



Gokyo Ri - Sagarmatha National Park Trek - 11 Days



Trip Facts

Destination	Nepal
Duration	11 Days
Group Size	2-30
Trip Code	DWTKO15
Grade	Challenging
Activity	Everest Treks
Region	Everest Region
Max. Altitude	5,430m Gokyo Ri
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Domestic flight (Lukla-Ktm-Lukla) and private vehicle (Transportation)

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Reaching one of the highest-situated settlements in the world accompanied by beautiful lakes and rivers, majestic mountains (Gokyo Ri in Sagarmatha National park), dense forests, the trail to Gokyo lakes...

Discovery World Trekking would like to recommend all our valuable clients to arrive in Kathmandu a day before our '11

Days Gokyo Lake Trek'. Make sure to attend our official briefing a day before the trek. The primary motive for the meeting is to give you proper guidance and vital information about the trek. Secondly, we recheck all the equipment for your comfortable journey. We ensure that you have all the supplies needed for the trek. This pre-meeting will give a clear idea about the necessary supplies and challenges you may face during the trek. It will be a kind of motivational seminar for you to be outfitted and energized about the trek. Additionally, it is recommended to put a margin of 1 or 2 days extra. The flight from Kathmandu to Lukla or from Lukla to Kathmandu is unpredictable and might be canceled or delayed due to bad weather.

About the Trip

Reaching one of the highest-situated settlements in the world accompanied by beautiful lakes and rivers, majestic mountains (Gokyo Ri in Sagarmatha National park), dense forests, the trail to Gokyo lakes is a package of phenomenal bliss. Gokyo lakes trek constitutes a view of the magnificent Mount Everest(8,848m/29,028ft) along with mountains above 8,000m like Cho Oyu(8,201m), Mount Lhotse(8,516m), and Mount Makalu(8,463m). The enchanting turquoise Gokyo lakes supplement the abstract beauty of Gokyo Valley. Adding up to beauty, we can also witness the longest glacier- Ngozumpa Glacier. An incredible view of stone houses and meadows on the shore of Gokyo Cho (Dudh Pokhari) is the best part of the trek. With a spectacular landscape and warm hospitality of the people, this trail offers us a new wonder every day. This 11-days trek is a blend of adventure and delight. An alternative to the classic Everest Base Camp Trek, the secluded beauty of Gokyo Valley will make this trip a very remarkable one.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  World's highest airport in Syangboche
-  Explore the culture and lifestyles of the local Sherpa people
-  The exquisiteness of the world's highest peak, Mt. Everest (8,848m)
-  View of other peaks such as Mt. Lhotse(8,516m), Cho Oyu(8,201m) and Mt.Makalu (8,463m)
-  Explore UNESCO World Heritage Sites
-  Prayer wheels, colourful flags, Mani stones, high suspension bridges
-  The wide range of Flora and Fauna
-  Wildlife like musk deer, colourful pheasants, snow leopard and Himalayan Thar
-  Mystic Gokyo Valley and Gokyo Lakes
-  Stone houses and meadows around Gokyo Valley
-  Astounding panoramic view from Gokyo Ri

What is Included?

- ✔ Domestic Flights (Kathmandu – Lukla – Kathmandu) Tickets and airport departure taxes
- ✔ Five nights at Lukla, Phakding and Namche (3 N), room with private attached bathroom, Five nights in standard room at Dole, Machhermo, Gokyo (2 N), Phortse,(twin sharing room) - 10 Nights
- ✔ All Standard Meals (11 Lunches, 10 Dinners and 11 Breakfasts) during the trek.
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader,(12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage. (2 trekkers:1 porter "9 kg per trekker max limit")
- ✔ Coverage of Guides and Porters, Their meals, insurance, salary, lodging, transportation, flight and other necessary equipment.
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.

- ✔ Sagarmatha National Park entry permit fee
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Provide pulse oximeter for the blood oxygen saturation level monitor to high altitude. It is an important indicator to recognize early signs of impending altitude sickness and other potential health risks.
- ✔ Medical Kit.
- ✔ The arrangement of sleeping bags and down jackets if you do not have your own.
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

⊗ What is Excluded?

