumjung village, it becomes far-fetched with the enticing geography. It allows you to explore the Gokyo Peak Himalayan region.

Gokyo -RI is right above Gokyo Lake. It is the best viewpoint for trekking. (5360M) The sublimity lies in the attractions that trekking in Gokyo Valley offers: the alpine cattle grazing meadows, the Himalayan scenarios of Gokyo Valley, Sherpa communities, and the Buddhist cultural prosperities.

However, trekking in Gokyo Valley has an alternative destination of the Everest Base Camp. From the Gokyo-Ri, the 180-degree views of **Mt. Everest**, **Makalu**, **Cho Oyu**, **Lhotse**, and **Gokyo Peak**, along with the **Ngozumpa glacier**, exhibit its entire youth and inspiring trekking peaks of Nepal.

Lakes Encountered During Gokyo Valley Trek

Situated within the Sagarmatha National Park of the Everest region, Gokyo Lakes are a set of high-altitude mountain lakes. The Gokyo Lakes are the most stunning and pristine natural attractions of Solukhumbu District, providing scenic views of the surrounding snow-capped peaks, including Mount Everest.

There are six lakes in the Gokyo Valley ranging from the altitude of 4700m to 5000m above sea level. *Longponga (4710m)*, *Taujung Lake/Cho (4740m)*, *Dudh Pokhara/ Gokyo Cho (4750m)*, *Thonak Tsho/lake (4870m)*, *Ngojumba lake/Cho (4990m)* and *Gyazumpa lake/ cho (5000m)* are the five glacial lakes of Gokyo.

Longponga:

[Longponga](#) is the first lake you'll encounter among all of the six lakes of Gokyo. Longponga is on the way to Gokyo Valley. As you ascend from Machhermo village, you'll reach the village of Phangga. Leaving Phangga village you'll get to the first lake of Gokyo, Longponga which lies at an elevation of 4710m/15452ft.

Taujung Cho/Lake:

Right after passing through Longponga Lake, you'll encounter a second lake, Taujung Lake/Cho at an elevation of 4740m/ 15551 ft. The area covered by the Tanjung lake is 16.95 hectares (41.9 acres).

Dudh Pokhara/ Gokyo Cho

Among all five lakes of Gokyo, Dudh Pokhari, which is also referred to as Gokyo Lake is the well-known one. The Gokyo lake is in front of the lodges and Gokyo Ri. The Gokyo Lake is situated at 4750m/ 15583 ft. The Dudh Pokhari has covered 42.9 hectare (106 acres) area.

Thonak Tsho/lake

Thonak Lake is the largest lake in Gokyo with 65.07 hectares (160.8 acres) area. After a 45-minute hike from Gokyo Lake, you'll come across the fourth lake of the Gokyo Valley. The Thonak lake is located at an elevation of 4870m/ 15978 ft.

Ngojumba Cho/lake

Ngojumba is the fifth lake of Gokyo, situated at 4990m/ 16371ft. The lakes come to see after you hike from the exploration of Thonak Tsho/ lake. It takes around 1 hour to get to Ngojumba Lake from Gokyo and 15 minutes from Thonak Lake. Ngojumba Lake has an area of 14.39 hectares (35.6 acres).

Gyazumpa Lake/Cho

At an elevation of 5000m/ 16404 ft, Gyazumpa Lake is near Ngojumba Cho. Gyazumpa Lake has covered an area of 29 hectares(72 acres). Same as Nhojumba, to get to Gyazumpa Lake from Gokyo Lake it takes more or less 1 hour.

Besides the Gokyo lakes, there is the longest glacier, Ngozumpa Glacier. The Gokyo Ri is a popular and classic viewpoint located in Gokyo. From Gokyo, trekkers can go for a hike to Cho Oyu Base Camp.

Gokyo Valley Trek Cost Description

The trekking cost for the Gokyo Valley depends upon numerous factors. The trekking agency is the foremost factor that especially affects the trekking cost for Gokyo Valley. It is advisable to choose those trekking agencies which provide you with the best facilities with some discounts. Boundless Adventure is providing a group discount so it is also recommended to contact Boundless Adventure to get a trekking package at a reasonable cost.

Another factor that affects Gokyo Valley trekking cost is the season you choose. Choosing a peak season (Autumn and Spring) to trek in the Gokyo Valley costs more than trekking during the low season. Although trekking during Summer and winter is not favorable, it can minimize the cost of the trekking. Due to high demand at peak season, the accommodation facilities and other services may also charge more.

The additional services you want also affect the Gokyo Valley trekking cost. Generally, trekking agencies provide all the facilities required at the time of trekking. But if you want some extra luxury service you need to pay extra, which adds to your cost.

