



Full Itinerary & Trip Details

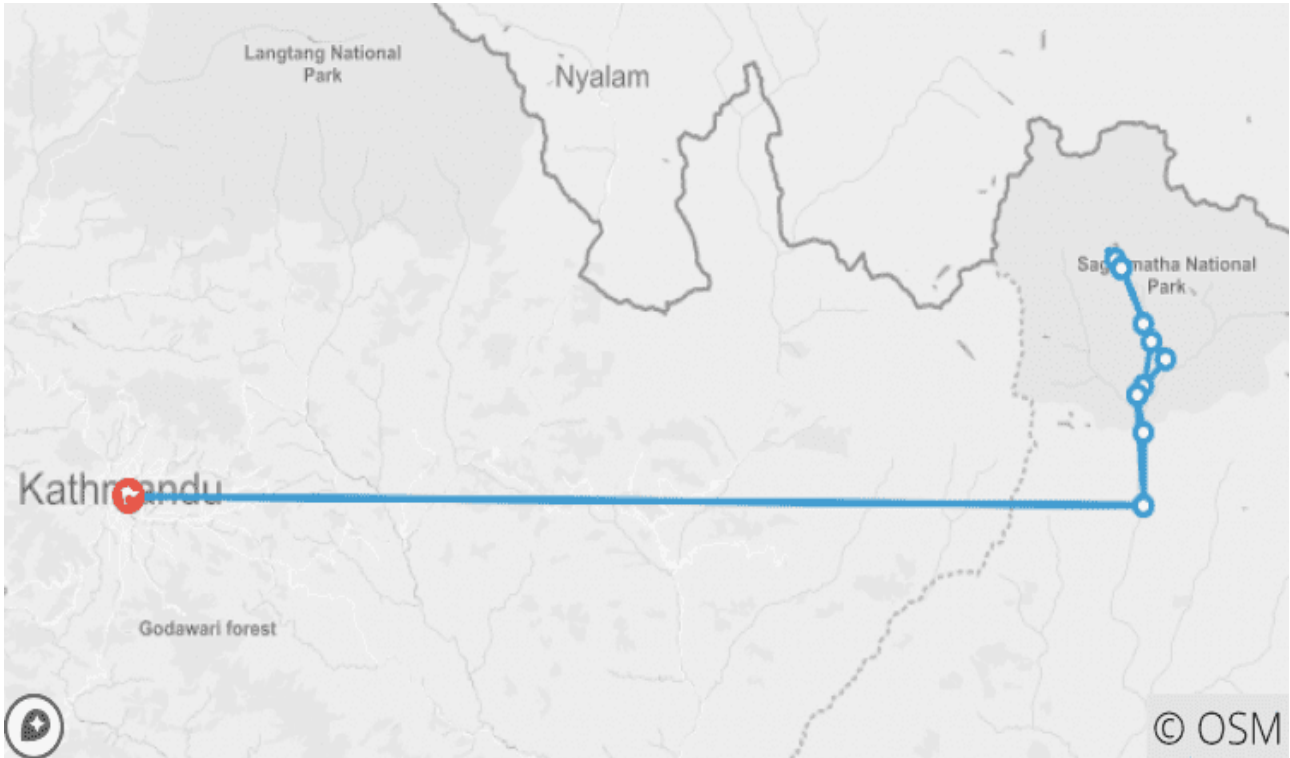
Everest Gokyo Ri Trek - 15 Days

BEST SELECTION

BEST PRICES

TRUSTED PAYMENTS

Trip Overview



PRICE STARTING FROM

\$1,899

DURATION

15 days

IDEAL AGE

15 to 85 year olds

STARTS IN → ENDS IN

Kathmandu → Kathmandu

STYLE

Mountain Hikes

OPERATOR

Serene Himalaya Treks and Expedition

TOUR CODE

#171633

Itinerary

Introduction

Gokyo Valley Trek is a fine alternative to the Everest Base Camp Trek which climbs the valley to the west of Everest to the village of Gokyo and five sacred lakes on the moraine beside the Ngozumpa Glacier.

This two week spectacular climb almost as high as the Everest Base Camp Trek offers similarly jaw dropping Everest views, but the trails are less crowded and quieter with traditional Sherpa villages serving local meals to legions of hungry trekkers.

The trail follows the Dudhkoshi River to its source – a series of emerald green lakes. Gokyo is a Sherpa village that lies besides the largest of these lakes. From Gokyo we climb to Gokyo Ri (5360m) for a heart stopping view over Everest, Lhotse, Cho Oyu and Makalu, Cholatse and Taboche.

