Gokyo Lake Trek – 14 Days

Turquoise Waters & Towering Giants: The Ultimate Gokyo Lakes Trek Experience

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The Gokyo Lake trek offers a chance to witness a close-up of the Himalayan ranges. It offers amazing views of mountains over 8000m including Mt. Everest, Cho Oyu, Lhotse, Makalu, and the Ngozumpa Glacier. The Ngozumpa glacier is the largest in the Nepal Himalayas. Mountains such as Ama Dablam, Pumori, Labuche, Makalu and many more peaks observable from this destination, is the special feature of this trek. For official destination guidelines and tourism insights, you can visit the Nepal Tourism Board. For more preparation details, check out our Everest Base Camp Trek Training & Fitness Guide.

Attractive Travels and Tours



Journey to the Roof of the World

Gokyo Ri is the closest point to observe Mount Everest. The trek is an adventurous and challenging one. The Gokyo Lake Trek is clustered with Sherpa villages and Buddhist monasteries. You will walk by many smiling faces on the way, despite the fact that life on the mountain is formidable. The trail leads you to a very high altitude and so you need to acclimatise yourself in Namche Bazaar. This town is the unofficial capital of the Everest Region, Khumbu. Eventually, you'll get to your destination in the vicinity of Mount Everest and other peaks, as well as amazing glaciers.



Exploring the Turquoise Lakes and Valley

The Gokyo Lake trek begins from Lukla Airport, where we pass through the major trails to Namche Bazaar, a prosperous village situated in a huge secluded bowl-shaped region. You will have an undeniably authentic experience here. On this trek, you will be enchanted by the dynamic scenery of Gokyo Valley, including the series of beautiful Gokyo Lakes. You will witness the first lake Longpongo, which resides at an elevation of 4690m. The second lake, Taboche Tsho, enchants us with its shiny turquoise-blue water in the sun. In this trek, you will walk through peaceful, off-the-beaten paths of the Everest region in order to reach Gokyo valley. You will have an exceptional experience when catch sight of the sunrise/sunset scene at Mount Everest and other neighbouring peaks from Gokyo Ri (5357 m). Ogle at the tranquillity of these dazzling glacial lakes, an activity that is especially pleasing in the afternoon.



Best Time and Ideal Participants

The Gokyo Lake trek is excellent for people who want to trek in the Everest region but want a variety of scenes within a limited number of high-altitude nights. The highest elevation on this trek is Gokyo Ri at 5,357 m. The best time to head out for your Gokyo Lake Trek is from September to December or February to June. For alternative itineraries in the same mountain range, check out the Everest Base Camp Trek.

Highlights: Gokyo Lakes Trek

- **Scenic Mountain Flight:** Experience an exhilarating short flight between Kathmandu and Lukla, the legendary gateway to the Everest region.
- **Namche Bazaar & Khumjung Exploration:** Spend acclimatization days exploring the vibrant capital of the Khumbu region, historical Sherpa villages, and local monasteries.
- **Ngozumpa Glacier Crossing:** Traverse the massive moraines of Nepal's largest glacier en route to the high-altitude valley.
- **The Sacred Gokyo Lakes:** Discover the series of stunning, shimmering turquoise-blue glacial lakes—including Longpongo (4,690m) and Taboche Tsho.
- **Gokyo Ri Summit (5,360m / 5,380m):** Climb to one of the finest viewpoints in the Himalayas for breathtaking 360-degree panoramas of Mount Everest, Cho Oyu, Lhotse, and Makalu at sunrise or sunset.

Frequently Asked Question

How difficult is Gokyo Trek?

Gokyo Lake is a challenging hike. You must be in decent physical and mental shape to take on this trek, which requires 5 to 6 hours of walking, not including acclimatization days. The difficult terrain, steep slopes, and high passes tend to be even more taxing.

Where can I find Gokyo?

By Air: You must take a journey from Kathmandu to Lukla if you travel by air. You can go to Gokyo Lakes or reach Everest Base Camp (EBC). By Road: You might choose to go by bus from Kathmandu to Jiri if you can't afford to take a flight.

