



Gokyo Ri 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.

This trek in the Sagarmatha National Park takes you to Gokyo Ri mountain (5,350m/17,562ft) on a rough path passing desolate jungles, high-altitude settlements, and several suspension bridges. It is especially...

Discovery World Trekking recommends that our valuable clients taking part in Gokyo Ri Trek arrive in Kathmandu by three pm at least a day before the trek departure date. So that you will not miss the trip briefing. This briefing provides you with proper guidance for the trek. It will also ensure us time to make sure that you are bringing the right things to the hike.

Additionally, we recommend you add 1 or 2 days extra for the trek to account for chances of flight delays to and out of Lukla due to bad weather. It will ensure that you will not miss your international flight back home.

About the Trip

This trek in the Sagarmatha National Park takes you to Gokyo Ri mountain (5,350m/17,562ft) on a rough path passing desolate jungles, high-altitude settlements, and several suspension bridges. It is especially famous for the views of turquoise Gokyo lakes, the world's largest glacier - Ngozumpa Glacier, and some of the world's tallest mountains - including Everest (8,848m/29,028ft), Cho Oyu (8,201m), Mount Lhotse (8,516m), and Mount Makalu (8,463m). If you have completed classic Everest Treks, this trek should provide you with a different experience.

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

Highlights

- 📍 One of the world's highest airports in Syangboche (3,780m)
- 📍 Explore the culture and lifestyles of the local Sherpa people
- 📍 Mt. Everest (8,848m) Mt. Lhotse (8,516m), Cho Oyu (8,201m) and Mt. Makalu (8,463m)
- 📍 Explore Sagarmatha national park - UNESCO World Heritage Site
- 📍 Prayer wheels, colorful flags, mani stones, high suspension bridges
- 📍 Wide range of flora and fauna
- 📍 Wildlife like musk deer, colorful pheasants, snow leopard, and Himalayan tahr
- 📍 Gokyo Valley and Gokyo Lakes (4,700–5,000m)
- 📍 Khumjung Monastery- said to house a yeti-scalp
- 📍 Stone houses and meadows around Gokyo Valley
- 📍 Astounding panoramic views from Gokyo Ri (5,350m/17,562ft)

What is Included?

- ✔ Domestic flight costs (Kathmandu – Lukla – Kathmandu) and airport departure taxes
- ✔ Total 10 nights at trek regions. Five nights at Lukla, Phakding, and Namche (3N), room with private attached bathroom. Five nights in standard rooms at Dole, Machhermo, Gokyo (2 N), Phortse (twin sharing room)
- ✔ Standard meals (11 Lunches, 10 Dinners, and 11 Breakfasts) during the trek
- ✔ Government licensed English Speaking Discovery World Trekking trek leader. One assistant guide for a group of 12 or more. One porter for every two trekkers. The luggage weight limit per trekker is 9kg.
- ✔ Guide and porters' costs, their meals, insurance, salary, lodging, transportation, flight costs, and other necessary equipment.
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.
- ✔ Sagarmatha National Park entry permit fee
- ✔ Snacks (cookies) and seasonal fresh fruits every day
- ✔ All government, local taxes, and other official expenses
- ✔ Rescue operation arrangement in case of complicated health conditions (funded by travel insurance)
- ✔ Souvenir - company's T-shirt & cap
- ✔ Discovery World Trekking Trek appreciation certificate
- ✔ Farewell dinner at the end of the trek

What is Excluded?

- ⊖ International flight costs
- ⊖ Nepal entry visa fees at Tribhuvan International Airport
- ⊖ Excess luggage charges (limit is 9kg per trekker)
- ⊖ All accommodation and meals in Kathmandu, before and after the journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek
- ⊖ Alcoholic, cold, hot (tea/coffee) drinks
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude heli -rescue and evacuation (compulsory)
- ⊖ Tips for guide and porters
- ⊖ Additional costs due to delays caused by circumstances beyond our control, for example, landslides, bad weather, illness, change in government policies, strikes, etc
- ⊖ All the costs and expenses not listed in "What is included in Gokyo Lake Trek Package?" are counted as excludes

Overview

For those who want to try something new in the **Sagarmatha National Park**, the Gokyo Ri trek can be their best choice. A walk around the Sagarmatha national park presents you with different views of the Himalayas.