Heating in Dining

Along the way, throughout the 13-day journey to Gokyo Valley and Lake trekking, every lodge/tea house has a heating in the dining facility. The Sherpa people provide warm hospitality to the guest, heating in dining is also a part of their hospitality to make trekkers comfortable while having a meal. Even in the Gokyo Valley, you'll find heating facilities in dining. Every lodge provides wooden heated dining at the small pan/ drum where wood is burnt.

The heaters with the firewood filled at the bottom part are kept in the middle of the dining room to make sure that every guest feels warm. The heater is made in such a way that the smoking from the wood doesn't harm dining. As the smoke from the firewood goes through the Chimney.

Along the way to Gokyo, or even at Gokyo, the temperature is low and every trekker wishes to have a heater in their room, however, it is not possible. The wooden burning stoves are only possible in the dining areas and shared spaces.

Although the desire to have a heated room is normal in an area where the temperature is low and drops significantly the trekkers should know that a warm room doesn't make trekking special. What makes your journey special is the beautiful views seen through the Gokyo Valley trek, the authentic tea houses you stayed at, and all the experience you have gained at the heart of nature.

Trip Itinerary

We have provided a thirteen-day itinerary for Gokyo Valley trekking from Picks up and drop off at the international airport. But you may change to a shorter itinerary according to your travelling holidays. Could you please let us know your advice. Similarly, We are providing 13-days Gokyo Valley trekking itinerary below. If you have flexible time and days, please let us know.

Similarly, the Gokyo Valley Trekking starts from Kathmandu To Lukla and continues hiking to Gokyo Valley vis Namche Bazaar, Machhermo, and Dole. You may hike up to Gokyo-Ri; it is the best viewpoint of the Gokyo Valley Trekking.

Day 01: Arrive at Tribhuvan international airport

When you arrive at TIA, a representative of boundless adventure will be there to welcome you. After receiving the heartwarming welcome from the representative, we can proceed towards the Hotel.

The night we will spend at the Hotel discussing the trekking and preparing for the trekking. The Hotel will offer us a delicious dinner.

Note: *Local Sim cards and money exchanges are available at the airport.*



Kathmandu, Airport

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

15 m

Day 02: Flight to Lukla and trek to Phakding

After having breakfast, we will escort you towards the airport as we have to fly over to Lukla for around 45 minutes. After boarding



Lukla Airport of Gokyo Valley Trekking

the flight at the height of 2800m, our gateway towards our destination, resumes. We have to walk until we reach Phakding. We spent the night at the nearest lodges in that area.

Destination:

Phakding

Accommodation

Hotel

Transportation:

Flight

Duration:

45m

Food:

L, D

Day 03: Trek to Namche Bazaar, 3450 meters

We must continue to the pine forests along with the Dudh Koshi River.

After walking for several hours, we can enter the Sagarmatha National Park. Continuing our journey, we can reach Namche Bazaar.

Namche Bazaar offers us beautiful views. We stayed the night at Namche Bazaar at 3440 m above sea level.



Namche Bazaar in Everest

Destination:

Namche Bazaar

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

B, L, D

Day 04: Acclimatizing day

After trekking for over 5-6 hours on the stony trails, staying the day at Namche Bazaar is better.

This place is also wonderful. We can roam many places here. The rest of the day will also help us adapt to a high altitude where oxygen is generally low.

This place is well facilitated with government offices, ATMs, Internet cafes, shops, restaurants, and many other things. We can also visit the Sherpa community there.



The View of Everest Trekking

Destination:

Namche

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

B, L, D

Day 05: Trek to Phortse Thanga

We have to walk early in the morning from Namche Bazaar. After walking for a while, we can see a large image of Buddha engraved on the stone.

The trek continues to Khumjung and then descends to the Dudh Koshi River at Phortse Thanga at an altitude of 3500 meters, from where we can see the marvelous view of Thamserku (6608m).



Phortse Thanga Photo

Destination:

Phortse Thanga

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

B, L, D

Day 06: Phortse Thanga to Macherma

The journey continues towards the Macherma at the height of 4410m. So, it will be a better short trek to avoid the altitude sickness that may come further in the way.

The way goes through the middle of the forests, viewing some spectacular views of green forest along with the glittering white mountains. Overnight in Guest House



Machhermo village, in Gokyo treks

Destination:

Machhermo

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

B, L, D

Day 07: Trek to Gokyo Valley

After spending the night at Macherma, we should start trekking early the next day.

We can view an outstanding view down the valley to the Kengtang and up towards Cho Oyu. On the way,

we can see a few lakes.