Is Gokyo Lake Valuable?

For 360-degree views of the Everest Range, Cho Oyo and the Gokyo lakes, and the enormous Ngozumpa glacier, it is well worth climbing Gokyo Ri, which is 5380 meters high. Take your time climbing to prevent altitude sickness and a costly return trip in the medical helicopter.

What is the Gokyo Lake's Depth?

The researchers had previously assumed that these lakes were shallower. The Gokyo Lake is 43 m deep, whereas the Fourth Lake (Thonak Cho) is 62.4 m deep.

Itinerary

Day 1: Arrive in Kathmandu

Upon landing at the Tribhuwan International Airport, you will be warmly greeted by our representative staff, who will assist you and drop you off at your hotel. After checking in, you can freshen up, unwind from your journey, and rest for the evening. Depending on your arrival time, we will host a traditional welcome dinner to kick off your adventure.

Trip Details at a Glance

- Location: Kathmandu
- Elevation: 1,400 meters (4,593 feet)
- Accommodation: Standard Hotel in Kathmandu
- Meal Plan: Welcome Dinner (Included depending on arrival time)

Day 2: Kathmandu Valley Sightseeing and Trek Preparation

Today is dedicated to exploring the rich cultural tapestry of the Kathmandu Valley, featuring visits to several UNESCO World Heritage Sites. You will begin by touring the historic Kathmandu Durbar Square, which offers a fascinating glimpse into the ancient royal lifestyle and

intricate Newari architecture. Next, you will visit the sacred Pashupatinath Temple, one of the most significant Hindu pilgrimage sites in the world set along the holy Bagmati River.

Later, you will head to the hilltop Swayambhunath Stupa (widely known as the Monkey Temple) for panoramic views of the city, followed by a visit to the magnificent Boudhanath Stupa, one of the largest spherical stupas globally. At noon, you will visit our office to meet your fellow participants, review the trekking itinerary, and conduct a final gear check with your guide.

Trip Details at a Glance

- Location: Kathmandu
- Elevation: 1,400 meters (4,593 feet)
- Accommodation: Standard Hotel in Kathmandu
- Meal Plan: Breakfast

Day 3: Fly from Kathmandu to Lukla and Trek to Monjo

Your adventure truly begins today with an early morning scenic flight from Kathmandu to Lukla. After a breathtaking 40-minute flight offering sweeping aerial views of the Himalayas, you will land on the dramatic, sloping mountain runway at Tenzing-Hillary Airport.

Upon arrival, your guide and porters will organize your luggage and gear. From Lukla, you will set off on your first day of trekking, descending through picturesque Sherpa settlements, suspension bridges draped in prayer flags, and lush river valleys. The trek to Monjo takes approximately 4 to 5 hours, offering a wonderful introduction to the Khumbu region.

Trip Details at a Glance

- Location: Lukla to Monjo
- Elevation: 2,835 meters (9,301 feet) at Monjo *(Lukla: 2,827m / 9,275 ft)*
- Accommodation: Teahouse / Lodge in Monjo

- Meal Plan: Breakfast, Lunch, and Dinner

Day 4: Trek from Monjo to Namche Bazaar

Leaving Monjo behind, the trail leads you through magnificent, lush forests filled with rhododendrons, towering magnolias, and colossal fir trees. You will cross several thrilling suspension bridges—including the famous Hillary Suspension Bridge—draped in colorful prayer flags. After a steady and rewarding climb, you will arrive at Namche Bazaar, the vibrant economic and cultural hub of the Khumbu region.

Trip Details at a Glance

- Location: Monjo to Namche Bazaar
- Elevation: 3,440 meters (11,286 feet) at Namche Bazaar *(Monjo: 2,835m / 9,301 ft)*
- Accommodation: Teahouse / Lodge in Namche Bazaar
- Meal Plan: Breakfast, Lunch, and Dinner

Day 5: Acclimatization Day in Namche Bazaar (Excursion to Khumjung or Thame)

Today is dedicated to proper acclimatization, a vital step to help your body adjust to the thin air of the high-altitude environment. Namche Bazaar is a flourishing, vibrant village nestled in a large, secluded bowl-shaped valley.