Day 1 Arrival Kathmandu (1300m/4265ft)

Start Point



Kathmandu,
Nepal

Arrive at Kathmandu International Airport where you will be warmly welcomed by our representative and check in to the hotel. The rest of the day is free to explore this historic and vibrant city. Meals: NO

Day 2 Acclimatize Kathmandu

After breakfast we depart the hotel for a full-day guided sightseeing tour of Kathmandu, the “city of glory.” We visit Durbar (Palace) Square, the epicenter of religious and cultural life, an area filled with old temples and historical significance with old glorious Newari architecture. Some of the sights include Kal Bhairav, Hanuman Dhoka, Taleju Temple, Kasthamandap and Kumari Ghar; home to the Living Goddess. Afterwards we visit Swoyambhunath Stupa, said to be one of the oldest Buddhist stupas in the world, which is majestically set high on a hill overlooking Kathmandu Valley. We proceed towards Pashupatinath Temple, a Hindu temple dedicated to Lord Shiva. This massive temple complex sits alongside the banks of the holy Bagmati River. Only Hindus are allowed to enter the courtyard of the temple, whereas tourists can see the temple from the eastern side of the Bagmati River. Later we visit Boudhanath, a Buddhist Stupa said to be one of the largest in the world. This massive structure stands tall with four pairs of eyes each facing the four cardinal directions, watching for righteous behavior of mankind and for human prosperity. Welcome dinner in the evening. Meals: Breakfast, Welcome Dinner.

Day 3 Fly to Lukla (2800m/9187ft); trek to Phakding (2610m/8563 ft) 2-3 hours trek; 200m descent, 50m ascent

Early morning flight from Kathmandu International Airport to Lukla Airport and trek to Phakding. Descending above farmlands we pass through Sherpa villages of Chheplung, Ghat and Sano and Thulo Gumela and shrines and monasteries of Drangdrak Gompa and Pema Choling Gompa with breathtaking views of sacred mountain Kumbila and sister summits Kusum Kanguru peaks. Meals: Breakfast, Lunch, Dinner

Day 4 Trek to Namche (3420m/11221ft) 5-6 hours/1000m ascent, 100m descent

Heading for the Namche Bazar, we cross through the hamlet of Zamphute and Tok Tok to see dazzling Thamserku glistening in the sun that stays all the way with us in most of our trek. Passing through the scenic Sherpa villages of Benkar, Chumoa and Monjo, we reach Utche Choling Gompa on a bluff abutting the Dudhkoshi river and further we make our way between the bluff to the entrance of Sagarmatha National Park, a UNESCO declared world heritage site. Completing halfway to Namche Bazar, we head for the second half of the march that would likely to take more time due to steep climb at the end. Crossing through the last village of Jorsale, a steep stepped path leads us to an amazing high bridge over the Dudhkoshi River gorge and just before this bridge, the Dudhkoshi is met by its tributary, the BhoteKoshi. Beginning the final steps uphill slowly we reach heights of Namche from where we can have first look at Mt. Everest, peering over the Lhotse-Nuptse ridge and finally after about 1.5km/0.9mile) we reach Namche Bazar. Meals: Breakfast, Lunch, Dinner

Day 5 Acclimatize at Namche

We have an acclimatization day at Namche Bazar. To help our body better adapt to the high altitude, we can take short walks or climb few hundred feet during the day to have a look in the villages, houses, terraced fields and snowy mountains of Kwangde, Khumbu peak, Thamserku, Kusum Kanguru and the village's big weekly event, the Saturday market to have fun mingling with the crowds and watching men and women in traditional attire. Meals: Breakfast, Lunch, Dinner

Day 6 Trek to Phortse Thenga (3680m/12074ft) 5 hours

Today, the trail climbs steeply out of valley through rhododendron forest, juniper and large conifers start to appear as the elevation increases making trekking beautiful in spring. The trail passes through Yak Kharka and summer settlements. The views of Khumbi La and Tawache are magnificent throughout the day. Meals: Breakfast, Lunch, Dinner

Day 7 Trek to Machhermo (4410m/14469ft) 5 hours

The trail climbs a ridge for an excellent view both down the valley to Kangtega and up towards Cho Oyu and descend to a river and again climbs steep to the terminal moraine of the Ngozumpa glacier. We reach at Machherma by early noon. Meals: Breakfast, Lunch, Dinner

Day 8 Trek to Gokyo (4750m/15585ft) 5 hours

Today the trek takes us at one of our final destination, Gokyo. We will make this camp our base for 2 nights as we will have couple of hiking and sightseeing trips around Gokyo. Meals: Breakfast, Lunch, Dinner

Day 9 Explore Around Gokyo

We spend this day in Gokyo strolling around the lake and hike north to other sacred lakes and return back to Gokyo for night stay. Meals: Breakfast, Lunch, Dinner

