High Route Adventure Pvt Ltd.

Email: info@highrouteadventure.com
Phone: +977 9851058664
Website: www.highrouteadventure.com

1. Gokyo Lake Trek

2. Overview

Gokyo Lake trek is a scenic adventure in the Khumbu region, which takes you to the turquoise Gokyo Lake and the summit of the Gokyo Ri(5,357 meters/17,575 feet). On this 13 Day Gokyo trek journey,…

3. Itinerary

Day 1: Arrival in Kathmandu

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

Upon landing at Tribhuvan International Airport, you will be welcomed by our office representatives, who will guide you directly to the hotel. Freshened up after the day's journey, you will be introduced to your guide, who will brief you on the day-to-day itinerary. After wrapping up all the activities scheduled for the day, you are free to head to the local area to enjoy a pleasant evening. Overnight at the hotel in Kathmandu.

Day 2: Fly from Kathmandu to Lukla Airport and Trek to Phakding

Altitude: 2610 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude gain: 1,260 meters We begin our journey on the first day with a thrilling flight to the picturesque town of Lukla. Up above the lush green valleys, the 30-minute flight takes us closer to the Himalayas, offering a first glimpse of their mesmerizing beauty. Touching down at Lukla, we take a brief rest before setting off on the trail leading to Phakding. The journey continues along the banks of the stunning Dudh Koshi River, past vibrant hamlets like Koshiguan and Ghat. Finally, after 3-4 hours of walking from Lukla, you will reach Phakding village. Then you will check in tea house and stay overnight here. Lukla Airport

Day 3: Trek from Phakding to Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude gain: 830 meters Continuing where we left off yesterday, the trail follows the Dudh Koshi River as we head out of Phakding. Past the hamlet of Thulo Ghamela, we enter lush green forests, then reach Bengkar, followed by Monjo. The trail ahead leads to Jorsalle, marking our entry into Sagarmatha National Park. Along the forested trail lined with pine, fir, and rhododendron trees, we make a steep ascent to the town of Namche, famous for its Sherpa locals and the Himalayan panorama. Overnight in Namche Bazaar.

Day 4: Acclimatization Day in Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

An ideal spot for acclimatization, the Himalayan town of Namche is one of the most populated towns in the Everest Region. With the constant stream of trekkers, mountaineers, and locals, the town is always buzzing. After touring around the town in the morning, we set off for our acclimatization hike to the hilly village of Khumjung, the largest Sherpa village in Khumbu. The journey is a pleasant one on a hillside with the stunning Everest (8,848m) on the

backdrop. Khumjung boasts the unique Yeti Skull Monastery which is said to host the skull of a real-life Yeti. Overnight in Namche.

Day 5: Trek from Namche Bazar to Phortse

Altitude: 3810 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude gain: ~350 to 400 meters Exiting Namche, we begin our ascending hike to the hamlet of Phortse for the night. The forested trail takes us to the village of Sanasa before veering off from the classic Everest trail to ascend high above the Dudh Koshi River to reach Phortse. Along the way, we come across many Mani walls, monasteries, and Chortens that hold sacred significance for the Sherpa locals. A splendid mountain view awaits us in Phortse. Overnight stay in Phortse tea house.

Day 6: Trek from Phortse to Machhermo

Altitude: 4470 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude gain: ~500m to 650m Two trekking routes lead from Phortse to the hamlet of Machhermo. The first involves crossing the Dudh Koshi River to its western bank and following the hilly trail to Dhole and Luza, which then leads to Machhermo. The second route involves us taking the eastern bank of the Dudh Koshi River to Throe, then crossing the river at Nha to the western bank, which leads to Machhermo. No matter which route we take, the stunning Himalayan scenery makes the challenging trek worthwhile. Spend the night in the Machhermo tea house.

Day 7: Trek from Machhermo to Gokyo Village

Altitude: 4790 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude gain: ~300–320 meters Today is one of the shorter days of the journey, where we make our way to the quaint settlement of Gokyo, following the trail heading north. Past Machhermo, the rugged Himalayan trail is guided by the mesmerizing beauty of the Himalayas. Climbing the ridgeline above the hamlet of Chyamtang, we continue our trek to the second of the six Gokyo Lakes. Admiring the stunning beauty of the glacial lake, we continue our journey to reach Gokyo village situated on the banks of the third Gokyo Lake. Overnight in Gokyo.

Day 8: Explore Gokyo Village (Hike to Gokyo Ri)

Altitude: 4790 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude gain: ~300–320 meters Today we spend our time exploring Gokyo Valley and enjoying the mesmerizing beauty of the Himalayas. Ascending on a rather icy and stony path, we hike up to Gokyo Ri (5,357m) which boasts an amazing view of the Gokyo Lakes along with a stunning Himalayan panorama consisting of the snowy summits. We also make rounds around the 4th and 5th Gokyo Lakes before returning to the village of Gokyo for an overnight stay.

Day 9: Trek from Gokyo Valley to Dhole

Altitude: 4200 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude loss: ~600m–712 m At the beginning of our descending journey, we exit the beautiful Gokyo village, retracing our steps past the third and second glacial lakes. Relishing the stunning beauty of the Himalayas, we make our way down to Machhermo with the rushing Dudh Koshi River as our constant companion. Along the western banks of the river, we make our way over to Luza which then brings us to the settlement of Dole for the night.