- ⊗ International flight airfare
- ⊗ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊗ Excess baggage charges (Limit is 9kg per Person)
- ⊗ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊗ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊗ Personal clothing and gear
- ⊗ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊗ Tips for guide and porters (Recommended by the Culture)
- ⊗ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.
- ⊗ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

🔍 Overview

For those who want to try something new in the **Sagarmatha National Park**, Gokyo Ri with **Gokyo Lakes trek** can be the best choice. A walk around the Gokyo Ri Sagarmatha national park presents us with a whole new viewpoint of the Himalayas. The trail provides perfect views of four of the highest mountains in the world. The beauty of Gokyo Lakes wrapped by the phenomenal Himalayas (Gokyo Ri), this trek rewards trekkers with many other exceptional views. **Monasteries, the culture, floras & faunas**. There is just so much more to see passing through this trail. This trek grabs on to higher altitudes quickly, which is why a slow and steady pace helps win the race.

We start our journey with a **blissful 40 minutes flight from Kathmandu to Lukla**. Flying between the mountains and hills, or emotion intensifies as we see the magnified view of the Himalayas. Moving further, we prepare our body with a short hike from **Lukla(2,850m) to Phakding(2,650m)**. A small village with a bunch of surprises, Phakding is one of the significant places to acclimatize with the increasing altitude. Next, we follow the remarkable trail to **Namche Bazar(3,440m)**. Also known as the gateway to Everest, Namche Bazar is a tourist hub with everything available; from gear for your trek to restaurants with pools. We halt at Namche to adjust with the thinning air and then further continue the next day to **Dole(4,045m)**. Embellished by vibrant prayer flags, the path to **Macchermo(4,470m)** from Dole is very pleasing. We finally land in **Gokyo(4,790m/15,715ft)**, our ultimate destination. We travel around the Gokyo Village and immerse ourselves in the beauty of Gokyo Lakes. With a challenging yet rewarding ascend to **Gokyo Ri(5,350m/17,562ft)**, we will witness the exquisite beauty of the Himalayas. We will enjoy a close-up view of four of the highest peaks: Mount **Everest (8,848m/29,028ft)**, Cho Oyu(8,201m), Mount Lhotse(8,516m), and Mount Makalu(8,463m).

We descend straight back to **Phortse(3,950m)** which is situated lower than Dole. While we took it two days to reach Gokyo from Dole, we will cover the distance in one day while descending back. We walk back through Namche Bazar to Phakding and then take a flight from Lukla to Kathmandu. A fusion of the Himalayas and the glittering lakes, we conclude this wondrous trek with a final glimpse of mountains from Lukla.

In this **11 day Gokyo Ri trek in Sagarmatha National Park**, we will enjoy glancing at the spell-binding turquoise lakes, Gokyo Lakes, picturesque view of Mount Everest, and the divine landscape around the world's highest peaks. Like the ocean waves, this trail has a genuinely amusing walking trail that goes up and down. Gokyo Lakes comprises a sequence of six of the world's highest freshwater lakes. Along with the rustic beauty, these lakes have religious

significance as well.

Day to Day Itinerary

Day 1

Flight from Kathmandu (1,400 m / 4,593 ft) to Lukla (2,850m/9,350 ft) Trek to Phakding (2650 m/ 8562 ft)

Itinerary Facts

Trek Distance	6.2km/3.8 miles
Flight Hours	40 minutes
Highest Altitude	2,850m/9,350 ft
Trek Duration	3 hours

We start with a 40-minute flight to Lukla and 3 hours walk to Phakding. We walk from Chaurikharka village and descend towards Dudh Koshi Ghat(2,530m). Passing through the Dudh Koshi River and gorgeous landscapes, we reach Phakding(2,650m). The short and refreshing day is beneficial in acclimatizing with the increasing altitude. Phakding is the starting point for the Everest trek as of which it has everything from gears and lodging to pool and restaurants. With plenty of spare time, we can visit the famous local monastery in the village(Rimishung Monastery).