Day 10 Trek to Gokyo Ri (5360m/17586ft) & Back to Gokyo 5 hours

Gokyo Ri is the highlight of the Gokyo valley Trek and is an epic vantage point for the mountain views. We start the climb early in the morning. The path to the peak crosses the stream at the north end of the village and climbs for two hours to a cat's cradle of prayer flags at the top of the hill. From the summit, there are panoramic views of Cho Oyu, Everest, Lhotse, Makalu, Cholatse and Taboche, with the Ngozumpa Glacier cutting across in front like a massive tear in the landscape. We walk down to Gokyo for the night stay. Meals: Breakfast, Lunch, Dinner

Day 11 Trek to Dole (4090m/13419ft) 6 hours

Following the same trail down, we make a descent to Dole. Meals: Breakfast, Lunch, Dinner

Day 12 Trek to Namche via Khumjung 5 hours

Descend to Namche Bazaar via typical Sherpa village of Khumjung. Leaving the mountains behind our descent continues back to the town of Namche Bazaar. Meals: Breakfast, Lunch, Dinner

Day 13 Trek to Lukla 6 hours

Finally we return to Lukla following the Dudhkoshi River, where the trek ends. Meals: Breakfast, Lunch, Dinner

Day 14 Fly back Kathmandu

From Lukla Airport we fly back to Kathmandu. This is a leisure day which can be utilized buying gifts and souvenirs for your friends and family. In the evening you will be invited to join FAREWELL reviewing great photos and share experiences of the trip. Meals: Breakfast, Farewell Dinner

Day 15 Fly back home or extend your holidays

End Point



Kathmandu,
Nepal

If you prefer to stay longer, you can consult us for short tours such as game drive at National parks, rafting, mountain biking, Tibet, India or Bhutan tours etc. Meals: Breakfast

What's Included

Accommodation

3 Nights Hotel in Kathmandu including breakfast,

11 Nights stay in Tea House during trek. It means, sharing Bathroom.

Guide

An experienced English speaking Trekking Guide and a Porter during trek. 2 trekkers - 1 Porter

Meals

During the Trek, we will have Breakfast, Lunch, Dinner and Tea/Coffee each time only.

Welcome and Farewell Meals and Breakfasts while in Kathmandu.

Flights

Air fare from Kathmandu to Lukla and return flight to Kathmandu and domestic flight departure taxes.

***** International flights are not included.**

Transport

All airport/hotel pick up and drop in private car/van

Others

Necessary airport pickup and drop

Salary, food, insurance and lodging cost for guide and porter (2 Trekkers-1 Porter)

National Park Permit and TIMS for Everest.

Down Jacket and Sleeping Bag that needs to be returned to office after trek completion.

Kitbag and T- shirt for you

3 Nights Hotel in Kathmandu including breakfast,

11 Nights stay in Tea House during trek. It means, sharing Bathroom.

Air fare from Kathmandu to Lukla and return flight to Kathmandu and domestic flight departure taxes.

An experienced English speaking Trekking Guide and a Porter during trek.2 trekkers - 1 Porter

During the Trek, we will have Breakfast, Lunch, Dinner and Tea/Coffee each time only.

Welcome and Farewell Meals and Breakfasts while in Kathmandu.

City tour in Kathmandu

Driver, His salary, meals and accommodation

Fuel, Road Taes and Service Charges

Gov Taxes and Parking Fees

Departure Dates

STARTING IN Kathmandu	→	ENDING IN Kathmandu
01 May 2020		15 May 2020
02 May 2020		16 May 2020
03 May 2020		17 May 2020
04 May 2020		18 May 2020
05 May 2020		19 May 2020
06 May 2020		20 May 2020
07 May 2020		21 May 2020
08 May 2020		22 May 2020
09 May 2020		23 May 2020
10 May 2020		24 May 2020
11 May 2020		25 May 2020
12 May 2020		26 May 2020
13 May 2020		27 May 2020
14 May 2020		28 May 2020
15 May 2020		29 May 2020
16 May 2020		30 May 2020
17 May 2020		31 May 2020

18 May 2020	01 June 2020
19 May 2020	02 June 2020
20 May 2020	03 June 2020
21 May 2020	04 June 2020
22 May 2020	05 June 2020
23 May 2020	06 June 2020
24 May 2020	07 June 2020
25 May 2020	08 June 2020
26 May 2020	09 June 2020
27 May 2020	10 June 2020
28 May 2020	11 June 2020
29 May 2020	12 June 2020
30 May 2020	13 June 2020
31 May 2020	14 June 2020
01 June 2020	15 June 2020

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