The trail provides perfect views of four of the highest mountains in the world. Gokyo Lake regions lie wrapped up by the humongous Himalayas and look stunning. The trek rewards trekkers with **peaceful monasteries, diverse cultures and traditions, and varied floras & faunas**. There is just so much more to see. This trek elevates quickly, so a slow and steady pace helps win the race.

We start our journey with a blissful **40 minutes flight from Kathmandu to Lukla**. Flying above the high mountains and hills provides you with a different experience.

Once we reach Lukla, we take a short hike to **Phakding (2,650m)**. This day's work will help you to acclimatize.

The following day, you will leave Phakding for **Namche Bazaar(3,440m)** - the gateway to Everest. On the way to Namche, after entering the Sagarmatha National Park, you can get the first glimpses of Mt. Everest.

Namche Bazar is a throbbing tourist hub full of shops, hotels, restaurants, and cafes specially geared to serve tourists. You will spend a day at Namche acclimatizing.

After a day at Namche, you will continue to **Dole** while enjoying the views of **Mount Amadablam (6,812m)** and **Khumbila (5,761m)**. Dole lies a little head of Phortse Tenga.

The trek from Dole to Macchermo will be very pleasing as you will be trekking on a route filled with vibrant prayer flags. In the right season, you can see yaks grazing on meadows on your way.

On the sixth day of your trek, you will leave **Macchermo** and reach **Gokyo village**. On the way, you will pass Phanga - a place dedicated to people lost in landslides. Gokyo looks marvelous, adorned by mountains, glaciers, and oligotrophic lakes. Since it will not be enough to appreciate all the views of Gokyo, you will be spending one extra day at Gokyo village.

We travel around the Gokyo Village and immerse ourselves in the beauty of Gokyo Lakes. Gokyo Lakes comprise a sequence of six of the world's highest freshwater lakes. With a challenging yet rewarding ascend to **Gokyo Ri (5,350m/17,562ft)**, you will witness the exquisite beauty of the Himalayas. You will enjoy close-up views of four of the highest peaks - Mount **Everest (8,848m/29,028ft)**, Cho Oyu (8,201m), Lhotse (8,516m), and Mount Makalu (8,463m).

Along with the rustic beauty, these lakes have religious significance as well.

After a day at Gokyo, you will descend to **Phortse (3,950m)**. Though we took two days to reach Gokyo from Dole, we will cover this distance in one day while returning. This is possible as we will be descending.

The descent continues from Phortse to **Namche Bazaar** through a dense forest alive with musk deer and mountain goats.

On your tenth day, you will return from Namche Bazaar through Phakding to Lukla. This will be the last day on the trails. Just before reaching Lukla, you will pass a remarkable village called **Toktok**, known for its unique views of the snow-capped mountains. You will spend your last night in the trek region at Lukla.

The following morning, you will fly from Lukla to Kathmandu. We hope that your flight will be relaxing, and you will find yourself flooded with memories created during the trek.

Day to Day Itinerary

Day 1

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

Itinerary Facts

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

We start with a **40-minute flight to Lukla**, followed by a 3-hour walk to **Phakding**. From Lukla, we trek to Chaurikharka village and descend to Dudh Koshi Ghat (2,530m). After crossing the Dudh Koshi River and trekking through gorgeous landscapes, you will reach Phakding (2,650m). The short and refreshing day allows you to acclimatize at an increased altitude. Phakding is the starting point for the Everest trek, and it has everything from gear and lodging shops to cafes and restaurants. In your spare time, you can visit the famous **Rimishung Monastery**.



Overnight stay at Khumbu Travel Lodge (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 2

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

Itinerary Facts

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

A full day of trekking begins as we hike along the **Dudh Koshi River banks** crossing several suspension bridges decorated with prayer flags. The thrilling yet marvelous path will make your trek very delightful. After walking for a few hours, you will reach **Monjo Village**. Little ahead lies Sagarmatha National Park, where we register our permit and climb up the forest. From here, you will be able to get your **first glimpses of Mount Everest**. Through the woods and stone-paved way, you will finally reach Namche Bazaar, where you will rest for the night.