Overnight at "Khumbu Travel Lodge" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 2

Trek from Phakding (2,650 m/ 8,562 ft) to Namche Bazaar (3,440m/11,285 ft)

Itinerary Facts

Trek Distance	7.4 km/4.6 miles
Highest Altitude	3,440m/11,285 ft
Trek Duration	6 hours

Continuing along the Dudh Koshi River, we begin the actual hike from this day. With suspension bridges decorated with prayer flags, it contributes to a splendid view of the trail. The thrilling yet marvelous path makes our walk very delightful. After a few hours of exceptional walk, we reach Monjo Village. Sagarmatha National Park begins from here, where we will have our permit to enter the region registered. We slowly ascend further through a challenging trail and get a glimpse of the mighty Mount Everest. As the view intensifies, the enthusiasm guarantees to make us forget all the steps that we've climbed. Through the woods and stone-paved way, we finally reach Namche Bazar. We rest here for the night and enjoy the specialties of Namche. With a tiring walk, we can end our day indulging in the famous bakeries of this region. We rest and eagerly prepare for what has to come the next day.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 3

Rest day to acclimatize at Namche Bazaar

Today, we will take a break and acclimatize with the thinning air. Despite the claim of the title, we will not just be sitting idle today. We wander through the alleys of Namche while we adjust ourselves to the altitude. Furthermore, we can hike to Sagarmatha National Park and including a hike to Khumjung(3,790m). As they say, "hike high, sleep low". It is an optional but recommended part of the trek. We visit Hillary school and old monasteries on the way to Khumjung and can also further hike to Khunde. Namche, without a doubt, carries a lot of wonders. A must-not-miss place is the Syangboche airport(3,780m), the highest airport in the world, and hike to Everest View Hotel from where the view of Mount Everest is excellent. A single day may prove to be insufficient to cover all the phenomena of this place. We spend the night at Namche and brace ourselves for the next day.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Namche (3,440m/11,285 ft) to Dole (4,200m/13,270 ft)

Itinerary Facts

Trek Distance

Highest Altitude 4,200m/13,270 ft

Trek Duration 5 hrs

The trail towards Dole consists of many uphill and downhill walk. We descend till Mong La Pass(3,957m) before reaching Phortse Thenga. Continuing our trek, we will be passing through many pine forests, where we will see fascinating floras and faunas. As we walk past the trail, the view of Mount Amadablam(6,812m) and Mount Khumbila(5,761m) emerges. Moving further on from Phortse Tenga, we ascend to reach Dole. As we get closer to our destination, the view amplifies and, so does our excitement.



Overnight at "Alpine Cottage" Lodge



Included standard meals (Breakfast + Lunch + Dinner)

Day 5

Trek from Dole (4,200m/13,270 ft) to Machhermo (4,470 m/14,450 ft)

Itinerary Facts

Trek Distance 7 km/4.3 miles

Highest Altitude 4,470 m/14,450 ft)

Trek Duration 5-6 hrs

Passing by the trailside shrine and lots of prayer flags, we reach Lapahrma. From here, we get an outstanding view of Mount Cho Oyu(8,201m), the world's fifth highest mountain. Additionally, Mount Kantega(6,782m) and Thamserku(6,623m) will not fail to mesmerize us. As we walk past the trail, we will encounter beautiful meadows with grazing yaks. With such picturesque views, we walk through Luja Valley to reach Machhermo. Walking alongside the beautiful river accompanied by a blanket of the Himalayas, we halt at this amazingly beautiful village of Machhermo before our final ascent.



Overnight at "Lodge in Machhermo"



Included standard meals (Breakfast + Lunch + Dinner)

Day 6

Trek from Machhermo (4,470 m/14,450 ft) to Gokyo (4,790m/15,584ft)

Itinerary Facts

Trek Distance 5.7 km/3.5 miles

Highest Altitude 4,790m/15,584ft

Trek Duration 4 hrs

After days of ascending with joy and enthusiasm, we finally reach our destination: Gokyo Village. We head to our destination with an hour's walk to reach Phangan. Phanga has an area dedicated to the people who lost their lives in the landslides. As we move ahead, we come across an iron bridge over a stream that leads to a lake. Well-known as Longpongo(4,690m), this lake is a trailer of what has to come next. We traverse through the messy and risky moraines of the famous Ngozumpa Glacier. Ahead of this, we witness the sequence of Gokyo lakes such beautiful that we'll forget the entire world. The vibrant color combination of lakes and the Himalayas is unexplainable. We stay overnight at Gokyo Village amidst nature. Gokyo, to be explained in words, is an absolute marvel. A blend of the mountains, glaciers, and lakes, Gokyo is a one-in-all package.