Continuing the way down to the trail finally leads us towards Gokyo, situated at 4750m.



Gokyo-Lake-Trekking

Destination:

Gokyo

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

B, L, D

Day 08: Gokyo -Ri and back to Dole

Early in the morning, we can make an excursion to Gokyo Peak. We had to climb for over an hour with the traditional prayer flags of the Sherpa community.

From the top, we can view a marvellous view of the highest peaks like Cho Oyu (8153m), Gyachung Kang (7922m), Everest(8848m), Lhotse(8,501m), and many more.

On the way back, we can view a splendid view of Gokyo Lake. We will trek down to Dole later in the day.



Gokyo-Ri, at Gokyo Valley Trekking

Destination:

Dole

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 Hours

Food:

B, L, D

Day 09: Dole to Khumjung

After having breakfast at Dole, we will head toward the Khumjung. It is the largest settlement of the Sherpa community, where we can encounter the traditions and customs of Sherpas.

Sir Edmund Hilary established a high school. We also can see many monasteries over there. We stayed the night at Khumjung.



Skull of Yeti in Khumjung Everest

Destination:

Khumjung

Transportation:

Hiking

Duration:

5 hours

Food:

B, L, D

Day 10: Khumjung to Phakding

We should continue our journey downhill, following the main trails. The trail drops down to the Namche Bazaar.

We should waste a lot of time here and should have to move on. On the way to the same route, we may take our Lunch.

After having Lunch at Jorsale, we have to move towards Phakding.



Phakding Village in Everest

Destination:

Phakding

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

B, L, D

Day 11: Phakding to Lukla

The route to the Phakding leads us toward Lukla, one of Nepal's best towns.

On the way back to Lukla, we can see a much more beautiful view all over the way, consisting of green and sparkling white mountains.

The day ends with the trekking route to Lukla. We can stay overnight at Lukla.



Lukla Airport of Gokyo Valley Trek

Destination:

Lukla

Accommodation

Hotel

Transportation:

Hiking

Duration:

3 Hours

Food:

L, D, B

Day 12: Lukla to Kathmandu

We will take only a few minutes to fly back to Kathmandu.

During the flight, we can view the panoramic view of different mountains from a bird's eye prospects. It will be an easy landing in Kathmandu, so we can spend the day visiting the cultural heritage of Kathmandu.



Hotel in Kathmandu, Nepal

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Flight

Duration:

45m

Food:

Breakfast.

Day 13: Departure

The final departure will be at Tribhuvan [International Airport](#). Wishing for a better journey, our magnificent journey ends here.



Nepal Departure airport

Destination:

Kathmandu

Transportation:

Car

Duration:

15 minutes

Food:

Breakfast

Trip Includes

- Airport picks up and drops off by private car/van/bus.
- Government licensed holder, experienced English-speaking Guide.
- Hotel in Kathmandu according to Itinerary.
- Your meals (Breakfast, Lunch, and Dinner) in trekking
- Accommodations during the trekking.

- Kathmandu -Lukla -Kathmandu flight tickets for all of you.
- Sagarmatha National Park permits.
- TIMS permit.
- Surface ground transfer by car
- Government taxes.
- Per person, one trekking map.
- Airport departure tax.
- Sleeping Bag (Returnable)
- Down Jacket (Returnable)
- Duffel Bags

Trip Excludes

- Your travel insurance.
- Hard and soft drinks
- Hot Shower
- Tips and donations.
- The rest of the expenses are not mentioned in the Price included.

Essential Information

Lodging at Gokyo Valley Trek

Lodging options along the Gokyo Valley trek in the Everest region are tea houses/ lodges, operated by the local sherpas of the region. The tea houses provide basic facilities with a twin bed. The higher altitude you go the basic facilities you'll get on the tea houses. Some tea houses may have attached bathroom facilities but it is better to not expect the attached bathroom facility.

The tea houses not only provide lodging facilities, but they provide delicious local meals. However, the food options cater from Nepali to International dishes. It is recommended to have Nepali dishes as the dishes are made from locally grown vegetables with no mix of chemicals.

The cost of tea houses along the trail is reasonable but it is not your concern to worry about as Boundless Adventure provides you lodging and food facilities throughout the trekking journey at the finest tea house/ lodge.

Gokyo Valley hiking information.

Gokyo Valley hiking is a popular trek in the Solu-Khumbu region of Nepal. It offers breathtaking views of Mount Everest and other peaks of the Himalayas, as well as the opportunity to visit the Gokyo Lakes, a series of high-altitude freshwater lakes.