Overnight stay 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 to the thinning air**. However, you will not just be sitting idle. You will be wandering through the alleys of Namche as your body adjusts to the altitude. We suggest you treat yourself to bakery items from the famous bakeries in Namche.

You will also hike to **Sagarmatha National Park** and Khumjung (3,790m). People believe that the **Khumjung monastery** houses a **yeti scalp**. You will also be visiting **Hillary's School** and several old monasteries on your way to Khumjung. If you wish, you can hike to **Khunde** as well. As you return from Kunde, you will also be visiting the **local yak farm**.

A must-not-miss place is the **Syangboche Airport (3,780m)** - one of the highest airports in the world. If you want to see Everest some more, you can trek to **Everest View Hotel**.



Overnight stay at Sakura Guest House (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 4

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

Itinerary Facts

Trek Distance

Highest Altitude 4,200m / 13,270ft

Trek Duration 5 hrs

The trail to **Dole** consists of many uphill and downhill. We descend till **Mong La Pass (3,957m)** before reaching **Phortse Thenga**. After Phortse, you will be passing through pine forests full of fascinating floras and faunas. As you trek forward, views of **Mount Amadablam (6,812m)** and **Mount Khumbila (5,761m)** emerge. Then we ascend to reach Dole. As you get closer to the destination, the views get stunning.



Overnight stay at Alpine Cottage Lodge



Included standard meals (Breakfast + Lunch + Dinner)

Day 5

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

Itinerary Facts

Trek Distance 7km / 4.3miles

Highest Altitude 4,470m / 14,450ft

Trek Duration 5-6 hrs

You will be passing by several trailside shrines and lots of prayer flags until **Lapahrma**. From Lapahrma, you can get an outstanding view of **Mount Cho Oyu (8,201m)** - the world's fifth highest mountain. Additionally, the views of **Mount Kantega (6,782m)** and **Thamserku (6,623m)** will not fail to mesmerize you.

Along the way, you will encounter **beautiful meadows with grazing yaks** - at the right season. While enjoying the picturesque views, you will walk through Luja Valley to reach the beautiful village of Machhermo.



Overnight stay at Lodge in Machhermo



Included standard meals (Breakfast + Lunch + Dinner)

Day 6

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

Itinerary Facts

Trek Distance 5.7km / 3.5miles

Highest Altitude 4,790m / 15,584ft

Trek Duration 4 hrs

After days of ascending, we finally reach our destination - **Gokyo Village**. From Machhermo, we need to walk for about an hour to reach **Phanga**. Phanga has an area dedicated to the people who lost their lives in the landslides.

As you move ahead, you come across an iron bridge that leads to **Longpongo (4,690m) lake**. This lake indicates what is to come next. You will continue to traverse through the messy **Ngozumpa Glacier** moraines. Little ahead, you will witness a sequence of **Gokyo lakes** with unsurpassed beauty. The vibrant color combination of lakes and the Himalayas is beyond description. We stay overnight at **Gokyo Village**. With its blend of mountains, glaciers, and lakes, Gokyo village is nature's prized treasure.



Overnight stay at Thanka Inn



Included standard meals (Breakfast + Lunch + Dinner)

Day 7

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

Itinerary Facts

Trek Distance 1.5km / 0.9miles

Highest Altitude 5,400m / 17,814ft

Trek Duration 1 & ½ hrs

One day in this enigmatic village of Gokyo Ri is not enough. So we have allocated one more day to soak in and marvel at the natural beauty of this village.

You will be hiking to **Gokyo Ri (5,430m)** to see the excellent panoramic views - including an astonishing glimpse of Mount Everest. The scenery is unquestionably stunning. Unlike the Everest Base Camp Trek, from Gokyo Ri, you can witness the **mighty Himalayas** and **beautiful turquoise lakes and glaciers** at once. After a nutritious lunch, you can explore in and around **Gokyo villages**. You will spend the rest of the day surrounded by the exceptional landscape in complete tranquility.