Overnight at "Thanka Inn"



Included standard meals (Breakfast + Lunch + Dinner)

Day 7

Rest day to acclimatize at Gokyo. early morning summit of Gokyo Ri, (5,400 m/ 17,814 ft)

Itinerary Facts

Trek Distance 1.5 km / 0.9 miles

Highest Altitude 5,400 m/ 17,814 ft

Trek Duration 1 & ½ hrs

One day at this enigmatic village is not going to be enough. So we do our best today to cover all the beauty of this village. We hike to Gokyo Ri(5,430m) to see the excellent panoramic view along with an astonishing glimpse of Mount Everest. The scenery is unquestionably stunning. Unlike the Everest Base Camp trek, we will witness the Himalayas along with beautiful turquoise lakes and glaciers. After a nutritious lunch, we will further walk around the village to see the lakes. We will spend the rest of the day surrounded by the exceptional landscape in tranquillity.



Overnight at "Gokyo Namaste Lodge"



Included standard meals (Breakfast + Lunch + Dinner)

Day 8

Trek from Gokyo (4,790m/15,584ft) to Phortse(3,950m/12,959ft)

Itinerary Facts

Trek Distance 15.5 km/9.6 miles

Highest Altitude 4,790m/15,584ft

Trek Duration 6 hrs

Today we descend back after a brief yet exciting journey to Gokyo Lakes. We bid goodbye to Gokyo Village as we head back to Phortse. As we head back, we walk past the dense forest with rhododendrons blooming and pheasant flying all around. The trail that we covered in two days while ascending, we will cover that in one day. As we walk back, we will be reminiscing various sights and spots that we passed before. We slowly lose the view of the Himalayas, but the ambiance is such a beautiful and pure that we will enjoy our walk to the fullest. Accompanied by Yaks and beautiful rivers, this hike back down is utterly incredible.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 9

Trek from Phortse (3,950m/12,959ft) to Namche Bazaar (3,440m/11,285ft)

Itinerary Facts

Trek Distance 9.1 km/5.6 miles

Highest Altitude 3,950m/12,959ft

Trek Duration 6 hrs

As we conclude our journey to Gokyo Lakes, we head back to Namche from Phortse. As we walk past through the dense forest, we may occasionally spot animals like musk deer and mountain goats. The trail back is a steep downhill as of which your pace increases but puts pressure on your knees and ankles. While enjoying the final view of Mount Everest, we bid farewell to the place and walk past many Stupas decorated with prayer flags. One of the best parts of the trek is these prayer flags, which make the entire route very lively and picturesque. We rest in Namche and enjoy all the indulgence offered by Namche. With still a little bit of the journey left, we relax our muscles and enjoy the charm of the place.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 10

Trek from Namche Bazaar (3,440m/11,285 ft) to Lukla 2,850 m/9,350 ft)

Itinerary Facts

Trek Distance 13.5 km/8.3 miles

Highest Altitude 3,440m/11,285 ft

Trek Duration 6-7 hrs

Today we will have a final up-close view of majestic mountains on the horizon. The trail is mostly downhill from Namche to Phakding. Through small villages and narrow forests, we pass through the thrilling suspension bridges on our way back. We will finally reach Phakding after a gentle walk through Benkar. As we move ahead on to Lukla, we further reach a small village. At the intersection, we can take a left turn up towards the trees. The route through the village leads down to the main trail connecting at the side stream before Toktok. The different perspectives in view will surely impress us. Eventually, we reach Lukla following the path where we stay overnight. It is a great day to spoil oneself with all the luxury as offered by the town of Lukla.



Overnight at "Comfort Inn" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 11

Fly back to Kathmandu (1,400m / 4,593 ft) from Lukla (2,850m/9,350 ft)

Itinerary Facts

Flight Hours 40 minutes

The flight from Lukla to Kathmandu will be a relaxing one with no more hills to climb but a heart-filled with memories. We have a final chance to enjoy the marvelous scenarios of the snow-capped mountains. We will escort you back to your hotel after reaching Kathmandu. We can manage a tour around the city as per your request. You can visit several world heritage sites around the city. As beautiful as the mountains, the culture around the city is a must-see before you call it an end to your vacation.



Breakfast

Trips Notes

Gokyo Ri & Gokyo Lakes trek in Nepal

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon arrival which is not included in the package. Then the next day, in the early morning we will take a domestic flight to Lukla, approximately 40 minutes.

Kathmandu to Lukla and Lukla to Kathmandu Flights included in package!

