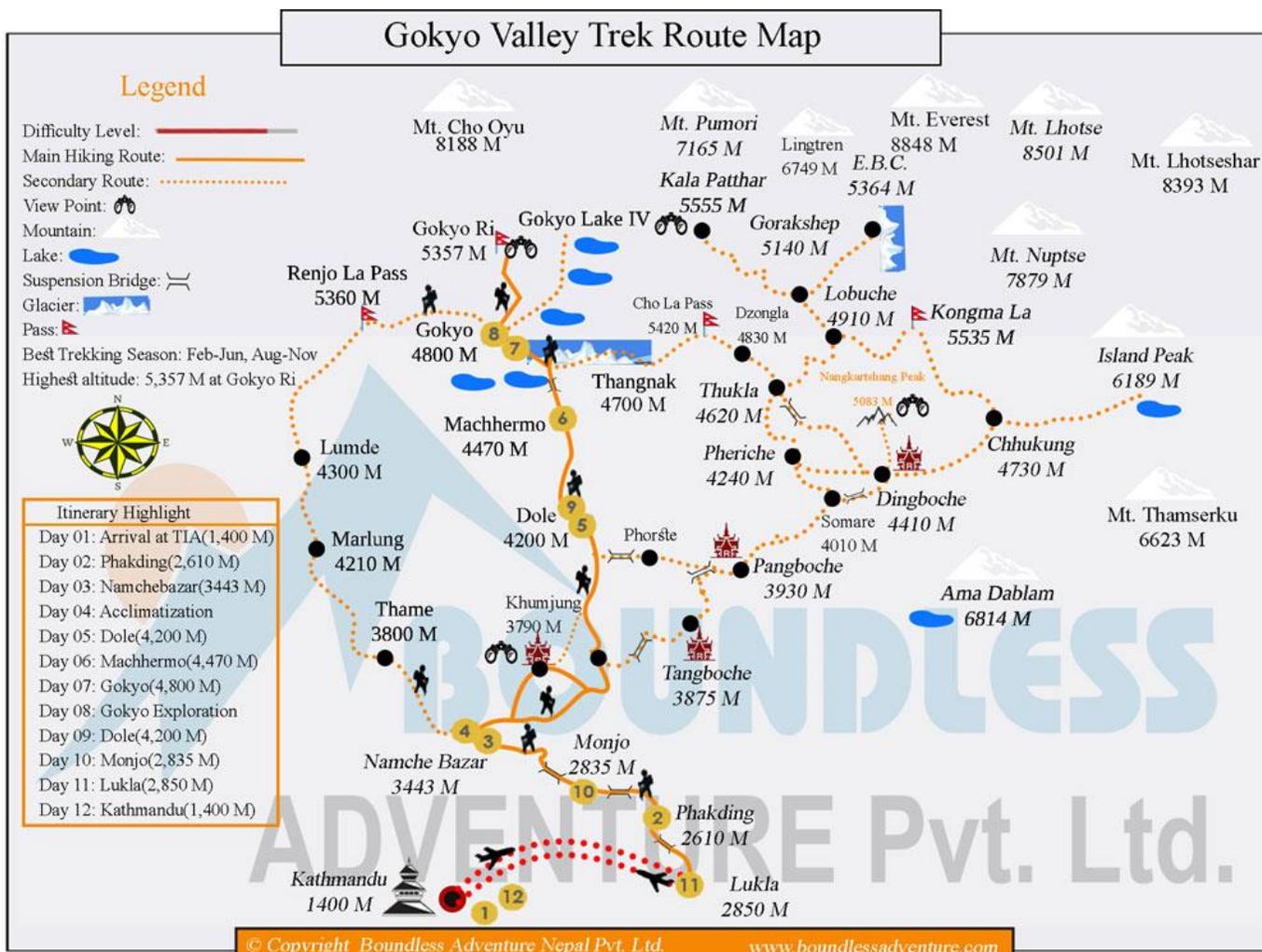




Gokyo Valley Trekking



Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

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

Viber/WhatsApp: +977 9851033819



Gokyo Valley Trekking Itinerary

We have provided a thirteen-day itinerary for Gokyo Valley trekking from Picks up and drop off in the international airport. But you may change into a shorter itinerary according to your traveling holidays, could you please let us know your advice.