Overnight stay 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 15.5km / 9.6miles

Highest Altitude 4,790m / 15,584ft

Trek Duration 6 hrs

After an exciting journey to Gokyo Lakes, it is **time to return**. We bid goodbye to Gokyo Village and trek back to **Phortse**, past the dense forests full of rhododendrons blooming and pheasants flying according to season.

The descent is easier. So within a day, we will cover a distance that took us two days during the ascent. As you walk back, you will be reminiscing about various sights and spots that you passed before. We slowly lose the view of the Himalayas, but the ambiance is such beautiful and pure that you will enjoy our walk to the fullest.



Overnight stay 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 9.1km / 5.6miles

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. You will be walking past the dense forests alive with animals like musk deer and mountain goats. The trail back is steep downhill, and your pace increases. From the path, you will enjoy the final views of Mount Everest while bidding farewell to the trek region. You will be resting at Namche on this day.



Overnight stay at Sakura Guest House (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 10

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

Itinerary Facts

Trek Distance 13.5km / 8.3miles

Highest Altitude 3,440m / 11,285ft

Trek Duration 6-7 hrs

Today you will be getting final up-close views of majestic mountains looming on the horizon. The trail is **mostly downhill** from Namche to Phakding. Our trek passes through small villages, narrow forests, and thrilling suspension bridges. We will finally reach Phakding after a gentle walk through Benkar. As we move ahead to Lukla, we further reach a small village called **Toktok**. Toktok provides unique views of the snow-capped mountains near it. Eventually, you will get to Lukla, where you will be staying overnight.



Overnight stay at Comfort Inn (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 11

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

Itinerary Facts

Flight Hours 40 minutes

After breakfast, you will be taking an **early morning flight to Kathmandu**. Your flight from Lukla to Kathmandu will be a relaxing one as you rest your tired muscles. You will most likely be flooded with memories you created during the trek. Your trek ends in Kathmandu, and you will have an entire day to spend freely. If you want, we can organize a city tour of Kathmandu. As beautiful as the mountains, the culture around the city is a must-see before you call it an end to your vacation.



Included standard meal (Breakfast)

Trips Notes

Gokyo Lakes trek in Nepal

You will arrive in Nepal, Kathmandu, at Tribhuvan International Airport - the only international airport in Nepal. We recommend you make it to Kathmandu by 3 pm, at least a day before the trip departure date. It will ensure you will not miss the trip briefing.

You may require an overnight hotel stay in Kathmandu, but this package does not include this package. On the trip departure date, we will take you to **Kathmandu airport for a flight to Lukla**.

This package includes Kathmandu - Lukla - Kathmandu flight costs.

Free airport pickup

Discovery World Trekking **provides free airport arrival and departure transfer** on any flight for the Gokyo lake Trek package. On your arrival, you will find our company representative at the airport holding a pamphlet with your name on it. They will present you with a marigold garland as a welcome gesture and then take you to your hotel in a private vehicle

Gokyo Ri Sagarmatha National Park Accommodation

Gokyo Ri Sagarmatha National park trek is an 11-day trek that includes **ten-night lodge stays** at the best available lodges in the trek regions.

You will be staying six nights at Lukla, Phakding, and Namche (3 N) in rooms with a private attached bathroom. Similarly, you will be spending four nights in standard rooms at Dole, Machhermo, Gokyo (2 N), and Phortse.

You will require two nights of hotel stays in Kathmandu before and after the trek, **but it is not included in this package**. Kathmandu has a wide range of hotels for all budgets and your interest.

Gokyo Lakes trek package - food

Gokyo Ri with Gokyo Lakes trek takes place in high elevations near the world's highest peaks. So, you will require plentiful hygienic nutrient-rich food. You will get enough nutritious food, but as you climb up, your choices get limited.

We will provide you with **11 breakfasts, 11 lunches, and 10 dinners** during the trek.