Depending on your pace and preference, you can take an invigorating hike up to the traditional Sherpa settlements of Khumjung and Khumjung Village, where you can visit a local monastery housing a legendary Yeti scalp. Alternatively, you can trek along the scenic Bhote Koshi River valley toward Thame (3,810m). Throughout the day, you will be treated to spellbinding panoramic vistas of towering Himalayan giants, including Ama Dablam (6,856m), Thamserku

(6,608m), and majestic views of Mount Everest. You may also choose to visit the Sagarmatha National Park Visitor Center to learn about the region's protected flora and fauna.

Trip Details at a Glance

- Location: Namche Bazaar (with acclimatization hikes)
- Elevation: 3,440 meters (11,286 feet) at Namche Bazaar *(Hike options up to ~3,810m at Thame or ~3,790m at Khumjung)*
- Accommodation: Teahouse / Lodge in Namche Bazaar
- Meal Plan: Breakfast, Lunch, and Dinner

Day 6: Trek from Namche Bazaar to Dole

Leaving Namche Bazaar behind after your restful acclimatization day, the trail begins with a scenic descent before ascending steeply toward the high and breezy Mon La Pass. Along the way, you will stroll through tranquil, enchanting forests of rhododendrons and birch trees adorned with hanging lichens and mosses.

From the pass, you will descend briefly to Phortse Tenga before making a steady uphill climb alongside the rushing Dudh Koshi river valley to reach Dole. This roughly 5-hour trek offers incredible glimpses of local wildlife and stunning valley landscapes.

Trip Details at a Glance

- Location: Namche Bazaar to Dole (via Mon La Pass and Phortse Tenga)
- Elevation: 4,200 meters (13,779 feet) at Dole *(Namche Bazaar: 3,440m / 11,286 ft)*
- Accommodation: Teahouse / Lodge in Dole
- Meal Plan: Breakfast, Lunch, and Dinner

Day 7: Trek from Dole to Machhermo

Leaving Dole, the trail continues to climb steadily along a scenic valley path. As you trek higher, the dense rhododendron forests gradually give way to alpine scrub and sweeping high-altitude vistas.

Along the way, you will be treated to mesmerizing, unobstructed panoramas of towering Himalayan peaks, including Cho Oyu (the sixth highest mountain in the world), Kantega, and Thamserku. After a pleasant and relatively short 4-hour walk, you will arrive at the picturesque settlement of Machhermo.

Trip Details at a Glance

- Location: Dole to Machhermo
- Elevation: 4,470 meters (14,665 feet) at Machhermo *(Dole: 4,200m / 13,779 ft)*
- Accommodation: Teahouse / Lodge in Machhermo
- Meal Plan: Breakfast, Lunch, and Dinner

Day 8: Trek from Machhermo to Gokyo Lakes

Today is one of the most breathtaking highlights of the entire trek. Setting out from Machhermo, the trail gently climbs past Pangka before leading you onto the rugged, rocky, and dramatic moraines of the Ngozumpa Glacier—the largest glacier in Nepal.

As you navigate this high-altitude landscape, you will begin encountering the stunning series of glacial meltwater lakes. You will pass the first lake (Longpongo) and soon arrive at the mesmerizing second lake (Taboche Tsho), whose vibrant turquoise-blue waters sparkle brilliantly in the sun. Perched on the eastern shore of this breathtaking lake is the picturesque settlement of Gokyo, framed by towering Himalayan giants like Cho Oyu and peaks flanking the Tibetan border. After roughly 4 to 5 hours of trekking, you will settle in for the night surrounded

by this otherworldly alpine wonderland.

