

# Gokyo Ri Trek



## Trip Overview

Gokyo Lake and Gokyo Ri are some of the best choices of mostly trekker destinations from all over the world. It lies in the Everest region of the Khumbu area at the altitude of 4700-5000 Mtr above sea level. These lakes are the world's highest freshwater lake system comprising six main lakes, of which Thonak Lake is the largest. The treks start from Lukla towards Namche Bazar, From Namche Bazar, there are many options to go and the Gokyo Lake trek is one of them. From Namche, our trail follows Dole through Khumjung Valley. Four days of a Slow and relaxed walk from Namche takes us to Gokyo Valley. From Gokyo Ri, we can explore many beautiful mountains as well as the Ngozumba glacier(the largest glacier in Nepal Himalaya). This is our final destination for this trip.

## Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing in Kathmandu

- Day 3 - Flight to Lukla (2840 Mtr/9315 Ft) and Trek to Phakding 2610 Mtr/8560 Ft)
- Day 4 - Trek to Namche (3440 Mtr/11283 Ft)
- Day 5 - Trek to Khumjung( 3790 Mtr/12431 Ft) via Khunde (3840 Mtr/12595 Ft)
- Day 6 - Trek to Dole (4090 Mtr/13415 Ft)
- Day 7 - Trek to Machermo( 4410 Mtr/14465 Ft)
- Day 8 - Trek to Gokyo (4790 Mtr/15711 Ft)
- Day 9 - Rest Day in Gokyo and Gokyo Ri (5360 Mtr/17580 Ft)
- Day 10 - Trek to Phortse(3840 Mtr/12595 Ft)
- Day 11 - Trek to Namche (3440 Mtr/11283 Ft)
- Day 12 - Trek to Lukla (2840 Mtr/9315 Ft)
- Day 13 - Flight to Kathmandu transfer to hotel
- Day 14 - Rest Day in Kathmandu and free time for shopping
- Day 15 - Departure to homeland

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for both way (KTM-LUA-KTM)
- All trekking permits , TIMS card, Government and local taxes for the trek
- Flight Fare for both way (KTM-LUA-KTM)
- 3 Star hotel accommodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- An experienced English speaking and government licensed trekking guide
- Sleeping Bag for the trek
- Welcome and farewell dinner

- Staffs Cost including their Salary, food , accomodation and equipments

## **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket
  - Fleece Jacket/ trousers
  - Thermol
  - T-shirts
  - Woolen gloves/Water/wind proof gloves
- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
wind stopper/waterproof Pant  
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks  
Sandals  
Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack  
Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

## **Faqs**

### **1. Why to go trekking to Gokyo?**

*Gokyo is one of the popular tourist destinations of Everest region, it is popular because of beautiful lake and views from the Gokyo Ri is amazing. From gokyo Ri the best attraction is view of Mount Cho oyu (8201 Mtr).and best view of Mount Everest also.*

### **2. What is the best seasons to trekking in Gokyo Valley ?**

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your*

*suitable time for travelling in Nepal.*

**3. What permit do I need for the Gokyo and Renjo pass trek?**

*For trekking in the Everest Region, you need the following permits:*

*Local Governments Entry fee instead of TIMS ( Trekking information management system):The local government is charging Rs 2000 per person in Lukla in the entrance of Everest Basecamp Trek.*

*Sagarmatha National Park Entry Permit: To entry in the Sagarmatha National Park,One has to obtain the permit which cost Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.*

**4. How safe is Gokyo Trek ?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid ,friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency.*

**5. How is the lodging and fooding facilities in Gokyo trek ?**

*Along the trail to Everest basecamp, there are well facilitated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. if you buy single supplementary package you will get single room.*

**6. What about the flight from Kathmandu-Lukla and vice versa?**

*Just about 25 minute's flight from Kathmandu takes us to Tenzing Hillary airstrip in Lukla but the due to some circumstances, these days the flight to Lukla are operated from Ramechap, which is 4 hours drive from Kathmandu and 15 min by flight to lukla. There are options to fly by helicopter directly from Kathmandu to Lukla as well, which is bit expensive than regular flight. Sometimes the weather doesn't permits for the regular flight, then we should be compulsion to hire the helicopter.The airlines companies has operated the first flight to Lukla directly from Kathmandu, so if you book your trip with us prior to 3 months , we can book the seat for direct flight.*

**7. Is there any internet wifi and telephone facility on the way?**

*After your arrival in Kathmandu airport, we recommand to buy One ncell sim card. In gokyo valley there is good internet facility of everst link, which we can find in different packagesThere are varieties of data cards as 10 GB, 20*

*GB. If you purchased bigger one it works all over the khumbu and if you purchase 20 GB one it is enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one. Phone signals work till Dole, above there phone signal doesn't work.*

**8. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?**

*You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take Nepalese Rupees. In this trip in Gokyo valley, all major cards are accepted for any kind of payment.*

**9. What is the normal temperature in spring and Autumn season?**

*Spring season starts from March, but until third week of March temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*The Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.*

**10. How hard is Renjo Pass? Is there any chance of altitude sickness?**

*Renjo Pass is a very easy trail unless there is no snow, the pass is 5360 Meter, so there is a lot of chance of altitude sickness but as we do proper acclimatize, we do not need to worry about sickness.*

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