

# Gokyo Lake Trek

13 Days Moderate Trek

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The Gokyo Lakes Trek is a spectacular alternative to the classic Everest Base Camp route, leading trekkers into the serene Gokyo Valley. It is home to a chain of six turquoise glacial lakes, the highest freshwater lake system in the world. Over 13 days, this adventure takes you through lush forests, villages, rugged alpine landscapes, and ultimately to the summit of Gokyo Ri (5,357m), one of the finest viewpoints in the Khumbu region.

The trail overlaps with the early EBC route until Namche Bazaar, after which it diverts westward toward quieter paths, offering trekkers a more tranquil journey. Along the way, you'll encounter rich Sherpa culture, fluttering prayer flags, suspension bridges, and inspiring views of the world's highest peaks, including Everest, Lhotse, Makalu, and Cho Oyu. The emerald waters of the Gokyo Lakes, nestled beneath towering snow peaks, form the breathtaking highlight of the trek.

## About the Everest Region

The Khumbu region lies in northeastern Nepal within the Sagarmatha National Park, a UNESCO World Heritage Site known for its stunning landscapes, unique wildlife, and resilient mountain communities. With three of the world's tallest mountains, Mt Everest, Mt Lhotse, and Cho Oyu, located in the region, the Everest Region is the heart and pulse of the Himalayan belt, where tens of thousands arrive each year to fulfill their dream of either simply admiring or conquering the world's highest peaks. The Khumbu area is also home to the Sherpa people, whose culture, spiritual heritage, and mountaineering legacy are deeply entwined with the Himalayas.

While the EBC Trek is the crown jewel of the Everest Region, other routes such as the Gokyo Lakes Trek and the Three Passes Trek offer equally rewarding adventures for those seeking quieter trails or more technical challenges. The Khumbu region is also home to several trekking peaks such as Island Peak (Imja Tse) and Lobuche East, for those looking to go beyond trekking without committing to a full-scale expedition.

## TRIP OVERVIEW

**Duration:** 13 Days

**Difficulty:** Moderate to Challenging

**Max Elevation:** Gokyo Ri (5,357m)

**Best Season:** Spring (March–May) and Autumn (September–November)

## TRIP HIGHLIGHTS

- Hike up Gokyo Ri (5,357m) for panoramic views of Everest, Lhotse, Makalu, and Cho Oyu.
- Explore the pristine turquoise Gokyo Lakes, the highest freshwater system in the world.
- Witness the immense Ngozumpa Glacier, the largest glacier in Nepal.
- Stay in the vibrant Sherpa hub of Namche Bazaar.
- Enjoy quieter trails compared to the Everest Base Camp route.

## OUTLINE ITINERARY

**Day 1–2:** Arrive in Kathmandu; sightseeing and trek preparation.

**Day 3–4:** Fly to Lukla, trek to Phakding, and continue to Namche Bazaar.

**Day 5–6:** Acclimatise in Namche; trek to Dole.

**Day 7–8:** Trek to Machhermo and then to Gokyo.

**Day 9:** Climb Gokyo Ri and explore Gokyo Lakes.

**Day 10–11:** Descend via Machhermo and Dole to Namche.

**Day 12:** Trek to Lukla.

**Day 13:** Fly back to Kathmandu.

## WHAT TO EXPECT

**Physical Challenge:** High-altitude trekking, with acclimatisation days built in.

**Accommodation:** Simple and welcoming teahouses and lodges.

**Food:** Traditional mountain community dishes, Nepali meals, and limited international options.

**Weather:** Cold nights above 4,000m; clear skies and moderate daytime temperatures in season.

## Detailed Itinerary

### DAY 1: ARRIVAL IN KATHMANDU

**Activities:** Arrive in Kathmandu, transfer to hotel, rest.

**Accommodation:** Overnight in Hotel

### DAY 2: KATHMANDU SIGHTSEEING AND TREK PREPARATION

**Activities:** Optional sightseeing of Kathmandu's UNESCO sites; trek briefing and gear check.

**Accommodation:** Overnight in Hotel

### DAY 3: FLY TO LUKLA (2,840M), TREK TO PHAKDING (2,610M) – 3/4 hours trek

**Activities:** Scenic flight to Lukla, descend through pine forests to Phakding.

**Accommodation:** Teahouse in Phakding.

### DAY 4: PHAKDING TO NAMCHE BAZAAR (3,440M) – 6/7 hours trek

**Activities:** Trek along the Dudh Koshi River, cross suspension bridges, and ascend steeply to Namche.

**Accommodation:** Teahouse in Namche.

## **DAY 5: ACCLIMATISATION IN NAMCHE BAZAAR**

**Activities:** Rest day for acclimatisation with optional hike to Khumjung or Everest View Hotel.

**Accommodation:** Teahouse in Namche.

## **DAY 6: NAMCHE TO DOLE (4,200M) – 6/7 hours trek**

**Activities:** Ascend through rhododendron forests, passing Mong La, with beautiful views of Ama Dablam and Thamserku.

**Accommodation:** Teahouse in Dole.

## **DAY 7: DOLE TO MACHHERMO (4,470M) – 4/5 hours trek**

**Activities:** Gentle climb through high pastures with views of Cho Oyu and surrounding peaks.

**Accommodation:** Teahouse in Machhermo.

## **DAY 8: MACHHERMO TO GOKYO (4,790M) – 4/5 hours trek**

**Activities:** Trek alongside the Ngozumpa Glacier and reach the turquoise Gokyo Lakes.

**Accommodation:** Teahouse in Gokyo.

## **DAY 9: GOKYO RI (5,357M) & GOKYO LAKES EXPLORATION – 5/6 hours trek**

**Activities:** Early morning climb to Gokyo Ri for panoramic Himalayan views; explore the chain of lakes in the afternoon.

**Accommodation:** Teahouse in Gokyo.

## **DAY 10: GOKYO TO DOLE (4,200M) – 6/7 hours trek**

**Activities:** Retrace the trail back via Machhermo to Dole.

**Accommodation:** Teahouse in Dole.

## **DAY 11: DOLE TO NAMCHE BAZAAR – 6/7 hours trek**

**Activities:** Descend through alpine forests and Sherpa villages back to Namche.

**Accommodation:** Teahouse in Namche.

## **DAY 12: NAMCHE TO LUKLA – 6/7 hours trek**

**Activities:** Final day of trekking, retracing steps along the Dudh Koshi River to Lukla.

**Accommodation:** Teahouse in Lukla.

## **DAY 13: FLY TO KATHMANDU**

**Activities:** Morning flight back to Kathmandu.

**Accommodation:** Overnight in Hotel

