



Global Treks & Expedition P. Ltd.

**Chakshibari Marg 591, Thamel
Kathmandu, Nepal**

Everest Gokyo & Gokyo Ri Trek Brief Itinerary

Day 01 : Arrive in Kathmandu (1,350 M/4,264 FT)

Welcome to the country of Himalayan Nepal. Upon your arrival at the Tribhuvan International Airport our representative welcomes you and transfers you to your hotel in Kathmandu. Later in the evening, we will take you to welcome dinner at one of the finest restaurants in Kathmandu offering typical Nepalese cuisine which will introduce you to the country's food culture. Overnight at hotel.



Day 02 : Kathmandu: Sightseeing and trek preparation

Today after breakfast, you will be moving on to a guided tour to several historical and spiritual attractions of Kathmandu. Some of these landmarks are considered World Heritage Sites including the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swoyambhunath) and Buddhist shrine (Boudhanath) which is one of the largest stupa in the world. You can also visit to Patan Durbar Square and famous Krishna temple located at Lalitpur with a reserved private vehicle with your guide. At the evening or dinner time there will be a full trip discussion and preparation for the trip. Overnight at hotel in Kathmandu.

Day 03 : Fly to Lukla (2,800 M/9,184 FT), trek to Phakding (2,652 M/8,700 ft)

Early morning we will fly from Kathmandu to Lukla. Lukla has a fine airstrip and the scenic flight of 40 minutes duration above the breathtaking green and white mountains, we reach the Tenzing-Hillary Airport. Lukla is a gateway destination from where our trek begins. Upon landing, the guides and porters will divide the baggage and you can have a good look around and take pictures. Depending upon when we land at Lukla, we might even have our lunch there. From Lukla, we walk to Phakding village. The walk is fairly easy and we will stay overnight in Phakding. We can spend our evening strolling around the village, visit the nearby located monasteries. Overnight at Phakding at Yeti Mountain Home or a similar hotel.

Day 04 : Phakding to Namche Bazaar (3,440 M/11,283 FT)

Our day's hike will start after we have our breakfast. We start by walking through a beautiful pine forest, the track leads us along the banks of Dudh Koshi River; we will have to cross this river twice today. We will have to cross many suspension bridges, one of which is the famous Hillary Suspension Bridge. We catch the wonderful prospect of the glistening Mt. Thamserku (6,618 M). We will then arrive at a small village called Monjo. Monjo is the gateway to Sagarmatha National Park. After entering the National Park, we descend down to Bhote Koshi River upon which we arrive at Jorsalle village. We walk further from there heading off to Namche Bazaar, a prosperous trade hub in the lap of the Himalayas which is also the capital of Khumbu region. We will stay overnight at a hotel in Namche Bazaar.

Day 05 : Namche Bazaar: acclimatization

After already having ascended an altitude of (3,440 M/11,253 FT) we will use today for acclimatization. It is very important that our body is prepared for further ascending and is also a scheduled acclimatization

+9779851002579, +977-1-4701585

info@globaltreksnepal.com, globaltreksnepal15@gmail.com

day. We have the day at our disposal and can choose to do what you wish with it. We can walk up to the Everest View Point Hotel and enjoy the view it offers. We can also choose to just walk around Namche Bazaar and observe the local proceedings and lifestyle. If it is Saturday today, there will be local traditional Saturday Market and it will be a wonderful experience visiting the marketplace. There is a Sherpa Museum in Namche which would be the place to visit if we are into Sherpa culture and history of mountaineering. We can also hike to Thame or visit Khunde. We also take an interesting side trip up to Khumjung. We further climb up to the famous airstrip at Syangboche. The Khumjung valley, surrounded by the snowy peaks of Kongde and Thamserku and the sacred peak Khumbila, hosts a well known monastery that houses a yeti scalp. We also visit the Hillary School which is at the same site. Overnight at Namche bazaar.

Day 06 : Namche Bazaar to Phorse (3810 M/ 12,496 FT)

We leave Namche Bazaar on a trail with gradual ups and downs. On the way, we are likely to spot Himalayan pheasants, musk deer, and Himalayan Thars. We then begin descending to Kyanjuma. From Sansa, we follow the Gokyo trails and from Mong, we get a glimpse of Ama Dablam, Thamserku, Tawoche, and Khumbila mountains. Our trail descends to Dudhkoshi Khola after which it is an uphill climb through rhododendron forests before reaching Phorse . From here we get good views of the Tawache and Cholaste mountains. Phorse Village is interesting as it is situated in the middle of the hills above the river valley with pine and Rhododendron forest surroundings. Here, you will also have chance to see the Himalayan pheasant and few others Himalayan animals. Overnight in Phorse.