Some of the popular menu items are-

Eleven breakfasts - Oatmeal, Corn Flakes, French Toast with Jam, Butter, Cheese, and Honey Tibetan Bread or Chapati, Hashed Brown Eggs, Varieties of eggs (Omelets), Local Tsampa Porridge, Pancakes, Muesli Breads, Fruits and Vegetables, Hot Drinks - varieties of Teas, Coffees, Hot Chocolates, etc.

Eleven lunches - Dhal, Bhat & Tarkari, Tibetan Bread, Various Soup Items, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Vegetable Curry, Potatoes, Sherpa Stew, Steaks, Sandwiches, Momo (Dumplings), Macaroni Dishes, Salad, Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Dessert Items (Rice Pudding, Apple pie), etc

Ten dinners - Dal (lentils), Bhat (Rice) & Tarkari (Curry), Tibetan Bread, Various Soup Items, Sherpa Stew, Steaks, Vegetables, Salads, Sandwiches, Momo (dumplings), Macaroni Dishes, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Vegetable Curry, Potato Items, Pizza (Tomato, Mushroom, Mixed), Snacks, Papad, Prawn, Korean Raman, Dessert Items (Rice Pudding, Apple Pie), etc

The menu includes mostly local, Asian, and western cuisine, but as you go up, the menu gets shorter.

At high altitudes, we recommend liquids - green tea, lemon tea, hot lemon, ginger tea, **garlic soup(must)**, etc - along with fresh vegetables for health benefits.

Though plenty of non-veg items are available in trek regions, we won't recommend them because the meat in the trek regions may not be hygienic.

We highly encourage you to **avoid dairy items, alcoholic drinks, caffeinated items, and hot chocolates** at high elevations.

All personal bills (alcoholic, hot (tea/coffee), and cold drinks) in tea houses/ lodges or cafes except standard meals (breakfast, lunch, dinner with seasonal fruits) are excluded from the package.

Best Time To Gokyo Ri - Gokyo lakes trek

Weather is the most important factor to consider when deciding Gokyo Ri trek. People trek to Gokyo Ri throughout the year, but there are some favorable seasons. **During spring and autumn, days are clear, there is no rain, and the temperature is just right, making the treks very enjoyable.**

The summer season in Nepal coincides with the monsoon, making the trails wet and slippery. Still, some trekkers, who love waterfalls, trek to Gokyo Ri during summer. Similarly, the trek regions receive heavy snowfall in winter, but a different breed of trekkers love challenging treks in winter.

Discovery World Trekking organizes treks to Gokyo Ri throughout the year.

Here is a month-by-month weather condition at high elevations of the Gokyo Ri trek.

January to February

This is the coldest period, especially from early January to early February. There is heavy snowfall in the mountains, resulting in freezing temperatures. Though the daytime may be warm and admirable with clear skies, the nighttime is extremely cold. If you want to trek Gokyo Ri during this time, Discovery World Trekking will conduct safe treks during these months as well. However, if you are allergic to colds, you should not trek to Gokyo Ri during these months.

Temperature: 15°C to -15°C.

March to April

It is one of the best times to hike to Gokyo Ri. With favorable weather, you will get stunning views of the Himalayas and glaciers. March is the beginning of the spring season, the weather starts to warm up. During these months, all flora and fauna dormant throughout the winter come 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 look stunning. Many trekkers prefer to trek to Gokyo Ri during these months.

Temperature: 18 °C to -12 °C.

May to June

Just before the rainfall starts, the weather is favorable for the treks.

Monsoon starts in Nepal from the end of June and lasts until the mid of August. The fusion of spring and summer seasons makes the treks much more enjoyable at this time.

Temperature: 25°C to -5°C.

July to August

The monsoon hits its peak at elevations below 3500 meters. Due to heavy rainfall, flights to Lukla may get canceled at the beginning or end of the trek. However, trekkers trek to Gokyo Ri during these months.

Treks are challenging but not impossible. If you choose to trek in these months, Discovery world trekking will conduct safe hikes to Gokyo Ri for you. Due to rainfall, you can enjoy great views of waterfalls while avoiding crowded paths.