We'll welcome you at Tribhuvan International Airport

When you're new to any place, it's really hard to find places and many tourists have complained about the expensive taxi fare so, Discovery World Trekking provides free airport arrival and departure transfer on any flight for the Gokyo Ri-Gokyo lake Trek package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

Gokyo Ri Sagarmatha National Park Accommodation

Gokyo Ri Sagarmatha National park trek is an 11 days long trek with includes **10 nights lodge to lodge stay** at a mountain where we use the best available lodge and select the best accommodation in Everest. **Six nights** at Lukla, Phakding and Namche (**3 N**), room with private attached bathroom, **Four nights** in a standard room at Dole, Machhermo, Gokyo (**2 N**), Phortse,(twin sharing room)

For solo trekker -a single private room with attached bathroom at Lukla, Namche, and Phakding, single private accommodation at Dole, Machhermo, **Gokyo (2 N)**, Phortse,

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

Gokyo Ri trek package Food

Gokyo Ri with Gokyo Lakes trek in Sagarmatha national park is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be **12 Breakfasts, 12 Lunch, and 11 Dinners** will be provided in the trek.

Some of the popular menu items are-

Twelve breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc).

Twelve lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc).

Eleven dinners -(Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.)are available on the menu during the trek. The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted.

We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit. Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid

dairy and cheesy items and strongly suggest not consuming Alcoholic drinks, caffeinated items, hot chocolates as experts suggest avoiding such items during such high elevation treks.. Note - All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

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Best Time To Gokyo Ri - Gokyo lakes trek

The weather is one of the most important factors to look at when deciding to trek to Gokyo Lakes Trek (Gokyo Ri in Sagarmatha National Park) cause no one is beyond nature. The live forecast of the Everest Region can be gain here, it's yet very hard to predict being 100% sure. People trek 12 months of the year up to Everest base camp trek but certainly, there is ups and downs in every season, It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, the temperature is also exquisite with sunlight being warm and the environment after delving of the sun is not as cold as other months. The during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers.

January to February

This time is the coldest, especially from early January to early February. This when there is heavy snowfall in the mountain and can result to extremely cold temperatures. Though the daytime may be warm and admirable with clear skies, the night time would be extremely cold but it's perfectly fine to trek in these months as discovery world trekking make sure of every possible safety during the trek but if you are allergic to extreme cold, you shouldn't be trekking at these month or else people trek 12 months of the year and leave their footprints around the world's highest peaks.

Temperature: Temperatures range from 15°C to -15°C.

March to April

This is one of the best times of the season to hike in the Everest Base Camp. The weather is very favorable this month. Stunning views of the Himalaya ranges and glaciers will be seen. March being the beginning of the Spring season, The weather starts to warm up during these months. During these months, all flora and fauna dormant throughout the winter back to life feeding and breeding in the sun-kissed temperatures. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time.

Temperature: Around 18 °C. At night, the average minimum temperatures drop down to around -12 °C.

May to June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid of August. The season of spring and summer makes the trek much more enjoyable.

Temperature: Around 25°C. At daylight and it drops down to around -5°C.

July to August

The rainfall hits at its peak during this time, below 3500 meters. Due to heavy rainfall, Flights to Lukla may get canceled at the beginning or end of the trek but trekkers are seen in those months too trekking towards Everest base camp, it's challenging but not impossible if you choose to trek in these months Discovery world trekking will take care of your safety at its fullest as it does in every month but as the way is not that favorable it's not highly recommended to trek in these months but The rainfall also provides spectacular views of the waterfall and avoid the crowds like other months.

Temperature: Around 27°C at daylights to 5°C

September to October

This is also one of the perfect seasons for the EBC Trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the day time and falls down to 5 degrees during the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the Everest Base Camp trek, usually from mid-September to the end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar.

Temperature: Temperature goes up to 20 degrees in the day time and falls down to 5 degrees

November to December

As winter slowly begins, snow falls begin in the Himalayas region and it eventually gets tough to trek. Nights get very colder. November is the busy season people all over the world come at these months as it's the clearest month with sparkling days and amazing views of humongous mountains. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow like diamonds in the sky.

Temperature- Temperature goes up to 18 degrees in the day time and falls down to -10 degrees

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

Gokyo Ri Trip Grade: Fitness level, Medical, and Health

The Gokyo Ri trek in Sagarmatha National Park is a challenging yet rewarding trek. The hiking will be from 5 to 7 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents, and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

Trekking Solo or in Group

We organize a group as well as a **private trek**. The **price of group discount** is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

A typical day on the Gokyo Ri | Gokyo Lakes Trek

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos, and exploring the local villages. During the expedition, we are accompanied by experienced, friendly, and qualified expert Sherpa's sharing of information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of necessary items.