Day 07 : Phorse Village to Machhermo-(4,470 M/ 14,663 FT)

After crossing a bridge over the Dudh Koshi River, we are likely to come face to face with local wildlife like pheasants, mountain goats, and musk deer. Our trail passes through forests, waterfalls and bridges before reaching Dole. We climb on a steady trail through a scenic ridge with views of Cho Oyu, Kantega, and Thamserku mountains. We ascend from Luza village and walk above the Dudh Koshi River. We continue walking through small villages and sandy trails before reaching Machhermo. We can visit the Himalayan Rescue Hospital for a lecture regarding altitude sickness, its precaution, and primary treatment. Overnight in Machhermo.

Day 08 : Machharmo to Gokyo (4,800 M/15,744 FT)

We ascend on a hill and enjoy views of the Dudh Koshi valley and Kangtega, Thamserku and Cho-Oyu mountains. Beyond the ridge the valley widens as the trail passes through a Chorten and reaches Phangga. We descend to the river bank before climbing up to the terminal moraine of the Ngozamba Glacier on a steep trail. We pass through Longpongo, Raboche Tsho and Dudh Pokhari before reaching Gokyo. On the trail next to the first lake, we see what is believed to be the footprints of a Lama (Buddhist priest). We explore Dudh Pokhari before calling it a night. Overnight in Gokyo.

Day 09 : Gokyo Valley: Climb Gokyo Ri (5,357 M/17,570 FT) and hike to fifth Lakes

This may have full day rest at Gokyo or have chance to explore up to the fifth lake passing another forth lake and enjoy the view. This is great place and an opportunity to view full part of Mt. Everest and Cho-Oyu. You can see the Northern part of Cho-Oyu base camp and biggest glacier of the world Ngazumpa glacier; and stroll back to hotel for overnight.

Day 10 : Gokyo to Dole

We descend on a trail along the Dudh Koshi River and pass the first Gokyo lakes. On the way we also enjoy views of the Cholatse and Taboche peaks. Our trail descends before climbing a hill. Our trek descends the right side to Mongla hill and continue down to Phortse Thanga. After reaching the chorten at the edge, we see great views of Thamserku, Cho Oyu, and Kangtega mountains. We walk past Machhermo, Luza and Lhafarma villages before reaching Dole. Overnight in Dole.

Day 11 : Dole to Namche Bazaar

We descend on a steep trail to Phortse Thanga admiring rhododendrons, wildflowers and waterfalls. We also come across mountain goats, musk deer, pheasants, etc. From Mong, we can admire a good view of Khumbila peak. On our way to Namche the view of Taboche, Ama Dablam, Thamserku and Kangtega mountains are ours to admire. After walking for a while, we reach an intersection where the trail from Sanasa meets our trail. We walk on a trail that clings to a forested slope beyond Kyangjuma, winding through several bends. After reaching Namche army camp hill, we look back to see Lhotse, the tip of Everest and Tengboche for one last time. About a kilometer from here is Namche Bazaar. Overnight in Namche Bazaar.

Day 12 : Namche Bazaar to Lukla: (2,800 M/9,186 ft)

You can walk at your own pace today as we head back to Lukla from where we started our adventure. There will be mixed feeling today. You will feel delighted that you have successfully completed the trek and experience the thrills and beauty of it. At the same time you will also be disappointed that you have to leave the beauty and the adventure behind. But, there is always next time and there is always next adventure waiting for you. The evening and the night will be marked with celebrations that will include a lot of singing and dancing. We will spend the night at a hotel in Lukla.

Day 13 : Fly to Kathmandu

We take the earliest possible flight back to Kathmandu. Our guide will transfer you to your hotel where you can relax at your will. Later the evening, we will treat- exquisite Nepalese cuisine at one of the finest restaurants. It will also be a great opportunity to hear from you about your experiences and get constructive criticisms and suggestions that will help us make improve ourselves. You can also go for shopping to Thamel for typical Nepali handicrafts as gift for your friends and family as you have day leisure after arriving from Lukla.

Day 14 : Final departure

Some of you might also have few more days and some other activities planned in Nepal. For the rest of your who are returning today, depending upon what time your return flight is, you can do some last minute shopping if you like to. We will transfer you to the airport hoping it won't be long before we see each other again.

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 3 N Kathmandu Hotel accommodation sharing bases with B/B.
- Kathmandu to Lukla to Kathmandu domestic flight.
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners)**.
- Lodges/Guesthouses accommodation during the 10 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance, and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses.

Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- ~~Travel insurance covers emergency Rescue and Evacuation.~~

+9779851002579, +977-1-4701585

info@globaltreksnepal.com, globaltreksnepal15@gmail.com

- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

Trip Map