Temperature: 27°C to 5°C

September to October

It is one of the perfect seasons for the Gokyo Ri treks - hundreds of tourists hike to Gokyo Ri in these months. As the monsoon slowly ends, a perfect trekking season begins. The temperature goes up to 20 degrees in the daytime and falls to 5 degrees at night. This season is when trekkers enjoy trekking the most with clear skies and amazing views of mountains. We recommend Gokyo Ri treks during this time, usually from mid-September to the end. If you choose to trek during this period, you will also get to enjoy the festive mood in Nepal as two of the main festivals - Tihar and Dashain - fall during these months.

Temperature: 20°C to 5°C

November to December

As winter slowly sets in, snowfalls begin in the Himalayas, and it eventually gets tough to trek. Nights are frigid. November treks are possible with sparkling days allowing you to get amazing views of the high mountains. The daytime temperatures are very stable and constant. From December, the temperature dips, and it begins to snow heavily.

Temperature- 18°C to -10°C

The weather in the Himalayas is unpredictable and changes quickly.

Gokyo Ri Trip Grade: Fitness level and Health

The Gokyo Lakes 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 forward trails in rocky paths and dense forests. **A normal fit person can complete this trek.**

However, **the fitter you are, the more you will enjoy the trek**. If you have trek experience, it will help, but it is not required. We do not recommend this trek to those who suffer from sensitive medical conditions such as heart or lung disease.

Trekking Solo or in Group

We organize the group as well as private treks. If you have your group, **you will get discounts based on the size of your group**. However, you are not eligible for discounts for groups we assemble.

We can lead and handle any group size. Each group will have a group leader/ guide and porters. We add an assistant guide for a group of 12 or more. Porters will carry your main luggage. For every two trekkers, we assign a porter.

A typical day on the Gokyo Ri | Gokyo Lakes Trek

Every day you will be rewarded with a unique trekking experience, **climbing, enjoying the scenery, taking photos, and exploring the local villages and traditional food.**

During the expedition, our qualified expert guide/Sherpas will accompany you. They will also be sharing information about the places you will be visiting. Porters will be carrying your luggage. However, you will also carry a small regular-day backpack with essential items.

The day starts with an early morning hot cup of tea/coffee. After a wholesome breakfast, you will set off on the **day's walk around 7 to 8 am**, depending on the duration and nature of the walk.

After trekking for three to four hours, we will serve you **lunch around midday** on the route to the next destination. You will get an hour to rest after lunch before restarting the trek. The afternoon trek will be shorter. Once you reach the destination, you can snack on dietary food. Then you can use the remaining time to explore nearby places.

We will serve you **dinner around 6 to 7 pm**.

After dinner and before going to bed, you can indulge in friendly conversations. Your trek leader/guide will brief you about the next day's plan. After this briefing, you can **read books, enjoy onboard games like monopoly and cards, or watch available mountaineering documentaries**. Most foreigners indulge in light and fun learning of the Nepalese language from our crew.

How to Communicate during Trekking in Nepal?

During the Gokyo Lakes Trek, you can use **internet service at the lodges for a small fee**. At high altitudes, we will be using phones to communicate. **Discovery World Trekking remains in contact with all the trek groups at least once a day** via trek lead to ensure that everyone is safe and comfortable.

If you want, you can buy a local sim in Kathmandu, however, depending on the network, the signal might not be strong enough.

You can use Wi-Fi in the lodges you will be staying in for a small fee.

Extra personal expenses during the trek

Meals and accommodations in Kathmandu are up to our valuable clients themselves. Kathmandu has all kinds of

hotels/lodges - both luxury & budget- to cater to all tastes. Further, you need to bring personal spending money to cover costs of meals and accommodations in Kathmandu, visa processing fees, travel insurance policy purchase, snacks, alcoholic, hot (tea/coffee) and cold drinks, and tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) and exchanging them in Kathmandu. Trek regions only honor Nepali Rupees.

Electricity and battery recharge, water on trekking

Throughout the trails to the Gokyo Ri, **electricity** for the camera and mobile recharge **is available** at an extra cost in all lodges. During the hike, you can **buy either packed mineral water** from local lodges and en route shops **or fill your water bottle with boiled water** from the lodges/teahouses for some extra cost. We can provide water purification pills to make water drinkable.