The trek usually takes 10 to 12 days from Kathmandu, starting from Lukla and passing through Namche Bazaar, Dole, Machhermo, Gokyo, and back. Trekkers will experience traditional Sherpa culture and hospitality along the way and cross the challenging Cho La Pass. Going with a guide and proper gear is recommended, as the high altitude can cause health problems for some trekkers.

Gokyo Ri hiking

Gokyo Ri is a famous day hiking destination near Mount Everest in the Solu-Khumbu region of Nepal. The hike offers stunning views of the Himalayan mountain range, including Mount Everest, Nuptshe, Lotshe, Amadablam, and Mt.Makalu, and is known for its turquoise blue glacial lakes.

The typical route to Gokyo Ri starts from the village of Lukla, Namche Bazaar, and takes about 3-4 days to complete, with overnight stops in several Sherpa villages along the way. It is a moderate to challenging hike that requires a good level of physical fitness, but the views from the top are well worth the effort.

View from Gokyo-Ri

Gokyo Ri is a peak located in the Khumbu region of Nepal, near Mount Everest, and its height is approximately 5,357 meters (17,576 feet) above sea level. From the summit of Gokyo Ri, one can enjoy panoramic views of the surrounding peaks, **including Mount Everest**, Cho Oyu, and other high peaks of the Himalayas.

The view from Gokyo Ri is one of the best in the region and a popular spot for trekkers and mountaineers visiting from Gokyo Lake.

Best Season For Gokyo Valley Trek

The Gokyo Valley, located in the Khumbu region, experiences four distinct seasons in a year. Trekking in each season has some pros and cons. However, with Boundless Adventure, you will complete your trek with safety and enjoyment. Spring, Summer, Autumn, and winter are the four seasons that are faced in each part of Nepal, including Gokyo Valley.

Spring

The season of Spring consists of three months: March, April, and May. The season of spring is the pre-monsoon season in Nepal. In this season, the national flower of Nepal, Rhododendron blooms in different parts of the country, including in the Gokyo Valley. The vibrant landscape made by the blossoms of the different wildflowers including rhododendron provides the pleasing trekking condition at Gokyo Valley.

In Spring the weather condition is moderate with warm days and crisp nights. The sight of mountains are also clear during the Spring season, making your Gokyo Valley trek worth it. The temperature during the

Spring season ranges from 15 degrees Celsius to -5 degrees Celsius. Moreover, Gokyo Valley trekking during spring is an opportunity to experience the beauty and variety of nature.

Summer

The summer season in Nepal begins from the month of June and lasts till August. Although the season is characterized as the hottest time of the year in Nepal, the season brings heavy rainfall. The frequent rainfall in the summer season makes the trekking trail muddy and the chances of landslides are high. The leeches are almost all over the land, making the trekking conditions less favorable during Summer. Additionally, the heavy rainfall and clouds obstruct the views of the mountain peaks during the Summer, creating disapproving conditions for Gokyo Valley trekking.

In spite of the fact that summer is not a perfect season for the Gokyo Valley trek, there are some good points about trekking at Gokyo in summer that can't be unseen. The recurring rain clears all the dust from the flora and makes the surrounding green, creating a beautiful trekking condition. Although rain occurs frequently, the temperature is generally hot, making the appropriate trekking situation during the summer season. As summer is the less desired trekking season for the Gokyo Valley trek, the visitors are fewer during the season, providing you an opportunity to fully immerse yourself in nature.

With a temperature ranging from 10°C to 20°C, the summer is becoming the favorite season among trekkers. The fact that there is less chance of rainfall above 5000m due to global warming has also brought trekkers from around the world to trek in the Gokyo Valley during the Summer. Boundless Adventure is providing a trekking package for the Gokyo Valley trek during the summer season, ensuring your safety.

Autumn

Autumn season in Nepal begins after the monsoon/summer season ends. That's why autumn is also known as the post-monsoon season. After Spring, Autumn is the most desired trekking season among the trekkers trekking in Nepal worldwide. From September to November, Gokyo Valley is at its most beautiful during autumn. After the monsoon season, the landscape becomes more greenery and makes the environment more colorful during the Autumn time.

Trekking in the Gokyo Valley during the Autumn season provides a review of the blue sky. Additionally, the crystal clear view of the unobstructed mountain peaks are also the highlight of trekking in Gokyo Valley during Autumn. With a temperature ranging from 15°C to -5°C, autumn is the perfect time to fully appreciate the combination of natural beauty, stable weather conditions, and awe-inspiring mountain views.

Winter

December to February is the winter season of Nepal with freezing temperatures in the Everest region. Gokyo Valley trekking during the winter season is not recommended. During the winter season, the trekking paths are fully covered with snow, making the trekking tough. The temperature during the winter season ranges from 5°C to 15°C.

