

### Gokyo Lake Trek – 14 Days

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.



Gokyo Ri is the closest point to observe Mount Everest. The trek is an adventurous and



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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.



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



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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.



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.

### Frequently Asked Question

#### **Q: 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



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terrain, steep slopes, and high passes tend to be even more taxing.

### **Q: 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.

### **Q: 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.

### **Q: 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.