



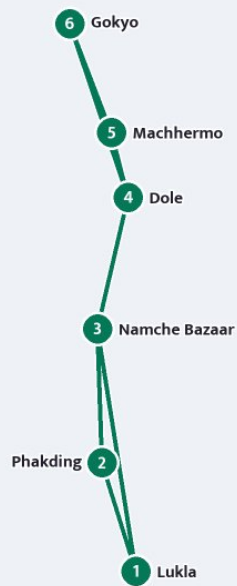
Gokyo Lakes Trek

A quieter, more scenic alternative to Everest Base Camp. Leave the main trail at Namche Bazaar and climb the Dudh Koshi valley to the turquoise Gokyo Lakes beside the Ngozumpa Glacier, the longest in the Himalaya. From the summit of Gokyo Ri (5,357 m) you see four of the world's six highest mountains (Everest, Lhotse, Makalu and Cho Oyu) in one sweeping panorama.

DURATION	DIFFICULTY	MAX ALTITUDE	GROUP SIZE
12 days	Strenuous	5,357 m	1-12

HIGHLIGHTS

- Sunrise view of Everest, Lhotse, Makalu and Cho Oyu from Gokyo Ri (5,357 m)
- Turquoise Gokyo Lakes, sacred to Hindus and Buddhists
- Ngozumpa Glacier, the longest in the Himalaya
- Namche Bazaar and the Sherpa villages of Khumbu
- Quieter trails than the main Everest route
- Scenic flights to and from Lukla



AT A GLANCE

1. Hotel in Kathmandu	1 night	6. Teahouse in Gokyo	2 nights
2. Teahouse in Phakding	1 night	7. Teahouse in Dole	1 night
3. Teahouse in Namche Bazaar	2 nights	8. Teahouse in Namche Bazaar	1 night
4. Teahouse in Dole	1 night	9. Teahouse in Lukla	1 night
5. Teahouse in Machhermo	1 night		

Highest night: 4,790 m

DAY BY DAY

1

Arrive in Kathmandu (1,400 m)

Airport pick-up, hotel check-in and an evening briefing with your guide.

1,400 m · Meals: Dinner · Overnight: Hotel in Kathmandu

2

Fly to Lukla, trek to Phakding (2,610 m)

Morning flight to Lukla and a gentle walk along the Dudh Koshi river.

2,610 m · 3.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Phakding

3

Trek to Namche Bazaar (3,440 m)

Cross the Hillary bridge into Sagarmatha National Park and climb to the Sherpa capital.

3,440 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Namche Bazaar

4

Acclimatisation day in Namche

Hike to the Everest View Hotel and the village of Khumjung, then return to Namche.

3,880 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Namche Bazaar

5

Trek to Dole (4,040 m)

Leave the Everest trail and climb over Mong La with superb views of Ama Dablam, then descend through rhododendron forest to Dole.

4,040 m · 5.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dole

6

Trek to Machhermo (4,470 m)

A short day climbing through summer pastures above the Dudh Koshi valley. Afternoon talk at the rescue post.

4,470 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Machhermo

7

Trek to Gokyo (4,790 m)

Climb onto the moraine of the Ngozumpa Glacier and walk past the first two lakes to Gokyo on the shore of the third.

4,790 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Gokyo

8

Gokyo Ri (5,357 m) and the fourth lake

Climb Gokyo Ri before dawn for the great panorama, then walk up the valley to the fourth lake if you still have energy.

5,357 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Gokyo

9

Trek to Dole (4,040 m)

Descend the valley the way you came, with easier breathing every step.

4,040 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dole

10

Trek to Namche Bazaar (3,440 m)

Return over Mong La and along the balcony trail to Namche.

3,440 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Namche Bazaar

11

Trek to Lukla (2,860 m)

The final day on the trail, celebrating with your guide and porters in the evening.

2,860 m · 7 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Lukla

12

Fly to Kathmandu, departure

Morning flight to Kathmandu and transfer to your hotel or the airport. Add a spare day for possible flight delays.

1,400 m · Meals: Breakfast

WHAT'S INCLUDED

Included

- Airport pick-up and drop-off in a private vehicle
- Hotel nights in Kathmandu/Pokhara on a twin-share basis with breakfast
- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Farewell dinner with the Tripnep team
- Round-trip Kathmandu–Lukla flights

Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

GOOD TO KNOW

Permits

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality fee. Both are included and arranged by us.

Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

QUESTIONS TRAVELLERS ASK

Is the Gokyo trek harder than Everest Base Camp?

It is similar. Gokyo Ri is slightly lower than Kala Patthar, the trails are quieter, and the acclimatisation profile is gentle. You can also combine both via the Cho La pass on a longer trip.

Can I combine Gokyo with Everest Base Camp?

Yes. Crossing the Cho La pass (5,420 m) links Gokyo and Everest Base Camp in about 16 days. Ask us for this itinerary.

Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

Dates, prices and booking

tripnep.io/tours/gokyo-lakes-trek

Questions? hello@tripnep.io