However, if you want to experience the snowfall and still desire to trek in the Gokyo valley during winter you need to be very careful. Having proper gear and equipment is necessary, and choosing a trekking agency that ensures your safety can enhance your overall experience.

Day-to-Day Elevation During Gokyo Valley

We provide day-to-day elevation of the Gokyo Valley trek:

- Lukla: your journey begins from Lukla, situated at an elevation of 2840m/9317 ft.
- Phakding: The trek to Gokyo begins as you start trekking towards Phakding at 2610m/ 8563ft.
- Namche Bazaar: The prominent hub of the Everest region and an acclimatization stop, Namche Bazaar is situated at an elevation of 3440m/ 11287 ft.
- Phortse Thanga: Lies at an elevation of 3680m/12074 ft, Phortse Thanga is situated along the trail to Everest Base Camp and Gokyo Valley trek.
- Machherma: Between the Namche Bazar and Gokyo Valley, Machherma is elevated at 4470m/ 14665 ft.
- Gokyo Valley: The final destination on the trip, Gokyo lies at an elevation of 4790m/ 15715 ft.
- Gokyo Ri: An iconic viewpoint on the Gokyo Valley trip, Gokyo Ri is elevated at 5357m/17575 ft above sea level.
- Dole: On the returning journey from the Gokyo Valley trek, Dole lies at 4110m/ 13484 ft.
- Khumjung: Located northeast of Namche Bazaar, Khumjung village is at an elevation of 3780m/ 12401 ft.
- Phakding: One of the significant villages of the Everest region, Phakding is situated at an elevation of 2610m/ 8563 ft.

Gokyo Valley Trek Permit

To start your trek at Gokyo Valley, you need to know about the required permits for the trek. But no worries if you are with Boundless Adventure, we provide all the necessary permits on your behalf. However, having information about the required permits is good for your understanding. Here are the mandatory permits required for the Gokyo Valley trek:

Sagarmatha National Park Permit: Gokyo Valley lies in the Everest region, each trekking destination of the Everest region requires a Sagarmatha National Park permit, and so does the Gokyo Valley trek. Without having a Sagarmatha National Park permit, legally none of the trekkers can continue their journey at Everest region. The permit's checkpoint is at Monjo.

Trekkers' Information Management System (TIMS) Card: Most of the trekking routes in Nepal, except restricted areas, require a TIMS card. For the safety purpose of the trekkers, all trekkers trekking in Nepal must obtain the Trekkers' Information Management Systems (TIMS) Card before starting a trekking journey. For the Gokyo Valley trek also, a TIMS card is mandatory.

Khumbu Pasang Lhamu rural municipality entrance permit: The Khumbu Pasang Lhamu rural municipality entrance permit was created to regulate and supervise trekking operations in rural communities within the Khumbu region. The permit aims to support the local economy and the development of sustainable tourism. Having a Khumbu Pasang Lhamu rural municipality permit for the Gokyo Valley trek is essential.

Trek Guide For the Trek

Hiring a trek guide for Gokyo Valley is recommended. As the Gokyo Valley is in a remote location and the trek is a moderate level of challenge, an experienced guide can provide you support with each small problem that you may face during the trek. Boundless Adventure provides a well-experienced guide who will provide navigation, and safety and manage all your logistics.

A trek guide should have experience in the region, should be familiar with the terrain, and can provide you with navigation on the trail. A trek guide should be certified and licensed through the Nepal Tourism Board. Hiring a guide with good communication skills in different languages is crucial. A trekking guide should have first aid and emergency training and should handle unforeseen circumstances during the trek. Furthermore, a guide that can provide smooth logistic support is also necessary. So all these qualities are in the guide of the Boundless Adventure. If you are with a guide of Boundless Adventure during the trek to Gokyo Valley, just know that almost all your problems are gone.

How to Book This Trip

One of the easiest and fastest ways to book Gokyo Valley trekking is directly Online. You can see the option of instant online booking on our website, all you have to do is just to click that option and do pre-booking. If you want to know more about the trip to Gokyo Valley, don't hesitate to WhatsApp our travel experience designer, Mr. Dambar Bahadur Khadka at +977 9851033819.

Recall, that you need to make a 20% advance payment at the time of pre-booking. You can pay the rest of the amount at the time of trip departure. Furthermore, pre-booking should be done a month before, so that we can manage all the logistics for your Gokyo Valley trek. One of the foremost reasons for the month before booking is Lukla airport. As your trek begins from the flight to Lukla airport, the airport is the busiest and we need to book plane tickets in advance.

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