Trip Details at a Glance

- Location: Machhermo to Gokyo Lakes
- Elevation: 4,750 meters (15,584 feet) at Gokyo *(Machhermo: 4,470m / 14,665 ft)*
- Accommodation: Teahouse / Lodge in Gokyo
- Meal Plan: Breakfast, Lunch, and Dinner

Day 9: Early Morning Hike to Gokyo Ri (5,360m) and Explore Gokyo Valley

Today features one of the most rewarding and iconic climbs of the entire trek. You will wake up early for a steep, challenging 2- to 3-hour pre-dawn or morning hike up to the summit of Gokyo Ri (5,360m).

Reaching the top rewards your effort with one of the most breathtaking 360-degree panoramic viewpoints in the world. From the summit, you will witness the magnificent morning light hitting the towering peaks of Mount Everest, Lhotse, Makalu, Cho Oyu, and the massive expanse of the Ngozumpa Glacier far below, alongside the stunning glacial lakes shimmering in the valley. Afterward, you will descend back to Gokyo for a well-deserved rest and breakfast, with the rest of the day free to relax or explore the gorgeous surrounding lake shores.

Trip Details at a Glance

- Location: Gokyo (Round-trip hike to Gokyo Ri)
- Elevation: 5,360 meters (17,585 feet) at Gokyo Ri *(Gokyo Lake: 4,750m / 15,584 ft)*
- Accommodation: Teahouse / Lodge in Gokyo
- Meal Plan: Breakfast, Lunch, and Dinner

Day 10: Trek from Gokyo Lakes back to Dole

Bidding farewell to the stunning high-altitude lakes, your journey today begins a long, scenic descent following the rushing waters of the Dudh Koshi River. As you retrace your steps past the first Gokyo lake, you will enjoy wonderful reverse-angle views of the majestic Cholatse and Taboche peaks towering above the valley.

The trail features gentle descents interspersed with occasional short climbs. Upon reaching the prayer-flag-strewn Chorten at the ridge's edge, you are treated to magnificent panoramas of Thamserku, Cho Oyu, and Kangtega. Passing through the quiet alpine settlements of Machhermo, Luza, and Lhafarma, you will arrive back in Dole for a comfortable evening rest.

Trip Details at a Glance

- Location: Gokyo Lakes to Dole
- Elevation: 4,200 meters (13,779 feet) at Dole *(Gokyo: 4,750m / 15,584 ft)*
- Accommodation: Teahouse / Lodge in Dole
- Meal Plan: Breakfast, Lunch, and Dinner

Day 11: Trek from Dole to Namche Bazaar

Continuing your descent down the valley, today's trek takes you along a steep, picturesque path leading down to Phortse Tenga. Along the way, you can cherish vibrant blooming rhododendrons, colorful wildflowers, cascading waterfalls, and perhaps even catch glimpses of native wildlife such as mountain goats, musk deer, and colorful Himalayan pheasants.

Climbing back toward Mong La, you will be treated to a magnificent view of the sacred Khumbila peak. As you wind your way past Kyangjuma and through forested hillside curves toward Namche Bazaar, breathtaking vistas of Taboche, Ama Dablam, Thamserku, and Kangtega accompany your walk. Upon reaching the Namche army camp hill, you can pause to take a

final, unforgettable look back at Lhotse, Mount Everest, and Tengboche before completing the short walk into Namche Bazaar for a relaxing evening.

Trip Details at a Glance

- Location: Dole to Namche Bazaar
- Elevation: 3,440 meters (11,286 feet) at Namche Bazaar *(Dole: 4,200m / 13,779 ft)*
- Accommodation: Teahouse / Lodge in Namche Bazaar
- Meal Plan: Breakfast, Lunch, and Dinner

Day 12: Trek from Namche Bazaar to Lukla

Today marks the final leg of your incredible trekking journey. You will descend steeply along a rocky path, crossing several thrilling suspension bridges over rushing rivers before transitioning onto smoother trails as you approach the lower elevations. You will likely notice the air becoming warmer and richer in oxygen as you retrace your steps back toward Lukla.