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.



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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

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



Day 03: Trek to Namche Bazaar

We have to continue our way 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 magnificent and wonderful views. We stay the night at Namche Bazaar at an altitude of 3440 m above sea level.



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Day 04: Acclimatizing day

After having trekking of over 5-6 hours in the stony trails, it is better to stay the day at Namche Bazaar. This place is also very beautiful. We can roam many places here. The rest day will also help us to adapt ourselves at a high altitude where the presence of 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.



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 descended to the Dudh Koshi River at Phortse Thanga at the altitude of 3500meters from where we can see the marvelous view of Thamserku (6608m).



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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 view of green forest along with the white glittering mountains. Overnight in Guest House



Day 07: Trek to Gokyo Valley

After spending the night at Macherma, we should start the next day trekking early in the morning. 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 which is situated at the height of 4750m.



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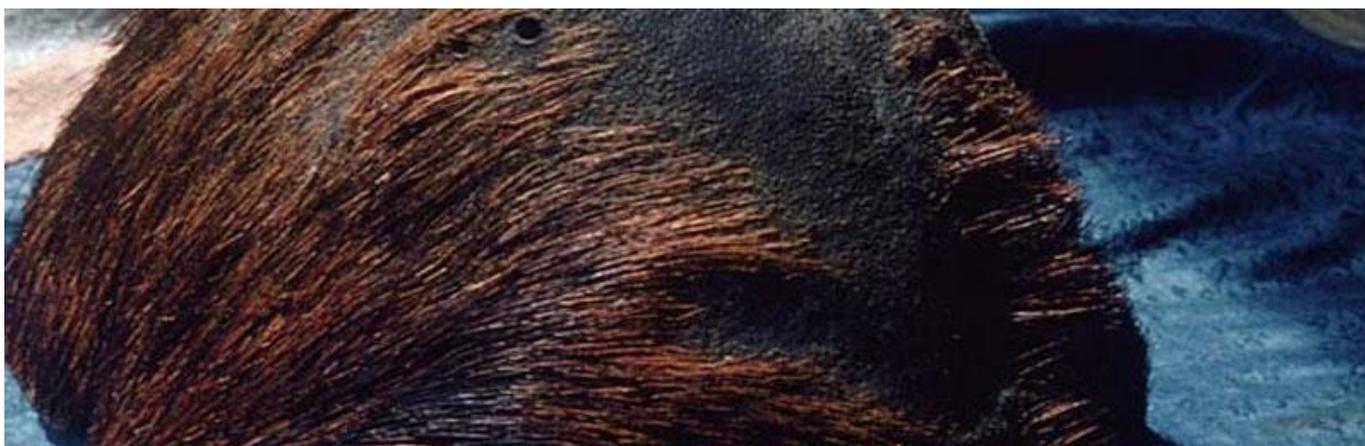
Day 08: Gokyo -Ri and back to Dole

Early in the morning, we can make an excursion to the Gokyo peak. We have to climb over an hour with the traditional prayer flags of the Sherpa community. From the top, we can view a marvelous 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.



Day 09: Dole to Khumjung

After having breakfast at Dole, we will head towards the Khumjung. It is the largest settlement of the Sherpa community where we can encounter the traditions and customs of Sherpas. There is a high school established by Sir Edmund Hilary. We also can see many monasteries over there. We stay the night at Khumjung.



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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.



Day 11: Phakding to Lukla

The route down to the Phakding leads us towards Lukla, which is one of the best towns in Nepal. On the way back to Lukla, we can see a much beautiful view all over the way consisting of green mountains and white sparkling mountains. The day ends up with the trekking route to Lukla. We can stay overnight at Lukla.



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Day 12: Lukla to Kathmandu

It will take only a few minutes for us 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.



Day 13: Departure

The final departure will be at Tribhuvan international airport. Wishing for a better further journey, our magnificent journey ends here.



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Cost 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

Cost Excludes

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

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Trip End

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