We strongly advise you against drinking water from the rivers, taps, and wells in trek regions because the water may not be drinkable.

Gokyo Ri Travel insurance

This trek grade is challenging. So it comes with slight risks associated with high-altitude trekking, such as altitude sickness, bad weather, etc.

So, **travel insurance is compulsory.** All trekkers must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking before starting the trek. The policy must cover medical and emergency repatriation - **including helicopter rescue and evacuation** expenses at the highest trek altitudes (up to 6000m).

We can recommend insurance companies to help you based on the experience of our previous clients, but we do not sell insurance policies.

We request our valuable clients to send their **detailed insurance information within a week of booking** the trek. In case of emergencies, we will be using the insurance policy and informational documents you sent us to arrange a quick and effective rescue operation, transfer for emergency medical help, etc.

Before buying travel insurance, call them and recheck if they have heli-rescue and evacuation up to 6000m. Don't just believe what they say on their website.

Nepal Tourist Visa Information

All foreigners, except Indians, require a visa to enter Nepal. **Citizens from most countries get an on-arrival Visa at Tribhuvan International Airport.** To apply for a visa, you will need a passport with at least six months of validity, a passport-size photo, and a visa fee. The current visa fee is USD 50 for 30 days, which you can pay in cash (dollars) at the airport.

Citizens from **SAARC countries** (Bangladesh, Bhutan, Pakistan, Sri Lanka, and Maldives) **receive free visas.**

Citizens from certain countries - Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan - may not get an on-arrival visa. If you are a citizen from any one of these countries, contact your local Nepali embassy.

The Nepal government can change visa policies without notice. For the latest information, please visit - <https://www.immigration.gov.np/>.

Currency Exchange USD to NPR

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

(1 USD = ~ Rs.120 NPR Approx)

You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Legal money exchanges display the current ongoing exchange rates publicly. If you have Indian Rupees (INR), only INR notes of 100 and 2,000 are legal in Nepal.

Despite the security advantage of a traveler's cheque, **we recommend cash exchange** to avoid hassles like lengthy processes 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. Several of these ATMs 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, they will charge a service fee of four percent or more.

Trek regions do not have banks and money exchanges, so you should exchange your money in Kathmandu, depending on your expense estimates. Please note people in trek regions only honor Nepali currency.

Most established Asian banks only accept new and clean notes, so make sure your notes (bills) are not old, torn, or faded.

How much luggage can I bring to Gokyo Lakes Trek?

The luggage weight limit is **9 kg per trekker**. We assign a porter for every two trekkers, and we do not allow porters to carry loads over 18kg. You will also be carrying a small backpack for your valuables and things that come in handy often, such as a water bottle.

We advise you to **carry only the essentials**. You can leave any excess baggage either at your hotel or Discovery World Trekking store for free.

We will recheck your luggage, equipment, gear, clothing, etc. during the briefing before starting the journey.

Gokyo Ri Trek Safety




Discovery World Trekking guarantees client safety, security, and satisfaction. Safety is the utmost concern for us. In order to face any situation, we will be carrying all the necessary gear, equipment, and first aid kits. Our leaders and guides have completed extensive first aid training.

If a trek member catches altitude sickness, your trek leader has the authority to decide whether to continue the trek or descend immediately. In case of emergency, we deploy a helicopter to bring you back from the higher elevation (funded by insurance). During the trek, you will be traveling as a group.

Equipment Checklist

We recommend you to bring only the basic clothing and accessories needed for the trek. Though porters will carry your main luggage, we expect you to carry a small backpack for your valuables. Please note that the **luggage weight limit per trekker is 9 kg**. Although individual preferences may differ, here is an equipment list to help you pack for this trek.