The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest. The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places. Dinner is served around 6 PM to 7 PM. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

How to Communicate during Trekking in Nepal?

On the Gokyo Lakes Trek or just around [Everest base camp](#) treks, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes. We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available at an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of meals and accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages,

snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only Nepalese currency is accepted.

Electricity and battery recharge, water on trekking

Throughout the lodges at Gokyo lakes trek, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

Gokyo Ri Travel insurance

Gokyo Ri trip grade is ranked the challenging difficult as it entails the risk of high altitude trekking, potential altitude sickness, and other unforeseen events including sudden climate changes. Travel insurance is a significant part of our booking condition for The Everest base camp trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes (up to 6000m) for trekking members. We can recommend insurance companies to help you but we don't directly get involved in the sale of the insurance policy.

Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy. Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

Nepal Tourist Visa Information

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office www.immigration.gov.np The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is the US \$50 for 30 days which have to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa.

There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

Currency Exchange USD to NPR

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.118 NPR Approx)

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

How Much Luggage can I take during Gokyo Lakes Trek?

The weight limit for your **luggage is 9 kg per trekker**, Porters will be assigned to carry your luggage, **Two people** will be assigned with one porter, combined luggage should not exceed more than **18 kgs**. We never overload our porters. but a should carry your own knapsack or backpack (**with your valuables or anything important**) on your own. Only carry what is essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey in our Office.




Gokyo Ri Gokyo Lakes Trek Safety

Discovery World Trekking guarantees our valuable **client's safety, security, and satisfaction**. **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

Equipment Checklist

It is recommended to carry the basic clothing and accessories needed for the trek. The followings belongings are suggested that should be brought, although we understand that our clients have their own preference for clothing, we have listed some useful clothing during the trek. Porters will be carrying the main luggage which should not exceed more than 18kg (one porter will carry two people's luggage, 9 kg for each). Equipment can be bought in Kathmandu at a reasonable price.




Head








-  Sun hat or scarf
-  Winter hat or insulating hat or Wide-brimmed hat
-  Headlight with extra batteries

Face


-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes
-  Hands
-  Light weight gloves
-  Heavy weight winter gloves

Body






-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket

-  Fleece jacket
-  Light weight cotton pants
-  T- Shirt (bring Light weight wool)
-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Water proof jacket and pants








Footwear

-  Hiking Boots
-  Thick wool socks (Take an extra pair of thick light socks)





Essential gear

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high altitude trekking)





Toiletries

-  Medium size drying towel
-  Tooth brush
-  Tooth paste
-  Deodorant floss
-  Bio degradable bar soap
-  Nail clippers
-  Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
28 Oct, 2021 - 07 Nov, 2021	\$4550 \$1000
31 Oct, 2021 - 10 Nov, 2021	\$4550 \$1000

Departure Dates	Price
01 Nov, 2021 - 11 Nov, 2021	\$4550 \$1000
03 Nov, 2021 - 13 Nov, 2021	\$4550 \$1000
06 Nov, 2021 - 16 Nov, 2021	\$4550 \$1000

FAQ's

Is Lukla Airport convenient for the flight?

Lukla is at 9,500 feet 2,850m above sea level. The higher the altitude, the lower the air density. So, the planes need to land at faster speeds. The weather in this area changes constantly and the cloud cover can be extreme, leading to major turbulence, which, though not dangerous, tends to be tough for passengers to endure. However, it is actually the country's busiest airport serving as the key port of entry and exit for trekkers hoping to ascend Everest. Discovery World Trekking will try to make your flight pleasant in any circumstances.

What if my flight to and from Lukla is cancelled or delayed?

The flights are usually regular between October and May. But due to high altitude, bad weather, and unforeseen technical issues, you may experience a delay or cancellation of the flight. On the occurrence of such events, Discovery World Trekking charters a helicopter to make sure you are on the safe schedule either for a trek or for your flight back home which would cost extra charge as an unexpected event. However, if the visibility is less than 1,500 meters, it is unable to operate helicopter facilities and Discovery World Trekking will reschedule the flight.