Upon arrival in Lukla, your mountain trek officially concludes. This evening is a wonderful opportunity to celebrate your remarkable achievement with your guide and porters, tipping them for their hard work, and reminiscing about the unforgettable memories made on the roof of the world.

Trip Details at a Glance

- Location: Namche Bazaar to Lukla
- Elevation: 2,827 meters (9,275 feet) at Lukla *(Namche Bazaar: 3,440m / 11,286 ft)*
- Accommodation: Teahouse / Lodge in Lukla
- Meal Plan: Breakfast, Lunch, and Dinner

Day 13: Trek from Namche Bazaar to Lukla

Your journey comes full circle today as you take an early morning scenic flight back from Lukla to Kathmandu, enjoying one final bird's-eye view of the majestic Himalayan range. Upon landing at Kathmandu's domestic airport, our representative will greet you and escort you back to your hotel.

The rest of the day is yours to relax, catch up on some well-deserved rest, do some souvenir shopping, or independently explore more of Kathmandu's vibrant streets and cultural sites if you wish. In the evening, you can celebrate the successful completion of your Himalayan adventure.

Trip Details at a Glance

- Location: Lukla to Kathmandu
- Elevation: 1,400 meters (4,593 feet) at Kathmandu *(Lukla: 2,827m / 9,275 ft)*
- Accommodation: Standard Hotel in Kathmandu
- Meal Plan: Breakfast (Farewell Dinner included)

Day 14: Final Departure / Airport Transfer

As your incredible Himalayan journey comes to an end, we sincerely thank you for being a wonderful part of our tour and travel family. We hope you leave with lifelong memories and unforgettable experiences of Nepal.

Our representative will ensure a smooth transfer and drop you off at the Tribhuwan International Airport approximately 3 hours before your scheduled international flight. We bid you a warm farewell and look forward to welcoming you back for another adventure in the future!

Trip Details at a Glance

- Location: Kathmandu to Tribhuwan International Airport
- Elevation: 1,400 meters (4,593 feet)
- Accommodation: None (Check-out from hotel)
- Meal Plan: Breakfast

Inclusions

- **Airport Transfers:** Airport pickup and drop-off in a private car or vehicle for international and domestic flights.
- **Transportation:** All ground transportation as specified in the itinerary.
- **Kathmandu Accommodation:** Hotel accommodation in Kathmandu on a Bed & Breakfast (B/B) basis.
- **Trek Accommodation:** Teahouse accommodation throughout the duration of the trek.
- **Meals:** Three meals a day during the trek, along with hot soup in high-altitude places and a farewell dinner in Kathmandu.
- **Flights:** Two-way flights between Kathmandu and Lukla for all participants, including airport taxes.
- **Staff Services & Insurance:**
    - A professional guide for the trek and tour.
    - An assistant guide for groups with more than 10 passengers.
    - Porter service based on a 2-trekker to 1-porter ratio.
    - Comprehensive insurance, food, and accommodation for all guides and porters, plus a necessary medical kit for the staff.

- **Permits & Documentation:** All necessary documents, including trekking permits and TIMS cards.
- **Taxes:** All applicable government and local taxes.
- **Extras:** A trekking map matching the itinerary, a company t-shirt, and a trip completion certificate.

Exclusions

- **International Flights:** International airfare to and from Kathmandu, along with Nepal visa fees.
- **Kathmandu Meals:** Lunch and dinner while staying in Kathmandu.
- **Sightseeing & Entry Fees:** Monument and heritage site entry fees during sightseeing in Kathmandu.
- **Insurance:** Personal travel and emergency rescue insurance for clients.
- **Personal Expenses:** Out-of-pocket costs during the trek, including hot showers, battery charging, bar and beverage bills, laundry services, and bottled/mineral water.
- **Extra Accommodations:** Any additional nights in Kathmandu outside of the standard itinerary.
- **Gratuities:** Tips and appreciation for your trekking guide and porters.