Day 10: Trek from Dhole to Monjo

Altitude: 2835 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude loss: ~roughly 1,275 meters One of the longer days of the trek, today we make our way to the hamlet of Monjo. The descending journey takes us to Phortse crossing the suspension bridge over Dudh Koshi River to then reach the small village of Sanasa. Back in the classic Everest Base Camp Trail, the journey takes us back to the picturesque town of Namche for a brief rest. Following the lush green forests out of the valley, we exit Sagarmatha National Park at Jorsalle beyond which lies the Buddhist village of Monjo. Overnight in Monjo.

Day 11: Trek from Monjo to Lukla

Altitude: 2840 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Altitude loss: ~roughly 10-25 meters Today is the final of our trekking days where we make our way back to Lukla. Past Monjo, the trail follows the banks of Dudh Koshi River leading to Bengkar and Thulo Ghamela before ascending to the hamlet of Phakding. From Phakding, we descend to the hamlet of Ghat and then Koshi Gaun leaving the riverbank before ascending to reach Lukla. Overnight in Lukla.

Day 12: Fly to Kathmandu

Altitude: 1400 meter | Meals: Breakfast/Dinner | Stay: Hotel

An early start to the day, today we make our way over to the capital city of Kathmandu, ending our travel in the Himalayas. Reliving the thrill of taking off from the Lukla airstrip, we bid goodbye to the Himalayas. Touching down at Kathmandu, we make our way directly to the hotel wrapping up all the scheduled activities for the trip. For the rest of the day, you are free to head around to the local areas to enjoy your successful trip. Overnight at the hotel in Kathmandu.

Day 13: Departure from Kathmandu Airport

Altitude: 1400 meter | Meals: Breakfast

Our representatives will drop you back at Tribhuvan International Airport for your scheduled flight back home. We hope you had a lovely time with us and we look forward to seeing you again.

5. Cost Includes

- Airport pickups and drops in a private vehicle
- Two-night 3-star hotel accommodation in Kathmandu with a BB plan
- Ten-night teahouse accommodation during the trek
- All meals (breakfast, lunch, and dinner) during the trek
- Farewell dinner after complete your mission
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- An experienced, English-speaking and government-licensed trek Guide
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Down jacket and sleeping bag (Returned after trip completion)
- All necessary paperwork
- Medical kit
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage charge(If more the 15 kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide and porter

7. Equipment / Packing List

Trekking to **Gokyo Lake** means facing high-altitude trails, chilly mornings, and rapidly changing mountain weather. Packing the right gear ensures you're comfortable, safe, and ready for anything on the trail.

Here’s a practical and original list of what you’ll need:

? Clothing Layers

- **Base Layers** (thermal tops and bottoms) – Keeps body heat in and wicks moisture out
- **Trekking Shirts** – Lightweight, breathable (long & short-sleeved)
- **Fleece or Insulated Jacket** – For warmth during evenings and higher altitudes
- **Down Jacket** – Essential for cold nights and mornings
- **Waterproof Shell Jacket & Pants** – For unexpected rain or snow
- **Trekking Pants** – Quick-dry, stretchable, and comfortable
- **Gloves** – Warm inner and waterproof outer gloves
- **Warm Hat** – Covers ears; wool or fleece works best
- **Sun Hat or Cap** – Protects from strong UV rays at altitude
- **Buff or Neck Gaiter** – Helpful for dust, cold air, and wind

? Footwear

- **Sturdy Hiking Boots** – Well-broken-in, with ankle support
- **Camp Shoes/Sandals** – To relax in teahouses after trekking
- **Warm Trekking Socks** – Wool or synthetic (carry extras)
- **Gaiters (Optional)** – For snow or dusty trails

? Gear & Accessories

- **Backpack (30–40L)** – For daily items (snacks, water, layers)
- **Duffel Bag (for porters)** – 60–80L for your main gear
- **Sleeping Bag** – Rated to at least -10°C (teahouses can be cold)
- **Trekking Poles** – Reduce stress on knees and improve stability
- **Headlamp** – With extra batteries (important for early climbs or power cuts)
- **Water Bottles or Hydration Bladder** – 2L total capacity
- **Water Purification** – Tablets, SteriPen, or filter bottle
- **Sunglasses** – UV-protected, wrap-around recommended

- **Quick-Dry Towel** – Small and lightweight

? Personal Items & Toiletries

- **Toilet Paper & Wet Wipes** – Often not provided in teahouses
- **Hand Sanitizer** – A must on the trail
- **Sunscreen (SPF 30+) & Lip Balm** – High UV exposure at altitude
- **Basic Toiletries** – Toothbrush, paste, biodegradable soap
- **Moisturizer & Foot Cream** – Helpful in dry mountain air

? Health & First Aid

- **Altitude Sickness Medicine (Diamox)** – Consult your doctor
- **Personal Medication** – Any required prescriptions
- **Blister Care** – Band-aids, moleskin, or blister pads
- **Electrolytes or Rehydration Salts** – Helps after long hikes
- **Small First Aid Kit** – With essentials like antiseptic, bandages, etc.

? Extras That Add Comfort

- **Power Bank** – Limited charging options in higher villages
- **Camera/Phone** – Capture the Gokyo Lakes and mountain views
- **Travel Insurance Copy** – Should cover high-altitude trekking
- **Snacks** – Energy bars, nuts, chocolate for the trail
- **Notebook & Pen** – For journaling your adventure

? Final Packing Tips

- Layering is key: temperatures can vary from sunny and warm to freezing within hours.
- Keep your **daypack light** and carry only essentials for the day's walk.
- Pack items in **dry bags or plastic liners** to keep things dry.
- **Don’t overpack**—porters usually carry 10–15kg max.