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
-  Lightweight gloves
-  Heavyweight winter gloves

Body






-  Hiking shirts
-  Long-sleeved shirt
-  Hooded rain jacket

-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring Lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof 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 high altitude trekking)





Toiletries

-  Medium size drying towel
-  Toothbrush
-  Toothpaste
-  Deodorant floss
-  Biodegradable bar soap
-  Nail clippers
-  Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

-  First aid kit
-  Extra passport photos and passport photocopies
-  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
31 Mar, 2023 - 10 Apr, 2023	\$4550 \$1000
01 Apr, 2023 - 11 Apr, 2023	\$4550 \$1000

Departure Dates	Price
03 Apr, 2023 - 13 Apr, 2023	\$4550 \$1000
06 Apr, 2023 - 16 Apr, 2023	\$4550 \$1000
09 Apr, 2023 - 19 Apr, 2023	\$4550 \$1000

FAQ's

Is Lukla Airport convenient for the flight?

Lukla is at 9,500 ft (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 turbulence, which, though **not dangerous**, can be tough on passengers.

Lukla Airport is Nepal's busiest airport and serves as the key entry and exit point for trekkers hoping to ascend Mt. Everest.

What if my flight to or from Lukla is canceled or delayed?

We recommend you to **allocate extra 2 / 3 days** for the hike to account for unpredictable weather. In rough weather, flights from **Lukla to Kathmandu** or vice versa get canceled. In such cases, the flight is **automatically rescheduled for the next possible day**.

If you have a very tight schedule, you can charter a helicopter to make sure you are on schedule either for the trek or your flight back home. However, you will have to bear the helicopter cost. But, if the visibility is less than 1,500 meters, it is impossible to operate a helicopter, and Discovery World Trekking will reschedule the flight.

Do I need travel insurance to trek in the Everest Region?

There are chances that you may need a quick helicopter ride back to Kathmandu to **avoid health emergencies**, so adequate **insurance is a must**. The insurance has to cover helicopter rescue & medical evacuation expenses at high altitudes.

What about the insurance of guides and porters?

All Discovery World Trekking staff members have **insurance** coverage, and in addition to salary, we also cover their meals, lodging, transportation, and necessary equipment costs during the trek.

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**).

The weight limit on **flights to the Everest region**, basically to Lukla, is 10 kg, and you need to pay an extra amount based on per kg above this limit. You can hand carry up to 5 kg, so that makes **your limit 15 kg**.

What are the arrangements for night stays during the trek?

You will be staying at teahouses/hotels/lodges in **twin sharing rooms**. They also have healthy food. Generally, the toilets are outside the room. Hot showers/running water are available at an extra cost.

Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge **holding a pamphlet with your name on it**. S/he will take you to your selected hotel in a **private vehicle**.

I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages **are suitable for all - vegans, vegetarians, and non-vegetarians**.

Is there a cancellation or refund policy?

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

I have never trekked before. Can I make it to Gokyo Ri on my 1st attempt?

As long as you are in **sound health and can walk for 5-6 hours a day** on a path that consists of a few uphill, **you are ready** to trek to Gokyo Ri. Most guided tours require very little experience, but a higher dose of motivation to push yourself on challenging paths.

How to avoid altitude sickness during Gokyo 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 the Gokyo Ri trek?

Discovery World Trekking trek crew carries all the necessary gear, equipment, and first aid kits. Trek guides have completed extensive first aid training. If a trekker falls sick at a high altitude, the trek lead/guide has the authority to decide whether to continue the trek or descend immediately.

In case of emergency, Discovery World Trekking deploys a rescue helicopter to bring you back from the higher elevation (funded by insurance). Moreover, we also use an oximeter to monitor the oxygen levels at high altitudes. With Discovery World Trekking, **we ensure your Gokyo Ri trek safety.**

What is the weather condition at Gokyo Lakes / Gokyo Ri trek?

Weather on the trails to Gokyo Lakes & Gokyo Ri is constantly changing and difficult to foretell. Here is a list of probable temperatures and weather conditions in each month at the highest trek altitudes.

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 documents do I need to bring to Gokyo Lakes Trek?

You need to email us the following documents after booking.

A copy of your passport
Passport size photos,
Flight details,

Copy of travel insurance (it has to cover heli rescue, medical evacuation, and treatment costs).



Discovery World Trekking

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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

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Quick Questions? Email Us

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Talk to an Expert

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