Do I need Travel Insurance to trek in Everest Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members, which should be provided to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

What about the Insurance of guides and porters?

Yes, Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation and other necessary equipment.

What is the luggage limit for porter and flight to Lukla?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination. However, the weight limit on flights to the Everest region, basically to Lukla is a total of 10 kgs and you need to pay an extra amount per kg for the excess baggage. Discovery World Trekking pays up to 5 kgs of extra baggage making your total 15 kgs.

What are the arrangements for night stay during the trek?

For the Everest Base Camp trekking with gokyo lake, you will be staying at teahouses/lodges, generally offering twin sharing room and healthy local foods. Generally, the toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the places.

Is there pick service by the Company?

You will see a personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets in her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

I am a vegetarian. Am I supposed to get enough meal on my trek?

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegans and vegetarians.

Is there a cancellation or refund policy?

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's individual tour packages for more information.

I have never trek before, can I make it to Gokyo Ri on my 1st attempt?

As long as you are reasonably in sound health, can walk for 5-6 hours a day and trek/hike a few uphill you are very ready to trek Gokyo Ri in Nepal. Most of the guided tours require very little experience but more motivation to push yourself in challenging times during the trek.

How to avoid altitude sickness in Gokyo Ri Trek?

- 📄 Cut off caffeinated, alcoholic, and smoking items.
- 📄 Drink at least 4 liters of water a day.
- 📄 Trek slow.
- 📄 Don't skip the acclimatization days.
- 📄 Better to continue with Diamox (if any symptoms show up).
- 📄 Drink Garlic Soup.

How long do I need to walk per day during my trek to Gokyo Ri?

For most of the trek, you will walk up to 5/6 hours a day which totally depends on your pace. Generally, people walk as much as 8 hours and more than 4 hours a day to finish the trek on the estimated time.

How safe is Everest Base Camp trek with Gokyo Ri ?

When you're on a guided tour. Travel company Carries all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen levels at high altitudes and offers regular health check-up facilities.

How long will it take to reach Everest Base Camp with Gokyo Ri trek?

It takes 5 to 17 days to reach the Base Camp trek with Gokyo Ri depending upon the mode of transportation. If you're choosing the Gokyo Ri trek, it's an 11 days packages that can be tailored as per your requirement.

What is the weather condition at Everest Base Camp with Gokyo lakes trek & Gokyo Ri?





Weather on the trail to Everest Base Camp with Gokyo lakes trek & Gokyo Ri is constantly changing and difficult to foretell. Here is a list of probable temperatures and weather conditions in each month.

Month	Temperature	Weather and Nature
January	Max 4°C in the daytime to min -17°C in the nights and mornings	Blue skies, freezing weather
February	Max 4°C in the daytime to min -15°C in the nights and mornings	Mild and humid, good visibility
March	Max 7°C in the daytime to min -12°C in the nights and mornings	Days are short and the temperature starts to warm up, chances of occasional snowfalls
April	Max 10°C in the daytime to min -5°C a night	Moderate temperature with amazing landscape, rhododendron, and wildflowers
May	Max 15°C in the daytime to min 0°C a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C a night	Rainy season
July	Max 15°C in the daytime to min 2°C in a night	Hot and humid
August	Max 16°C in the daytime to min 2°C in a night	Max 16°C in the daytime to min 2°C in a night
September	Max 15°C in the daytime to min 2°C in a night	End of monsoon, no clouds
October	Max 12°C in the daytime to min -6°C a night	Stable weather condition
November	Max 6°C in the daytime to min -12°C a night	Days are sunny and bright, cold during the night, the sleeping bag is most.
December	Max 4°C in the daytime to min -14°C a night	Foggy and cloudy weather

What are Documents that I need to bring for trekking to Gokyo Lakes Trek?

You need to submit the following documents after the advance payment deposit and all the documents should be sent

via email.

-  **A copy of passport,**
-  **Passport size photos,**
-  **Flight details,**
-  **Copy of travel insurance (it has to cover heli rescue and medical evacuation).**



Discovery World Trekking

Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

Phone: [+977 1 4252366](tel:+97714252366)

Mobile: [+9779840055491](tel:+9779840055491)

E-Mail: info@discoveryworldtrekking.com

Skype: discovery1120

Phone: [+977 1 4252366](tel:+97714252366)

Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

[+9779840055491](tel:+9779840055491)  

